

Welcome to your new  
habit diary!



Meet your new habit tracker, which  
helps you to achieve your sports  
goals fast.

**Start**

9:41



# Oh, no!

Your friend is waiting for you to complete everyday habits



23% done for today

## Your habits



**Water**



250 ml of 1000 ml

**Running**



250 m of 2000 m

**Steps**



6000 of 6000

**Sleep**



6 of 8 hours

9:41



 Home

Health

History

Settings

complete



ing



of 2000 m

o



hours

9:41



# Welcome!

Your friend is waiting for you to select new habits and track them.



## Your habits



Select a habit, please



9:41



# Oh, no!

Your friend is waiting for you to complete everyday habits



0% done for today

## Your habits



**Water**



No data for today.

**Running**



No data for today.

**Steps**



No data for today.

**Sleep**



No data for today.

9:41



# Well done!

Your friend is satisfied, but he's still waiting for you to complete all habits.



60% done for today

## Your habits



**Water**



500 ml of 1000 ml

**Running**



1000 m of 2000 m

**Steps**



3000 of 6000

**Sleep**



6 of 8 hours

9:41



# Well done!

Your friend is happy, you're doing well today!



97% done for today

## Your habits



Water



1000 ml of 1000 ml

Running



2000 m of 2000 m

Steps



6000 of 6000

Sleep



6 of 8 hours



9:41



# Oh, no!

Your friend is waiting for you to complete everyday habits



0% done for today

## Your habits



Steps



No data for today.

9:41



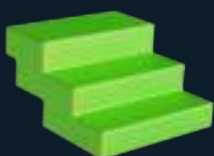
## New habit



**Water**



**Running**



**Steps**



**Sleep**



**Calories**



**Workout**

**Create habit**

9:41



## New habit



**Water**



**Running**



**Steps**



**Sleep**



**Calories**



**Workout**

**Create habit**

9:41



## New habit



**Water**



**Running**



**Steps**



**Sleep**



**Calories**



**Workout**

**Create habit**

9:41



# Water



What's your goal per day?



1 litre of water = 4 glasses  
of water

Track habit

9:41



## Water



What's your goal per day?



1 litre of water = 4 glasses

**Water**

**Done**

1200 ml

1150 ml

1100 ml

1050 ml

**1000 ml**

950 ml

900 ml

850 ml

800 ml

9:41



## Water



1000 ml



1 litre of water = 4 glasses  
of water

**Track habit**

9:41



## Running



What's your goal per day?



**Track time**



**Do you need a time limit?** (Optional)

Time



**Track habit**



9:41



## Running



What's your goal per day?



Track time



Do you need a time limit? (Optional)

Running goal

Done

2,4 km

2,3 km

2,2 km

2,1 km

**2 km**

1,9 km

1,8 km

1,7 km

1,6 km



# Running



What's your goal per day?



Track time



Do you need a time limit? (Optional)

Time

Done

- 6 min 34 sec
- 5 min 33 sec
- 4 min 32 sec
- 3 min 31 sec

2 min 30 sec

- 1 min 29 sec
- 0 min 28 sec
- 27 sec
- 26 sec

9:41



## Running



2,6 km



**Track time**



**Do you need a time limit?** (Optional)

30 minutes



**Track habit**

9:41



## Running



2,6 km



**Track time**



**Track habit**

9:41



## Sleep



What's your goal per day?



Track habit



# Sleep



What's your goal per day?



Sleep

Done

12 hours

11 hours

10 hours

9 hours

8 hours

7 hours

6 hours

5 hours

4 hours

9:41



## Sleep



8 hours

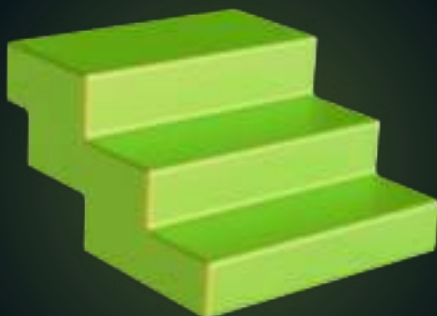


**Track habit**

9:41



## Steps



What's your goal per day?



Track habit





# Steps



What's your goal per day?



