**Programare pentru dispozitive mobile**

**HabitBurst concept**

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**App Name: HabitBurst**

**Concept:**

**HabitBurst** is a mobile app that helps users build habits through **bite-sized, time-limited challenges** aimed at boosting productivity and personal growth. The focus is on incorporating micro-habits into daily routines, each taking no more than 5 minutes to complete. It encourages users to build small, consistent actions that compound over time, without feeling overwhelming.

**Example Use Case:**

A user has a hectic schedule but wants to stay productive. Each morning, they open the app, and it suggests a 5-minute task like "Review one goal for the week." After completing it, they get a sense of accomplishment and continue with their day. Over time, they develop consistent micro-habits, increasing their overall productivity without feeling overwhelmed.

**Target Audience:**

**Busy professionals**, **students** and anyone looking to improve productivity and personal growth in small, manageable steps. It's ideal for people who are often discouraged by large goals but still want to make consistent progress through bite-sized habits.

This app uses habit-building psychology but makes it feel achievable by breaking down goals into tiny, manageable actions, perfect for the modern fast-paced lifestyle.

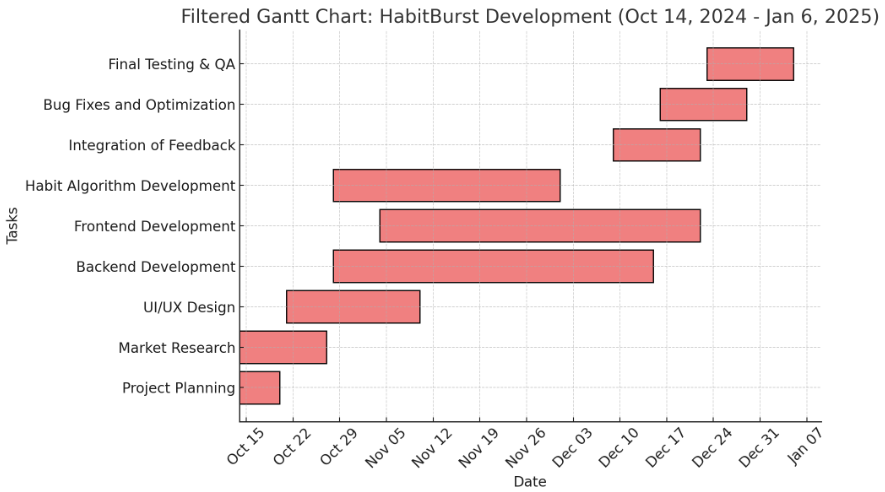
**Features:**

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| **Feature** | **Description** | **Status** |
| **Daily 5-Minute Micro-Habit Challenges** | Delivers daily micro-challenges like "Write down 3 things you're grateful for" or "Declutter your desk," designed to be quick and easy to fit into daily routines. | Not Implemented |
| **Focus on Key Life Areas** | Users can choose from categories like Productivity, Well-being, Learning & Growth, and Relationships to focus their micro-habits on specific areas. | Not Implemented |
| **Challenge Time-Boxing** | Each micro-habit has a built-in timer (2-5 minutes) that encourages users to focus on the task within a limited time frame, creating urgency and increasing accomplishment. | Not Implemented |
| **Weekly Challenge Themes** | Users can opt for weekly themed challenges, such as "Boost Your Focus" or "Declutter Your Life." At the end of the week, users receive a summary of their progress and reflections. | Not Implemented |
| **Personalized Habit Suggestions** | The app tracks user preferences and suggests appropriate micro-habits based on their lifestyle, energy levels, and available time. | Not Implemented |
| **Streak & Reminder System** | The app uses a streak system to encourage consistency, with smart reminders nudging users to complete their micro-habits without being intrusive. | Not Implemented |

**Similar apps:**

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| **App** | **Concept** | **Similarities** | **Unique Aspects** |
| A simple app that helps users set goals, track habits, and log progress. Supports both building good habits and breaking bad ones. | - Focus on tracking micro-habits.  - Offers visual progress reports. | - Option to track habits multiple times a day.  - Visual bar charts to track progress and motivate users. | A simple app that helps users set goals, track habits, and log progress. Supports both building good habits and breaking bad ones. |
| **Momentum Habit Tracker** | A habit tracker using a streak-based system, emphasizing data visualization and detailed tracking of progress. | - Encourages consistency through streaks.  - Focus on small, repetitive tasks. | - Advanced habit-tracking tools for data analysis.  - Customization of habits and schedules. |

**Gantt Scheme for a period of 12 weeks:**

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