

5 Habits in 4 weeks of Data

5 habits:

Habit Name	Frequency	Description
Journaling	Weekly	Journaling weekly reflections
Running	Weekly	30-60 minute run
Reading a book	Daily	Reading for 20 minutes per day
Meditation	Daily	Daily meditation for reflection
Exercise	Daily	Daily body movement

Data Coverage (4 weeks):

- Start date: 2025-06-09 (On Monday)
- End date: 2025-07-06 (On Sunday)

The JSON file contains the Habits following way:

```
[
{
  "name": "Journaling",
  "frequency": "weekly",
  "creation_date": "2025-06-09",
  "completions": ["2025-06-09", "2025-06-16", "2025-06-23", "2025-07-01"]
},
{
  "name": "Running",
  "frequency": "weekly",
  "creation_date": "2025-06-09",
  "completions": ["2025-06-10", "2025-06-17", "2025-06-24", "2025-07-01"]
},
{
  "name": "Reading 20 minutes",
  "frequency": "daily",
  "creation_date": "2025-06-09",
  "completions": [
    "2025-06-09", "2025-06-10", "2025-06-11", "2025-06-12", "2025-06-13",
```

```
    "2025-06-16", "2025-06-17", "2025-06-18", "2025-06-19", "2025-06-20",  
    "2025-06-23", "2025-06-24", "2025-06-25", "2025-06-26", "2025-06-27",  
    "2025-06-30", "2025-07-01", "2025-07-02", "2025-07-03", "2025-07-04"  
  ]  
},  
{  
  "name": "Meditation",  
  "frequency": "daily",  
  "creation_date": "2025-06-09",  
  "completions": [  
    "2025-06-09", "2025-06-10", "2025-06-12", "2025-06-13",  
    "2025-06-16", "2025-06-18", "2025-06-19", "2025-06-20",  
    "2025-06-23", "2025-06-25", "2025-06-26", "2025-06-27",  
    "2025-07-01", "2025-07-02", "2025-07-04"  
  ]  
},  
{  
  "name": "Exercise",  
  "frequency": "daily",  
  "creation_date": "2025-06-09",  
  "completions": [  
    "2025-06-09", "2025-06-10", "2025-06-11", "2025-06-12", "2025-06-13",  
    "2025-06-14", "2025-06-16", "2025-06-17", "2025-06-18", "2025-06-19",  
    "2025-06-20", "2025-06-21", "2025-06-22", "2025-06-23", "2025-06-24",  
    "2025-06-25", "2025-06-26", "2025-06-27", "2025-06-28", "2025-06-29"  
  ]  
}  
]
```