Steps

Done

- 7000
- 6750
- 6500
- 6250

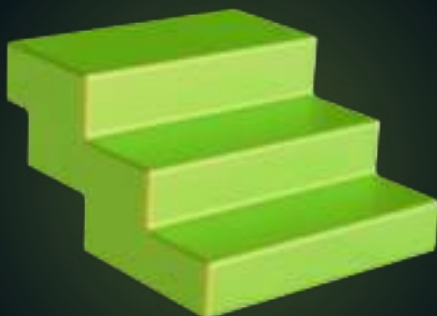
6000

- 5750
- 5500
- 5250
- 5000

9:41



## Steps



6000



**Track habit**

9:41



## Calories



What's your goal per day?



Track habit

9:41



## Calories



What's your goal per day?



**Calories**

**Done**

4000

3750

3500

3250

**3000**

2750

2500

2250

2000

9:41



## Calories



3000



**Track habit**

9:41



## Workout



What's your goal per day?



Track habit

9:41



## Workout



What's your goal per day?



**Workout**

**Done**

5 times

4 times

3 times

**2 times**

1 time

9:41



## Workout



3 workouts

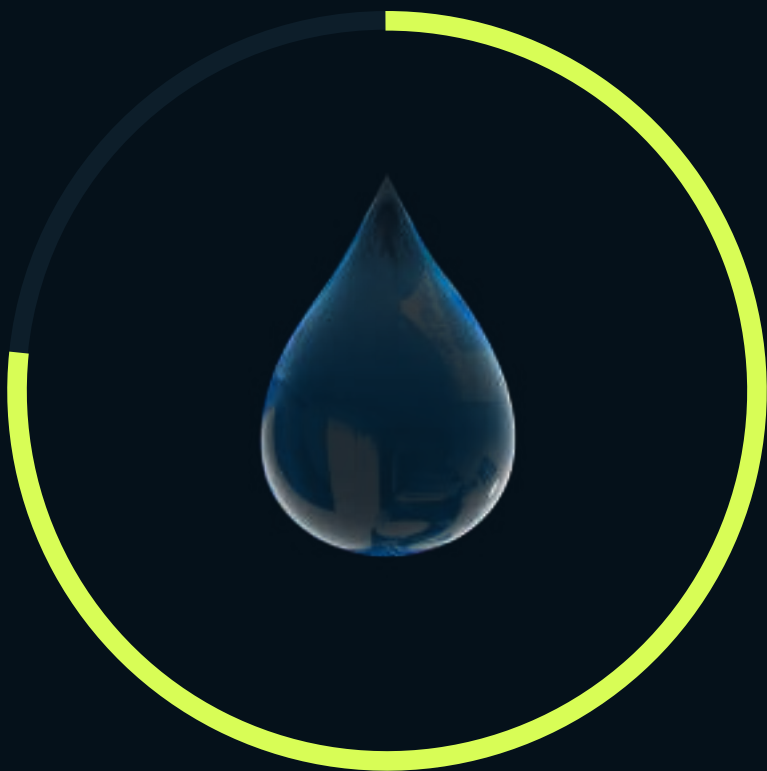


**Track habit**





Water



750 ml



Today, you've had 3 glasses of water



250 ml

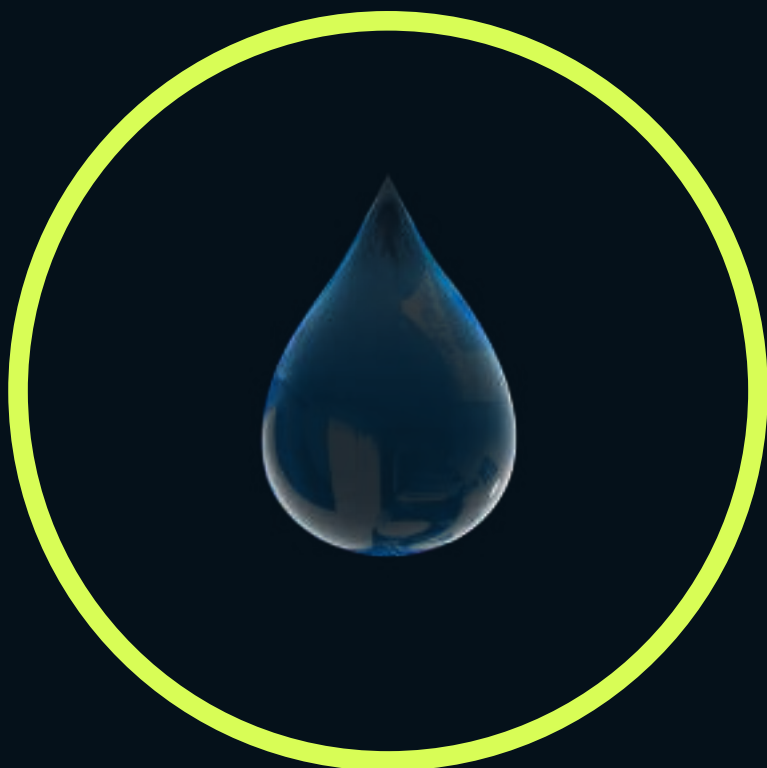


Add Water

9:41



## Water



1000 ml



Habit is completed for today!



250 ml



Add Water

9:41



## Calories



1750 cal



250 cal



**Add Calories**

9:41



## Calories



2000 cal

Habit is completed for today!



