Tabia

Habit Tracker App

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# Executive Summary

Our habits and routines are the building blocks of not only who we are, but also where we are going. The things we do everyday repeatedly show us our true character. The Greek philosopher Aristotle says, “We are what we repeatedly do. Excellence, then, is not an act but a habit.” Therefore, how can we as people truly know who we are without examining our habits? How are we able to control and direct our lives without examining what we do everyday? This is where Tabia steps in.

Tabia is a habit tracking mobile application that not only allows user to examine their day-to-day activities but also incorporate new habits which gives the user better control over their lives. Tabia can help organize the user’s life by becoming the source of information on habits that need to be done everyday. For example, say the user would like to start a gym routine that consists of four gym sessions a week. The user can create a gym habit tracker that tracks if the user completed the habit and how many times it was done, giving the user more control over his or her life.

Another powerful feature of Tabia is its point system. Habit needs to be established firmly to become routines. The best way to establish a habit is to establish a reward system. Using Tabia’s point system, users earn points for habits that they complete. With enough points, users can reward themselves depending on the user’s standard. Say the user set the point-to-dollar ratio was 1:1 and the completion of one instance of the habit resulted in one point. Whenever the user successfully completes the habit, the user has earned an extra dollar to spend as a reward. This will promote the consistency of the habit because the user will begin to look forward to the reward.

As you can see, Tabia can be an immensely powerful and valuable application. The ability to control one’s life and direction is a valuable part of life to master which can be orchestrated through Tabia.