

# Project 70: Habit Tracker Assistant

---

## Description:

This assistant helps you define and track daily habits, giving reminders, motivation, and weekly summaries. You can input goals like “drink water,” “read 20 minutes,” or “stretch in the morning,” and it’ll turn them into a plan with streak-tracking potential.

---

## habit\_tracker\_assistant.py

```
import openai
import os
import gradio as gr

# Load your OpenAI API key securely
openai.api_key = os.getenv("OPENAI_API_KEY")

# Function to generate a habit tracking plan
def generate_habit_tracker(habits, duration_days):
    # Prompt the AI to behave like a habit coach
    messages = [
        {
            "role": "system",
            "content": (
                "You are a motivational habit tracker assistant. Based on the\n"
                "create a clear habit tracking chart, motivational tips, and w
            )
        },
        {
            "role": "user",
            "content": f"My habits: {habits}\nDuration: {duration_days} days"
        }
    ]

    try:
        # Call OpenAI to generate the tracker
        response = openai.ChatCompletion.create(
            model="gpt-3.5-turbo",
            messages=messages
```

```

    )

    # Return tracker instructions
    return response["choices"][0]["message"]["content"].strip()

except Exception as e:
    return f"Error: {str(e)}"

# Gradio interface
iface = gr.Interface(
    fn=generate_habit_tracker,
    inputs=[
        gr.Textbox(label="List Your Habits (e.g. Read 10 mins, Drink 2L water,
        gr.Slider(7, 30, step=1, label="Tracking Duration (Days)")
    ],
    outputs="text",
    title="✅ Habit Tracker Assistant",
    description="Enter your habits and duration, and I'll build a tracker plan
)

# Launch the habit assistant
iface.launch()

```