250 cal



**Add Calories**

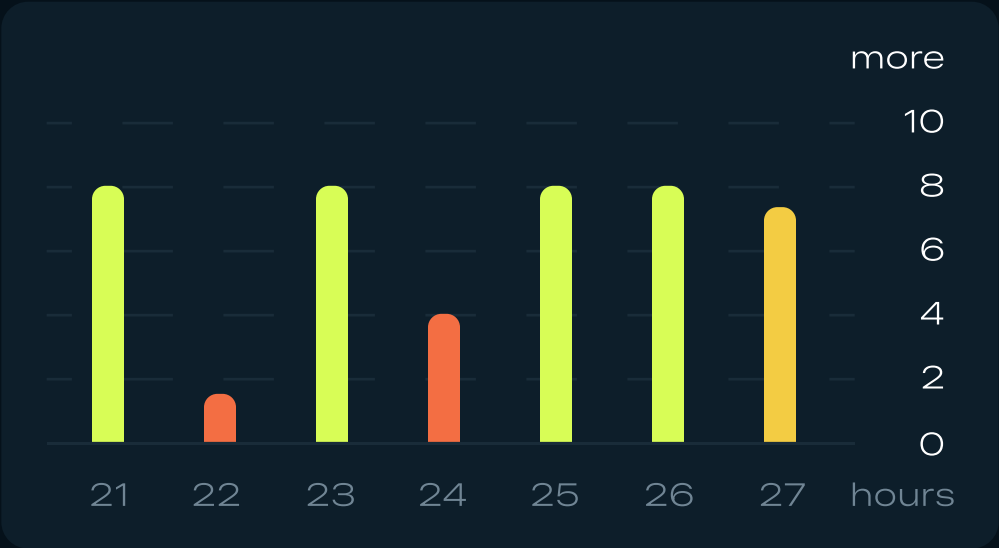


# Sleep



## Today

6 of 8 hours



Edit

9:41



Sleep



Today

6 hours

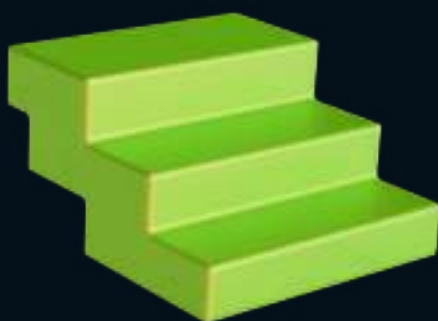


Save

9:41

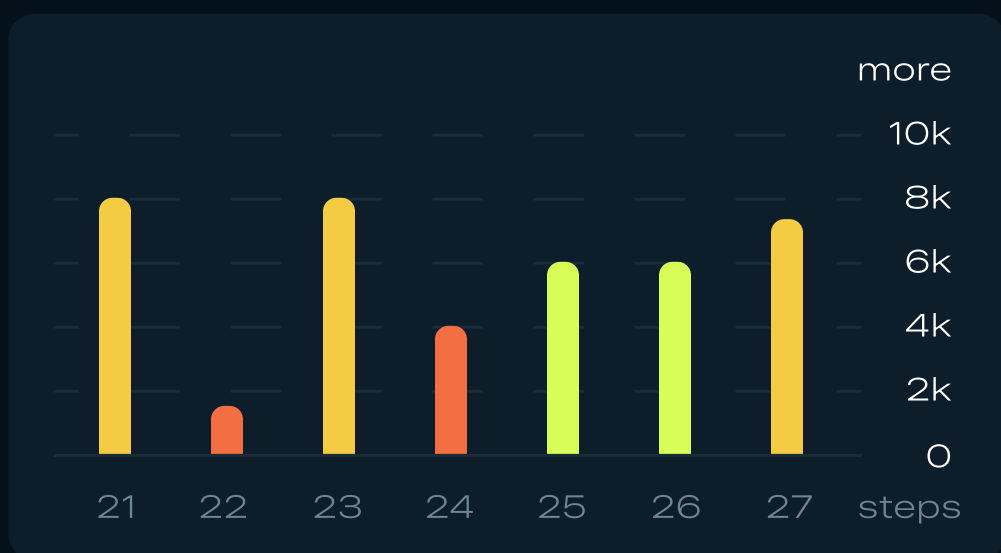


## Steps



# Today

3900 of 6000 steps

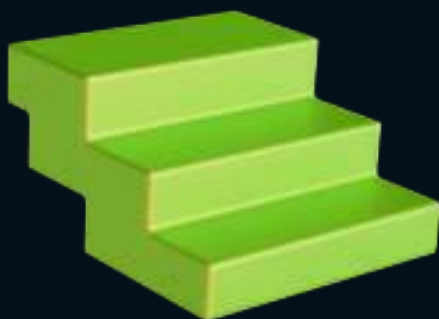


Edit

9:41



## Steps



# Today

3900



Save



9:41



## Workout



Your goal

**3 workouts**

☐

Workout 1

---

☐

Workout 2

---

☐

Workout 3

**Start new workout**

9:41



## Workout



You have completed

**1 workout**



Workout 1



Workout 2



Workout 3

**Start new workout**

9:41



## New workout

Type name

New exercise

New exercise

**+ exercise**

**Continue**

9:41



## New workout

Type name

1 push-ups

1 pull-ups

New exercise

**+ exercise**

**Continue**

9:41



## Workout

Workout 1

1 push-ups

---

1 pull-ups

**Start**

9:41



## Workout

00:10

0% done



15 push-ups



10 pull-ups

Complete all exercises to finish workout

Finish

9:41



## Workout

02:10

50% done



15 push-ups



10 pull-ups

Complete all exercises to finish workout

Finish

9:41



## Workout

02:10

50% done



15 push-ups



10 pull-ups

Complete all exercises to finish workout

**Finish**



9:41



# Good job!

**02:10**

100% done

Make sport daily habit and you'll  
see results in one month!

**Home page**

9:41



## Workout



You have completed

**3 workouts**



Workout 1

---



Workout 2

---



Workout 3

**Start new workout**

9:41



## Running



Your goal

**2.6 km**

You haven't had running sessions today

