HABIT TRACKER

INTRODUCTION AND BRIEF OVERVIEW

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ABOUT THE IMPORTANCE OF HABITS

"All big things come from small beginnings. The seed of every habit is a single, tiny decision. But as that decision is repeated, a habit sprouts and grows stronger. Roots entrench themselves and branches grow. The task of breaking a bad habit is like uprooting a powerful oak within us. And the task of building a good habit is like cultivating a delicate flower one day at a time."

— James Clear, Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones (2018)

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FEATURES: START PAGE

```
Hi! Welcome to the Habit Tracker
 Got any tasks done?


1.Brush teeth(0/2) done per day
2.Vacuum room(2/2) done per week
3.Workout(0/5) done per week
4.Learn Spanish(0/1) done per day
5.Call Family(1/1) done per week


Press the number of the habit you want to check off.
Press 'reload' to reload the page
Press 0 for menu
Press 9 to exit
Enter your choice:
```

- Friendly welcome message
- checking off habits right from the start page
- users can see how often they need to complete each habit in their chosen time period
- Users can have up to 8 active habits

FEATURES: MENU

```
MENU
1. View Insights
2. View Schedule
3. View Description
4. Add Habit
5. Delete Habit

 Press 9 to go back to start page
Enter your Menu choice: 
```

- The menu lets the user explore more Features of the program
- Users can always go back by pressing 9

FEATURES: INSIGHTS

```
INSIGHTS
1. View current streak
2. View highest streaks
3. View average streaks



Press 9 to go back to menu
Enter your insights choice: █
```

```
CURRENT STREAKS
Brush teeth  0
Vacuum room  0
Workout  0
Learn Spanish  0
Call Family  0
       Going back to menu...
```

```
HIGHEST STREAKS
Vacuum room 6
Call Family 4
Brush teeth 3
Workout 3
Learn Spanish 2
       Going back to menu...
```

```
AVERAGE STREAKS
Learn Spanish 0.7
Workout 1.4
Brush teeth 1.5
Call Family 1.8
Vacuum room 2.5
       Going back to menu...
```

- Listed by order (like on start page)

- Listed in descending order

- Listed in ascending order -> helps the user to find struggling habits

FEATURES: SCHEDULE & DESCRIPTION

```
 SCHEDULE
Weekly Habits:
Vacuum room 2 time(s) per week starting every Wednesday
Workout 5 time(s) per week starting every Wednesday
Call Family 1 time(s) per week starting every Wednesday


Daily Habits:
Brush teeth 2 time(s) every day
Learn Spanish 1 time(s) every day
 Going back to menu...
```

```
DESCRIPTION
Brush teeth: Brush your teeth in the morning and evening
Vacuum room: Vacuum your room twice a week, dont forget Bathroom
Workout: Workout five times a week, dont forget running
Learn Spanish: Learn Spanish once a day alternate between vocab and grammar
Call Family: Call your family once a week
 Going back to menu...
```

The Schedule Section lets the user see their weekly and daily habits

The Description Section lets the user see their descriptions

FEATURES: ADD HABIT

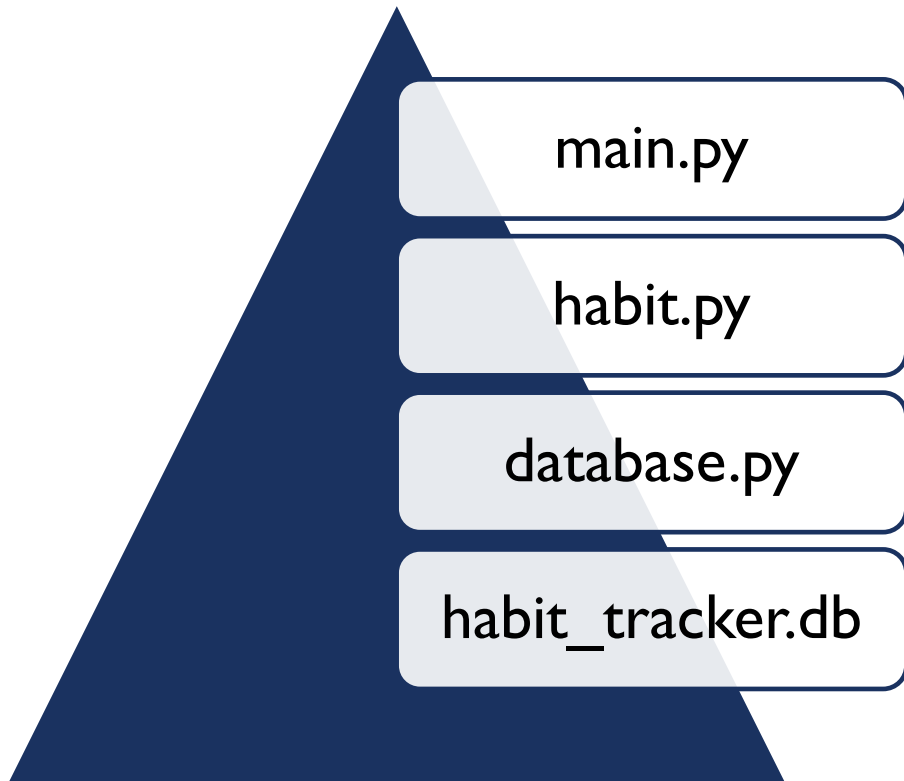Users can freely choose following properties of their habits:

```
ADD HABIT
What's the name of the habit you want to create?Testhabit
Please add a description to your habit.This is just a Test
Would you like to track this habit daily or weekly?
Enter 'daily' or 'weekly': daily
How often do you want to do this habit per day?1
When would you like your habit to start?
Press 1 for Today or Press 2 for a specific date.1
Habit starts today.
Habit added.
```

