

New Habit with CBT Method Report

Report Covering records for 9th to 28th December 2023

18

Total Clean Days

3

Total Setbacks

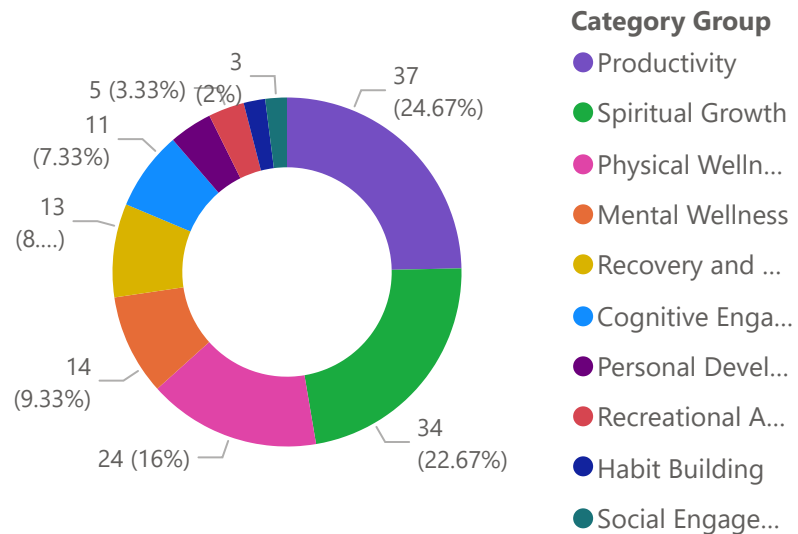
90%

Overall Success Rate

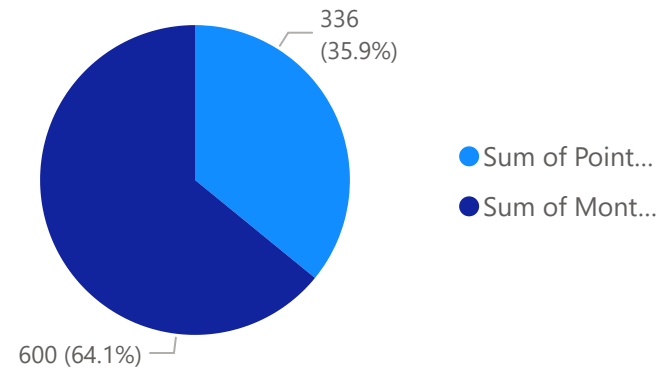
All



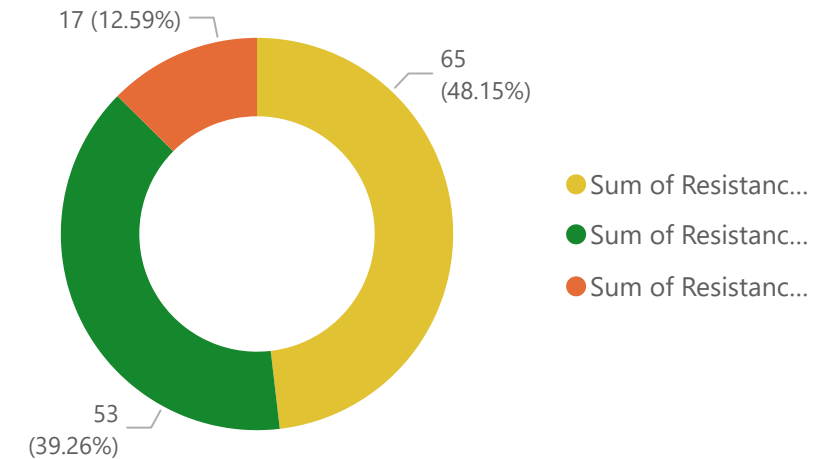
Percentage of Effort put in Building New Habits by Lifestyle Category



Percentages of New Habits Targets vs New Habit Achieved per Month



Percentage of Effort Applied in Resisting Urges vs Number of Successful Efforts



Summary:

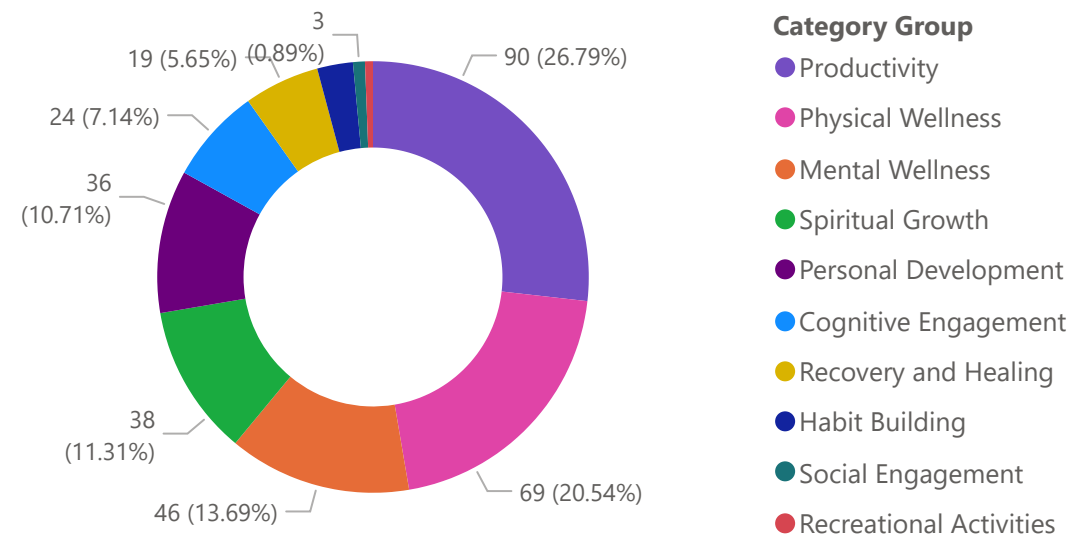
1. The User had a 90% Success Rate in fighting his Old Habit, with only 3 Setbacks during the period
2. On the Average he had to put up of fight more than once each day to achieve a Success day.
3. The User achieved only 36% of his Target to work on building new habits each day,
4. The User spent the most effort in improving his Productivity, followed by Spiritual Growth Efforts, the least efforts were made in improving his Social Engagement

Date	WeekofYear	Total Points Achieved	Total Week_Goal	Outcome	Resistance_Category	Category Group
09/12/2023 00:00:00	Week49	3	0	Failed	Behavioral	Mental Wellness
09/12/2023 00:00:00	Week49	6	150	Failed	Behavioral	Personal Development
09/12/2023 00:00:00	Week49	4	0	Passed	All Good	Physical Wellness
09/12/2023 00:00:00	Week49	8	0	Passed	Behavioral	Mental Wellness
09/12/2023 00:00:00	Week49	6	150	Passed	Behavioral	Personal Development
09/12/2023 00:00:00	Week49	10	0	Passed	Emotional	Physical Wellness
09/12/2023 00:00:00	Week49	5	0	Passed	Physical	Productivity
09/12/2023 00:00:00	Week49	5	0	Progress	Behavioral	Mental Wellness
09/12/2023 00:00:00	Week49	6	150	Progress	Behavioral	Personal Development
09/12/2023 00:00:00	Week49	10	0	Progress	Emotional	Physical Wellness
09/12/2023 00:00:00	Week49	5	0	Progress	Physical	Productivity
10/12/2023 00:00:00	Week50	10	0	Failed	Emotional	Recovery and Healing
10/12/2023 00:00:00	Week50	4	0	Passed	All Good	Physical Wellness
10/12/2023 00:00:00	Week50	9	0	Passed	All Good	Productivity
10/12/2023 00:00:00	Week50	3	0	Passed	Behavioral	Habit Building
10/12/2023 00:00:00	Week50	10	0	Passed	Emotional	Recovery and Healing
10/12/2023 00:00:00	Week50	3	0	Progress	Behavioral	Habit Building
10/12/2023 00:00:00	Week50	10	0	Progress	Emotional	Recovery and Healing
10/12/2023 00:00:00	Week50	5	0	Progress	Social	Mental Wellness
11/12/2023 00:00:00	Week50	5	0	Failed	Behavioral	Spiritual Growth
11/12/2023 00:00:00	Week50	6	0	Failed	Emotional	Personal Development
11/12/2023 00:00:00	Week50	5	0	Passed	All Good	Mental Wellness
11/12/2023 00:00:00	Week50	8	0	Passed	All Good	Productivity
11/12/2023 00:00:00	Week50	3	0	Passed	All Good	Recovery and Healing
11/12/2023 00:00:00	Week50	5	0	Passed	Behavioral	Spiritual Growth
11/12/2023 00:00:00	Week50	6	0	Passed	Emotional	Personal Development
11/12/2023 00:00:00	Week50	4	0	Passed	Physical	Spiritual Growth
11/12/2023 00:00:00	Week50	5	0	Progress	Behavioral	Spiritual Growth
11/12/2023 00:00:00	Week50	6	0	Progress	Emotional	Personal Development
12/12/2023 00:00:00	Week50	5	0	Failed	Emotional	Spiritual Growth
12/12/2023 00:00:00	Week50	4	0	Passed	All Good	Mental Wellness
Total		336	465			

