HABITUAL APP

On average, it takes more than 2 months before a new behavior becomes automatic — 66 days to be exact.

Create a web application that helps users build positive / life changing habits. Eventually this will be made into a mobile app, but for now it will be web based and accessible on mobile devices through the web.

MVP:
- Users can create accounts and log in
- Users can add habits
- Users can remove habits
- Users can add progress daily
- Users can let the app know that they missed a day
- Users can track their progression (based on doing something every day for 66 days)

FUTURE FEATURES:
- Display weather to plan for habits (outdoor exercise, getting outside more in general etc)
- Calendar displaying each won or loss day
- Display any streaks users have

- Display users strengths (favorite habits, things done most consistently)
- Users can login to account on mobile device