Example of how to add an habit

Name

Description

Periodicity (daily / weekly)

Individual start date

Frequency
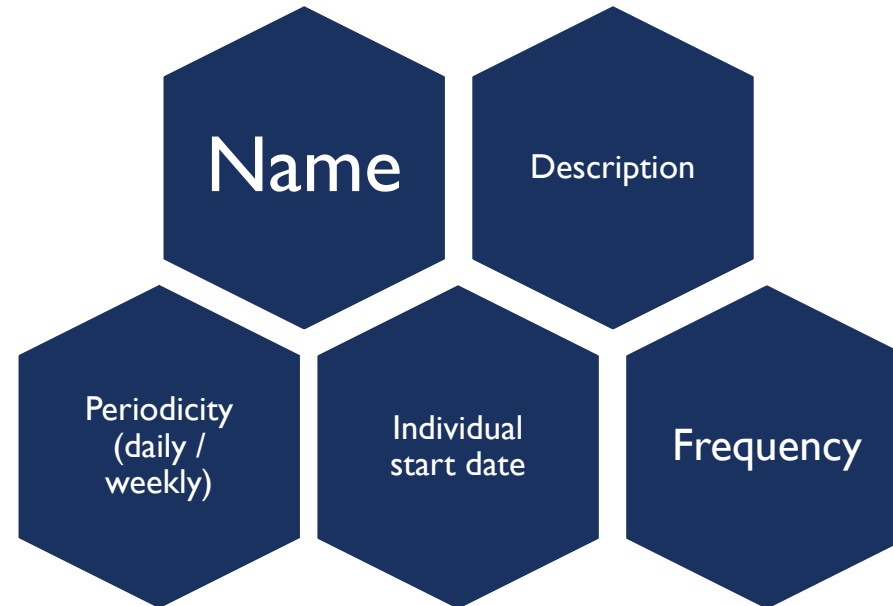
TECHNICAL ASPECTS

File Structure

main.py

habit.py
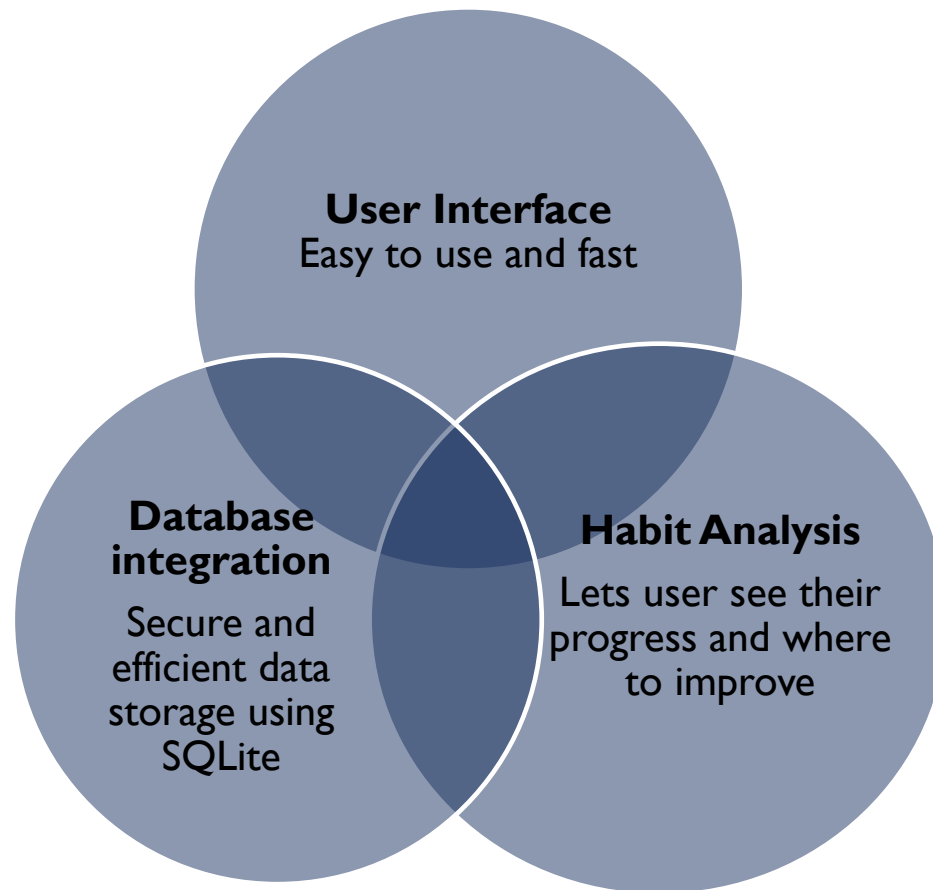
database.py

habit_tracker.db

-> handles the User Interface

-> handles the relevant logic behind tracking the habits

-> controls the flow of information between database and program

-> Acts as database based on SQLite

SUMMARY

User Interface
Easy to use and fast

Database integration
Secure and efficient data storage using SQLite

Habit Analysis
Lets user see their progress and where to improve

THANK YOU FOR YOUR ATTENTION

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