**Mark as done**

**Start running**

9:41



Running

02:10

2,6 km goal

**Pause**

**Finish**

9:41



# Good job!



You haven't had running sessions before



2000 m



**Add Distance and Finish**

9:41



## Running

**2,6 km**

Your goal

Running in progress

**Pause**

**Finish**

9:41



**Good job!**

**2,6 km**

Your goal

You haven't had running sessions before

—

2000 m

+

**Add Distance and Finish**

9:41



## Running



Your goal

**2.6 km**

Habit is completed for today!

**Start running**



9:41



# Track health

## Weight

80 kg

## Steps

8 235 steps

324 cal

6 km

## Sleep



6 hours

## Heartbeat

60 bpm

9:41



# Track health

No data

No data

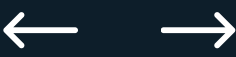


No data



# History

May 2023



M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

Done

23 May 2023

Running

2.4 km

Water

750 ml

Steps

3990 steps

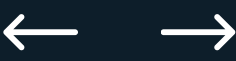
Sleep

6 hours



# History

May 2023



M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

Done

23 May 2023

No activities were done.

9:41



# Settings



User23o05

Notifications



Privacy Policy



Terms of Use



Share this app



Rate us



Clear data



9:41



# Settings



User23o05

## Clear data

Are you sure? All data from the History section will be lost.

Yes

No

No

Priv

Terms of Use

Share this app

Rate us

Clear data



9:41



## Edit profile



**+ Add photo**

User23o05

E-mail

**Save**

9:41



## Edit profile



+ Add photo

### Delete profile

Are you sure? All data will be deleted.

Yes

No

Save