Habit Journal – break routine

Behaviorist
----
name
email
remote_ip
timestamp

Motivator
----
behaviorist_id
email
requested_at
accepted_at
declined_at

Habit
----
behaviorist_id
name
on_monday
on_tuesday
on_wednsday
on_thursday
on_friday
on_saturday
on_sunday
timestamp

Completion
----
habit_id
narrative
timestamp

Score
----
completion_id
peer_id
rating
timestamp

Hi what's your name?

_____

Andy, optionally save your progress via email.
_____ or skip

Andy, what is one habit you'd like to break or form?
_____

Which week days will you <habit>?
[] M [] Tu [] W [] Th [] F [] Sa [] Su

A

☐ Canvas

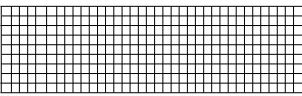☐ Script

☐ Web App

Breathe.

——— Leo Babauta

🏠

Canvas

Tell us what you did today.
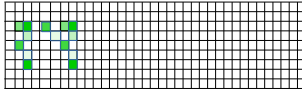
Complete

🏠

Canvas

Tell us what you did today.

Complete

The achievement calendar is based off your nominal efforts.

🏠

Grade this achievement.

Canvas

Following a question-edit session on StackOverflow, I was inspired to canvas one of the libraries mentioned called Nokogiri.

——— Andy
bettisworth@gmail.com

A+ A B C D F
_____

🏠

2015 Scorecard

A+   Canvas

A   Script

A   Web App

B   Mentor

C-   Refactoring

The achievement scorecard is based off peer reviews from within your network.