Happy Habit Tracker

Physical

Running

Yoga

Weight Lifting

Other

Mental

Meditation

Journaling

Rest

Other

Dietary

Water

Fruit & Veg

Protein

Other

Happy Habit Tracker

Physical

Running Last: 2/14/22, 30 min, 2 mi

Yoga Last: 2/12/22, 40 min

Weight Lifting Last: 2/12/22, 45 min

Other

+

+

Happy Habit Tracker

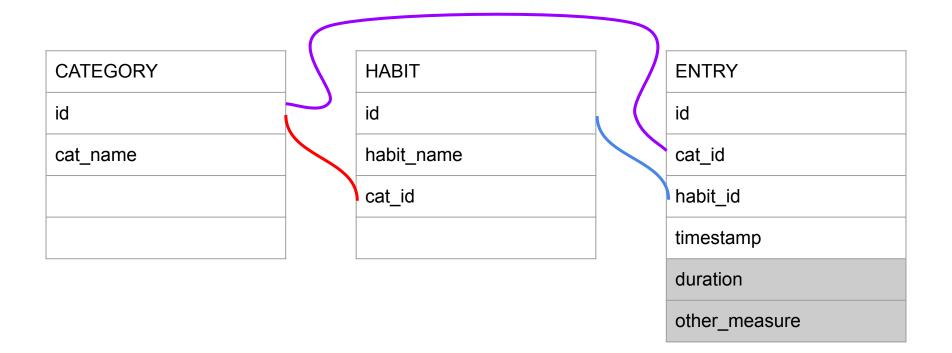
Physical - Running

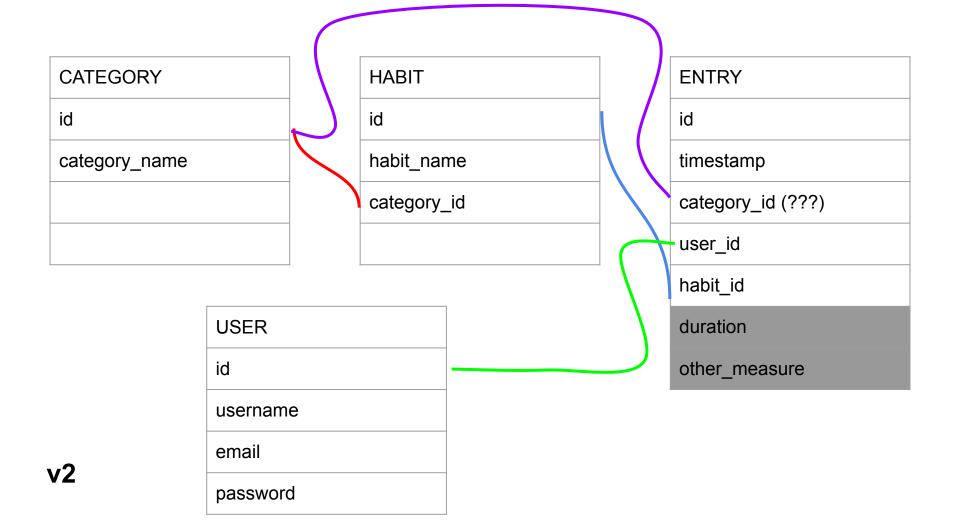
Last: 2/14/22, 30 min, 2 mi

Last 7 days: 7 runs, 95 min, 7 mi

Last month: 22 runs, 250 min, 27 mi

This year:





Category	category_id	Habit	habit_id
Physical	1	Running	1
Physical	1	Yoga	2
Physical	1	Weight Lifting	3
Physical	1	Other - Physical	4
Mental	2	Meditation	5
Mental	2	Journaling	6
Mental	2	Rest	7
Mental	2	Other - Mental	8
Dietary	3	Water	9
Dietary	3	Fruit & Veg	10
Dietary	3	Protein	11
Dietary	3	Other - Dietary	12