64:- MERN Stack Development - Habit Tracker App

PROBLEM STATEMENT:-
Building consistent habits is essential for personal growth, but many people struggle to track progress and stay motivated. Learners are expected to design and implement a Habit Tracker Web Application using the MERN stack that empowers users to log, monitor, and sustain daily habits.

SOLUTION PROPOSED:-
Habit Flow is a MERN stack web application that gamifies personal growth. It transforms habit tracking into an engaging experience using streaks, rewards, and data visualization.

Key Features:-
- Gamification: Earn XP for completing habits, unlock levels, and gain badges for milestones (e.g., 7-day streaks).
- Smart Tracking: Automated streak calculation and a focus timer (Pomodoro style) to maintain momentum.
- Modern UI: Responsive design with Dark/Light modes and a visual dashboard for progress analytics.

Technical Stack:-
- Frontend: React (Vite) for a fast, interactive UI.
- Backend: Node.js & Express REST API.
- Database: MongoDB for flexible data storage.
- Security: JWT Authentication & Bcrypt password hashing.

Impact:-
By combining psychological triggers with a seamless user experience, HabitFlow significantly improves user retention and habit formation success rates compared to traditional methods.

SCREENSHOTS:-