There are multiple ways to build this program. It can be a console app or REST API or a GUI Application running locally. We will first discuss the pros and cons of every approach

Approach	Pros	Cons
Console	No framework neededEasy to build	No interactive interfaceOnly runs locallyNot scalable
REST API	 Can be hosted online If hosted, anyone around the world can access it A frontend can be easily linked to it making it a full-fledged application Highly scalable 	 Creating an API is a complex process A framework is needed
GUI App	 Easy to build User can interactively work with the program GUI makes the application more appealing 	 Utilizes user's CPU resources Python isn't much favorable for creating GUI applications

After comparing the pros and cons of each approach, I went on to develop a REST API. Python has many frameworks for API creation like FastAPI, Django, Flask, etc. I chose Django as it is widely used and has an in-built admin dashboard for easy access to control the data.

It took 7 days for me to complete this project.

GitHub link: https://github.com/IlliaVasyliev/habits_app