HABIT HELP

Preferred habits

|	
reading	16
time management	16
wellness	8
healthy eating	5
exercising	3
no	1

This clustered column chart shows the count of the most preferred habits with reading and time management being the most wanted habit to be cultivated.

49
Total number of respondents

Favorite features in habit formation apps

Favorite features in habit formatio...
- calender — 21 (42.86%)
- timer — 19 (38.78%)
- journal — 9 (18.37%)
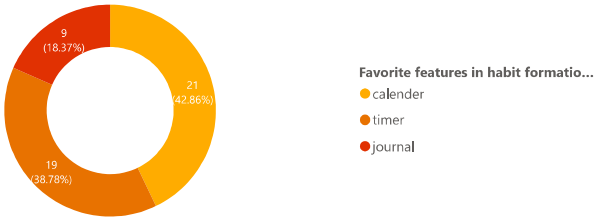
This donut chart segments respondents according to their favorite habit app features.

Current Habit formation app usage

9 (18.37%)
40 (81.63%)
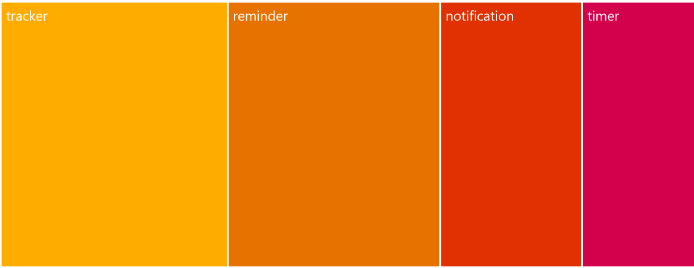
Habit formation app usage
- no
- yes
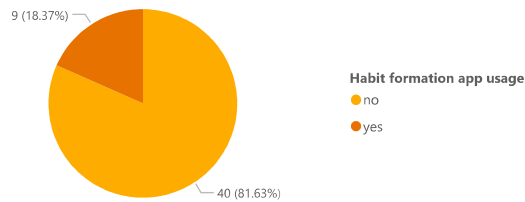
This pie chart shows the percentage of respondents who have tried using habit apps and the ones who have never used them. A higher percentage have never tried habit apps.

Preferred habits by Challenges involving habit formation

Challenges involving habit fo... ● finances ● inconsistent
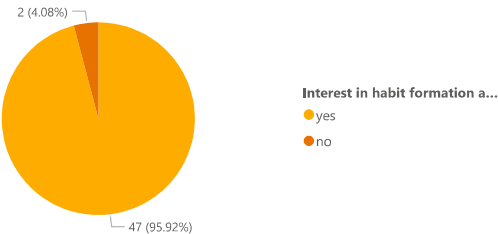

Count of Preferred habits
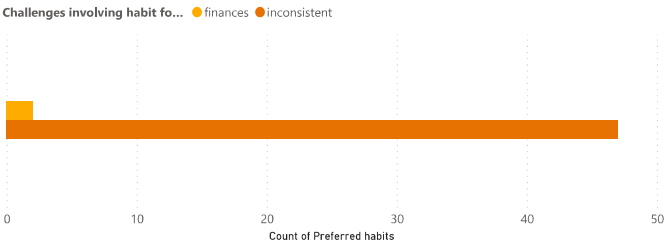
This clustered bar chart shows that inconsistency is a major challenge when trying to cultivate new habits compared to finances.

Suggested possible features

tracker | reminder | notification | timer

This tree map highlights the possible preferred features by respondents.

Count of Age by Interest in habit formation apps

2 (4.08%)
47 (95.92%)

Interest in habit formation a...
- yes
- no

This pie chart shows us how interested respondents are in habit formation apps. 95.9% of respondents love the idea of a habit formation app.

Factors aiding new habit	Preferred habits
time management	exercising
time management	healthy eating
time management	reading
time management	time management
time management	wellness