

Making habits stick with

*habits*

Habits is an Android Application whose main purpose is to assist the users of the app in building the habits they wish to inculcate in their lives by showing the relevant data and providing encouragement.

# Alright, but why do we need such an app

- **Reminders:** One of the key advantages of such an app is that it can provide you with multiple reminders for multiple habits to ensure that you can remain as consistent as possible.
- **Visualization:** It provides visual representations of progress, making it easier to track and see progress over time. This can be motivating and encourage users to continue with their habits.
- **Convenience:** It is an app that is easily accessible on our smartphones, making it more convenient to track habits on the go. In contrast, pen and paper or Excel sheets require physical storage and access.

As per the European Journal of Social Psychology, it takes on average 66 days for a new behaviour to become automatic.

# Key features of the app

- **Choose or create your habit:** The app provides you the ability to choose a habit from our list or create your custom habit.
- **Streaks:** Streaks are an effective way to encourage the users to maintain it and avoid breaking the chain, which in turn helps build consistency as well as provides a sense of accomplishment.
- **Rewards System:** The app awards badges for completing certain milestones which provide the users another motivation to keep going and stay consistent.

- **Data Insights:** Apart from the streaks, the app also provides other information regarding the habit to help the user better understand and identify areas of improvement.
- **Reminders:** The users can schedule multiple reminders for each habit which will be received as scheduled, so that consistency is maintained. It will also integrate OpenAI API (ChatGPT) within the notification to provide personalised encouragement.
- **Google Fit Integration:** The app will provide the ability to sync your fitness data stored in Google Fit so that the users can track all their fitness based habits.

# Our Tech Stack



Flutter

X



Firebase

And a bit of Node.js action as well..