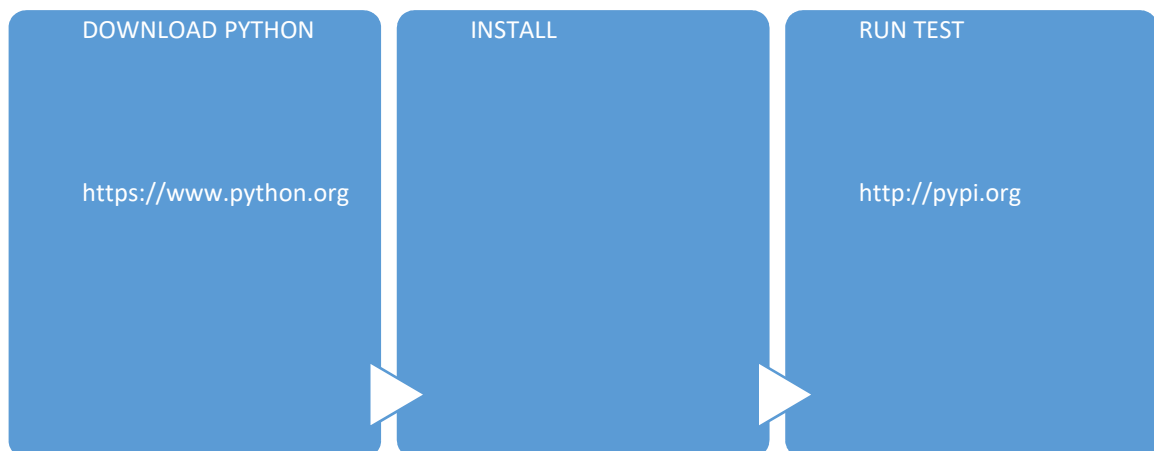


## THE HABIT TRACKER APP

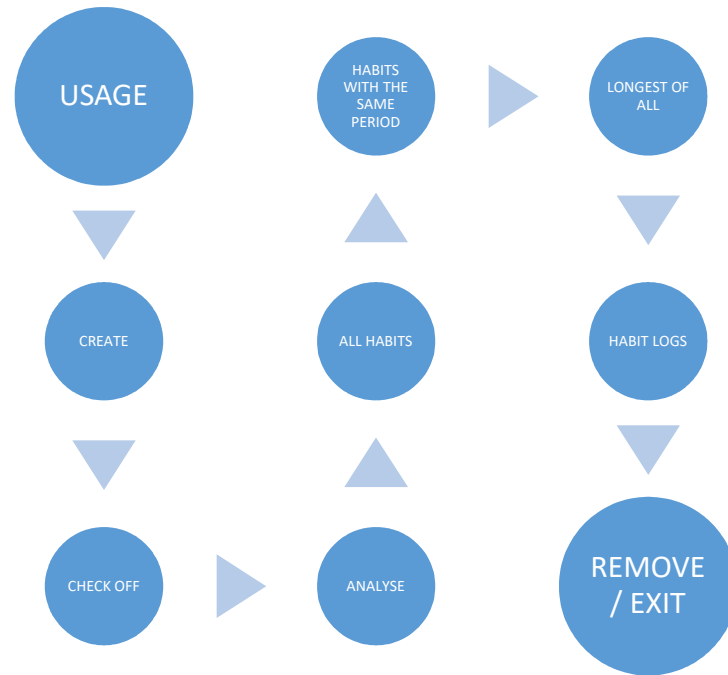
- Why do you need this?
  - Habit tracker help you to monitor your progress on the positive habits you want to perform. They encourage you to keep going and provide clear insight into how well you are really doing.
  - If you want to stick with a good habit, one simple and effective thing you can do is to keep a habit tracker.
  - High achieving individuals will often measure, quantify and track their progress in various ways. Each little measurement provides feedback, it offers a signal of whether they are making progress or need to change course.
- Getting started
  - Firstly you have to download the Python 3.13 + version on your computer. You can download it from Python website – <https://www.python.org>
  - Secondly install Python on your computer, make sure that you have enough space.
  - Thirdly, you need to install a pytest that you will use to test your project. Or you can simply use <http://pypi.org> for testing.



- How do we run the program?

- After installing all the necessary dependencies, open your terminal window and use change directories to select your habit track folder and then type.

#### STEPS TO FOLLOW WHILE USING THIS PROGRAM:



#### EXPLANATION TO THE ABOVE PROCESS:

1. USAGE: here you can select an option of your choice using the arrow key.
2. CREATE: after selecting the create option, you can create any habit simply by putting name, task description, and time span (daily or weekly).
3. CHECK OFF: helps you to complete your desired task.
4. ANALYSE: helps you to analyze your habits.
5. ALL HABITS: it will return all your habits with name, specification, their creation and current streak.
6. HABITS WITH THE SAME PERIOD: here you can easily check your progress for different time period. You can either select daily or weekly.
7. LONGEST STREAK: this option will help you to analyze your longest streak for a specific habit.
8. HABIT LOGS: this will help you analyze at which habit you struggle the most, it show all the checked dates of the specific habit.
9. REMOVE: removes the entered habit from the database.
10. EXIT: closes the program.

#### PREDEFINED HABITS

DAILY	WEEKLY
<ul style="list-style-type: none"><li>• Talk with a positive person</li></ul>	<ul style="list-style-type: none"><li>• Stretch all body muscles</li></ul>
<ul style="list-style-type: none"><li>• Get some sunlight</li></ul>	<ul style="list-style-type: none"><li>• Read a book</li></ul>
<ul style="list-style-type: none"><li>• 10 minutes meditation</li></ul>	<ul style="list-style-type: none"><li>• Review your goals</li></ul>

- To see all predefined habits go to > analyze all tracked habits.

#### FUNCTIONALITY:

- The program returns current streak and longest streak for all habits.
- There are different options for both functionality. One can check daily habit once in a day. One can check weekly habit once a week on the same day of last check off.

#### CONTACT:

- If you have a suggestion or find any error while running the program, contact me at [bokangkay7@gmail.com](mailto:bokangkay7@gmail.com)