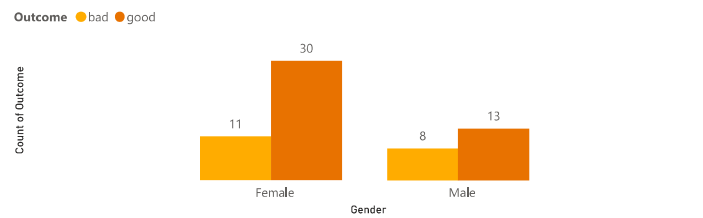


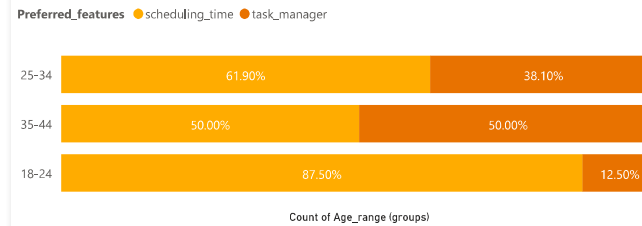
# HABIT HELP

Count of Outcome by Gender and Outcome



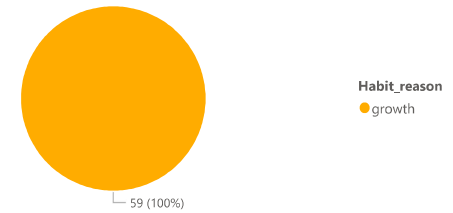
This visual compares the outcome of habit formation trial (good and bad) on female and male. This will help us determine to what extent people really need the habit formation app.

Preferred features by Age range



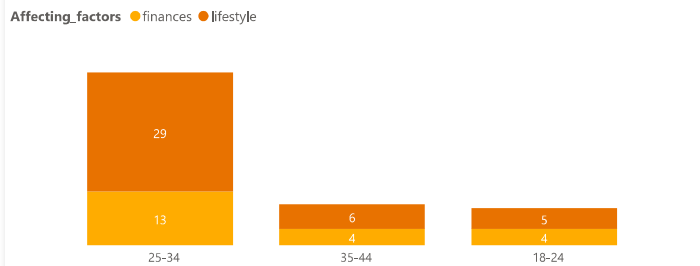
This visual helps us determine if the feature preference is peculiar to a specific age group. It shows that 61.9% of people between 25-34 prefer 'scheduling time' to the 38.1% preference in a 'task manager' while people between the ages 35-44 have an equal preference between both features.

Count of Gender by Habit\_reason



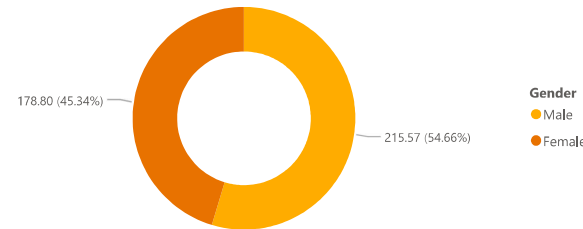
This pie chart illustrates the reason behind habit formation where we have 59 non-null responses summarized to be a form of growth.

Affecting factors by Age range



This stacked column chart shows that across all age groups, lifestyle is a higher determining factor that affects their decision to cultivate new habits.

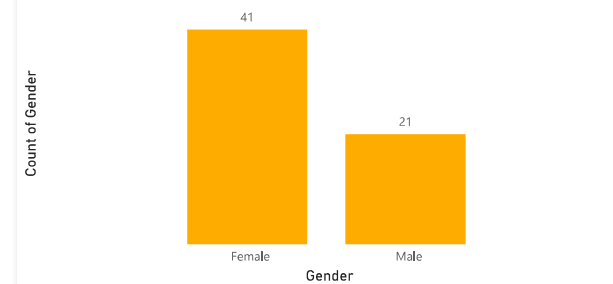
Average of Habit consistency period by Gender



This donut chart shows the average number of days it takes each gender to successfully cultivate any new habit.

It takes females an average of 178 consistent days while it takes a male an average of 215 consistent days to cultivate a habit.

Count of Gender



This clustered column chart shows the distribution of the data between male and female.

# HABIT HELP

## INSIGHTS

- . Visual 1 shows how people have performed while trying new habits with respect to their gender.
- . Visual 2 shows the features preferred by each age group.
- . Visual 3 shows the greater sources of motivation for people to form new habits.
- . Visual 4 shows the reason why people want to form new habits or quit old ones.
- . Visual 5 shows an average number of days it takes people to form new habits/quit old ones with respect to gender.
- . Visual 6 also shows the count of male against female.