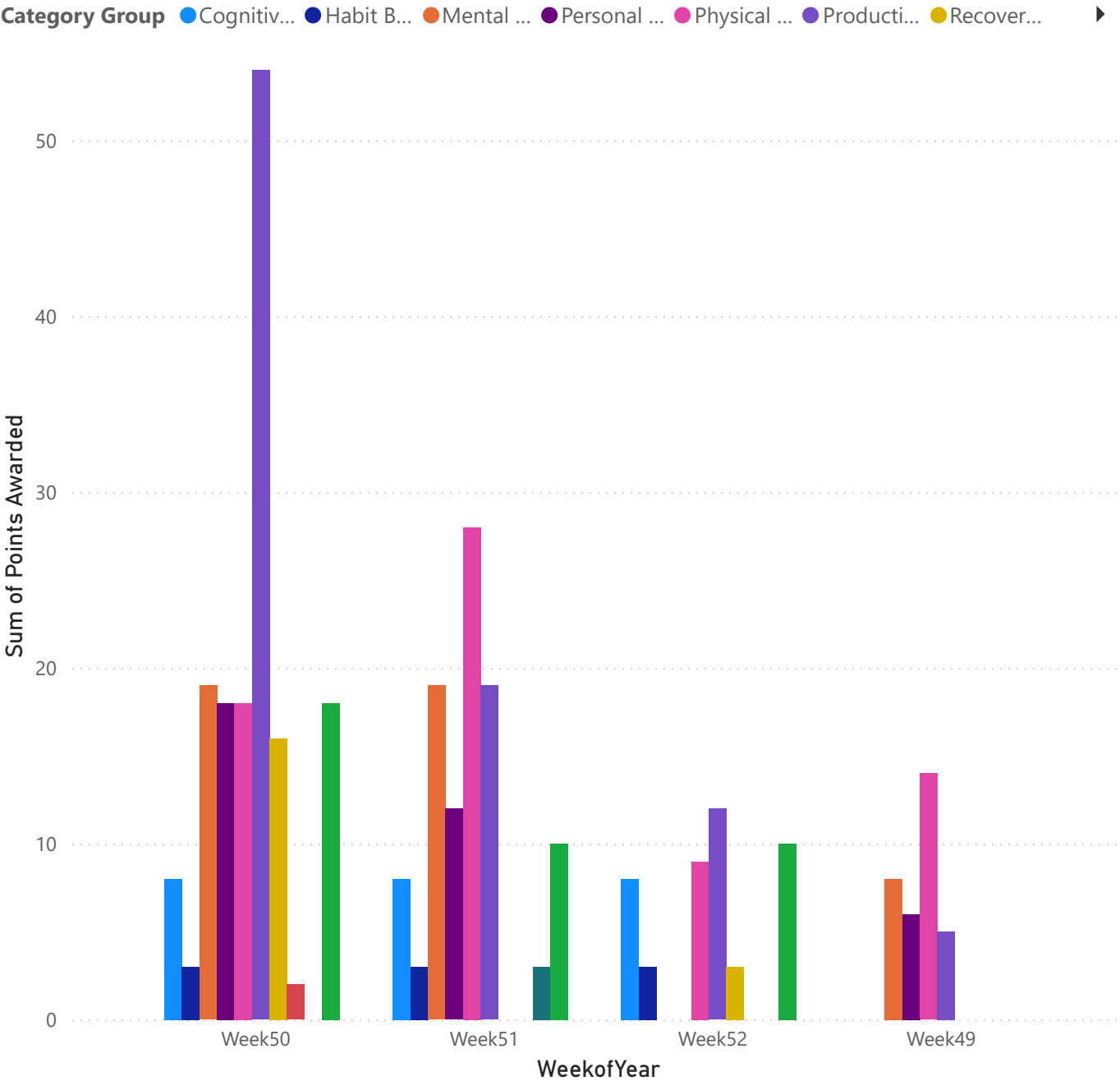
Date	Daily_Status
09 December 2023	Setback
10 December 2023	Clean
11 December 2023	Setback
12 December 2023	Clean
13 December 2023	Clean
14 December 2023	Clean
15 December 2023	Clean
16 December 2023	Clean
17 December 2023	Clean
18 December 2023	Clean
19 December 2023	Clean
20 December 2023	Clean
21 December 2023	Setback
22 December 2023	Clean
23 December 2023	Clean
24 December 2023	Clean
25 December 2023	Clean
26 December 2023	Clean
27 December 2023	Clean
28 December 2023	Clean

