Come up with a statement for your app idea and a potential app name. They should clearly communicate what the user does with the app and what problem it solves.

Habitual Habits

People are creatures of habit. Once a behavior becomes

Good habits create routine, order, and efficiency. Habitual behavior frees up the mind so it can more effectively concentrate on higher level activities.

But maintaining good habits can be challenging. Enter Habitual Habits, an application that

Small, incremental change is an effective long-term strategy to improving one’s behavior. However, small changes can, in of themselves, not be rewarding, despite how fruitful good habits prove over the long-term. The lack of short-term reward makes it less likely that a new behavior will become a genuine habit. Habitual Habits will provide users with badges and affirmations that reinforce to them just how much progress they are making.

By awarding badges for compliance,

The benefits of developing and maintaining good habits are substantial. Good habits result in better behavior, and better behavior leads to better life-outcomes. Good habits create order, routine, and efficiency. They free up the mind to more effectively concentrate on other challenging tasks. Yet, developing good habits is something many people struggle with. Time and time again, motivated people decide to make lifestyle changes with every intention of carrying them out, yet ultimately fail to do so.

Habitual Habits is an application that seeks to solve this problem. The application will allow users to input habits (by name, category, and frequency) and log their completion. The application will reinforce habitual behavior by reminding users to log their activity, creating data stores that the user can access to view their progress, and issuing badges to commemorate a job well-done. The benefits of good habits are often only perceptible in the long-term. Badges accelerate the perception of progress into the short and medium-term and reinforce a link in the user’s mind between good behavior and positive feedback.

P1. 100% priority, without which application will not work. Mandatory for functionality.

P2. Important but not essential for the application to function

P3. Good to have

Make p1, p2, p3 labels for Trello board

P2: edit habit, edit category

P3: large fonts, high color contrast

Backend: 10-15 hours, 50% node, 50% database stuff

User stories: registration and login stories require security and validation so for those 4-6 hours each

And other user stories 2-4 hours each