Total

Sum of Points Awarded by Category Group

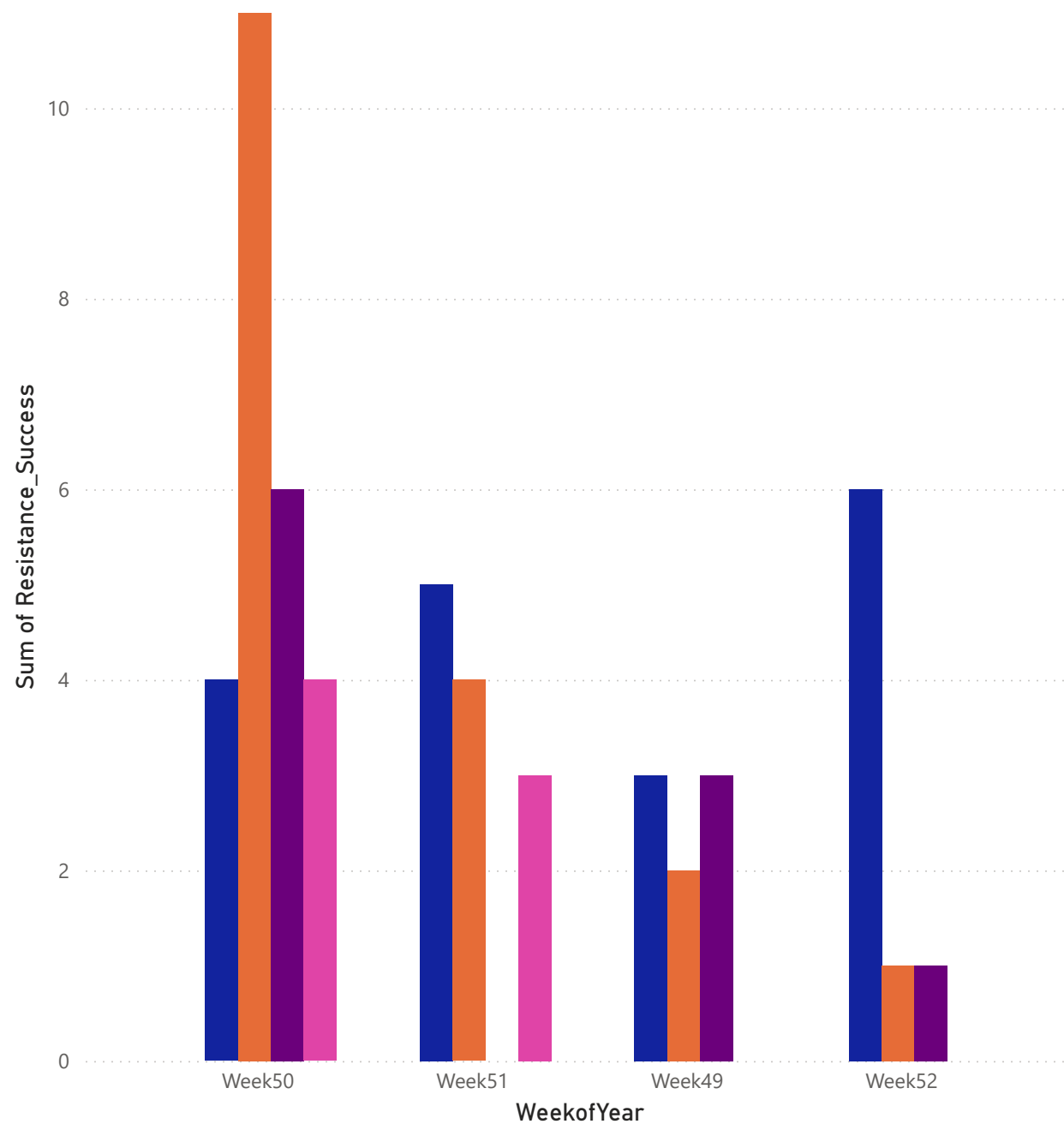


Weekly New Habits Effort Score by Lifestyle Category

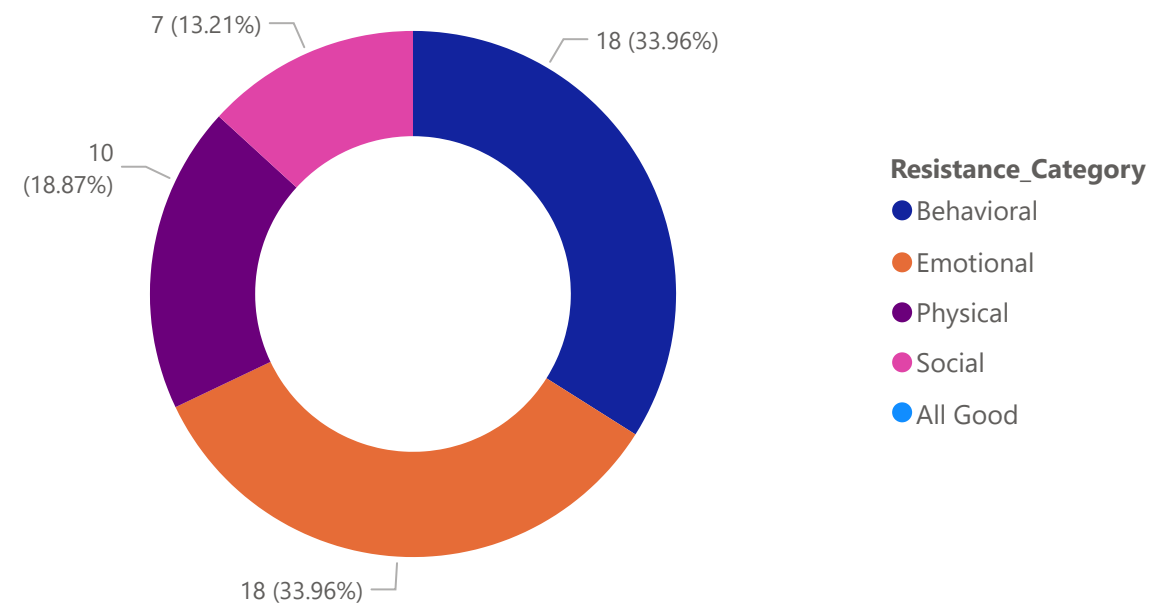


Weekly Efforts Score for Resisting Cravings by Trigger Categories

Resistance_Category All Good Behavioral Emotional Physical Social

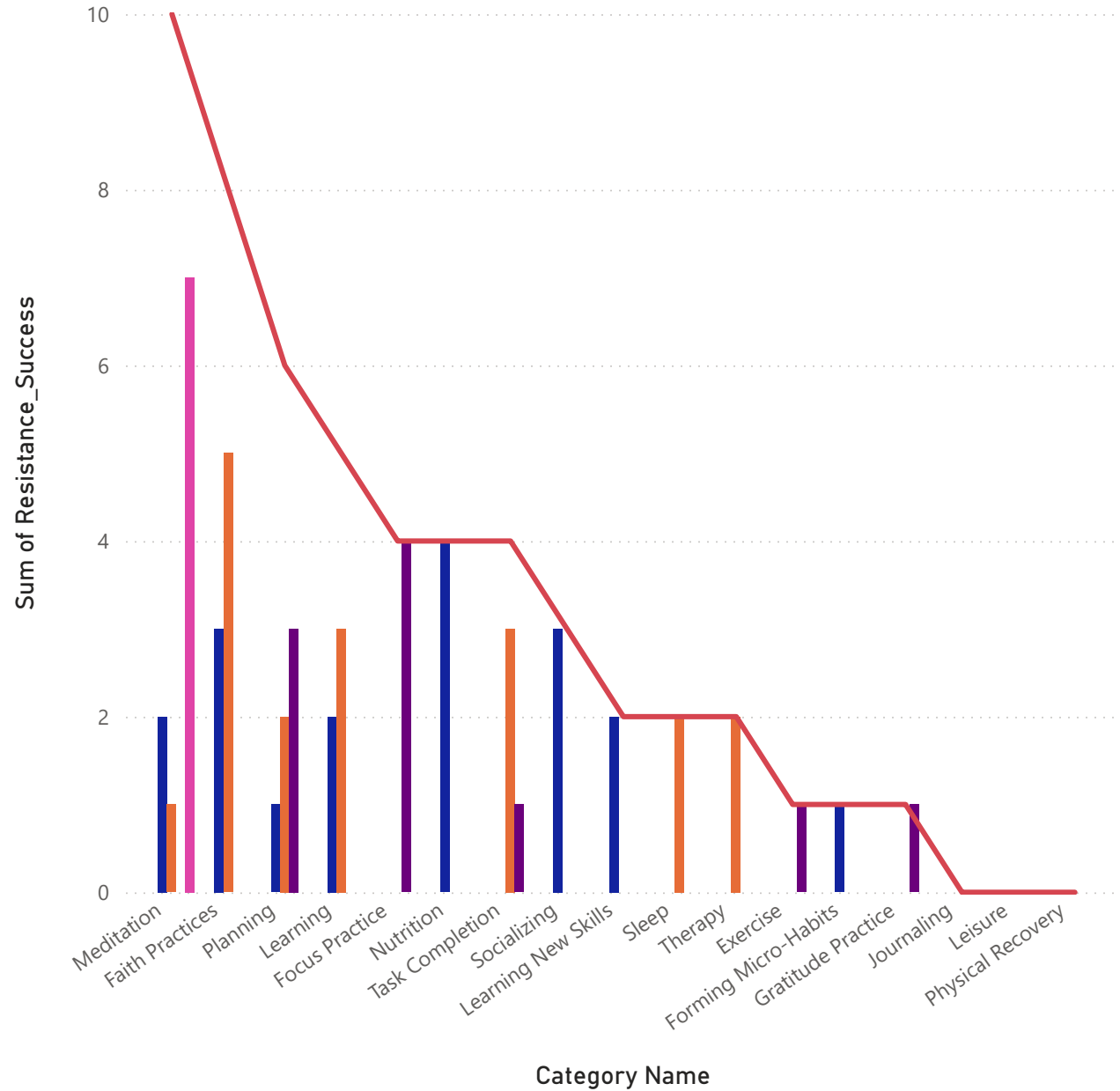


Percentage of Successful Efforts in Resisting Trigger Categories



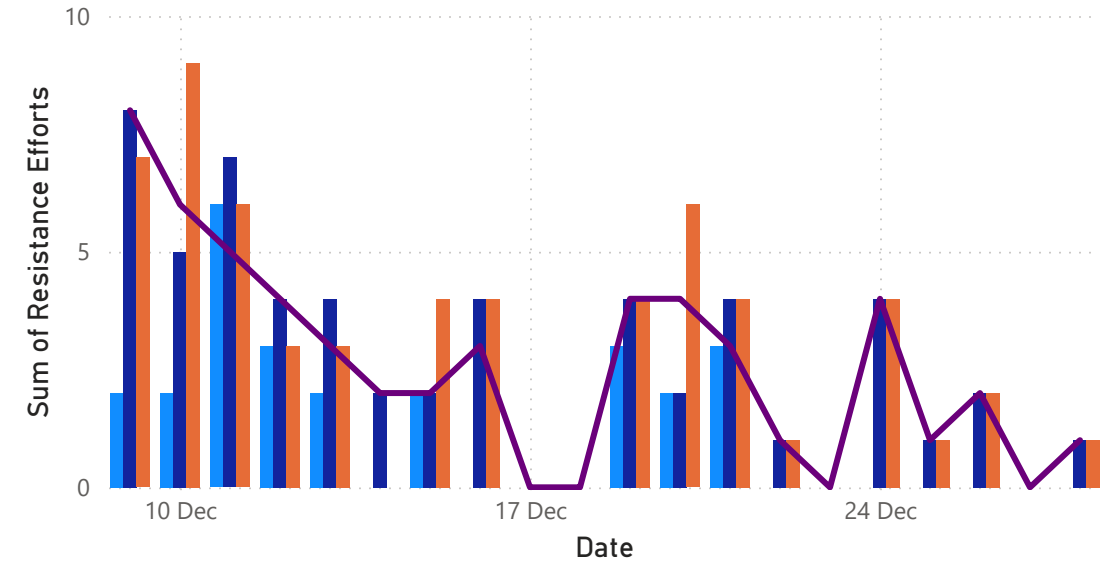
Correlation Between Efforts made in building new habits and Successful Resistance of Triggers

Resistance_Category All Good Behavioral Emotional Physical Social Sum of Resistance_Su...



Correlation Between Efforts made in Resisting Cravings and Eventual Success

Outcome Classification Failed Passed Progress Sum of Resistance_Success



Setback_flag NO YES Sum of Resistance_Success

