Project Kage - Habit Formation Features

13. Habit Tracking Dashboard

A comprehensive view of all habits and their performance metrics:

- **Daily Overview**: At-a-glance view of today's habits and completion status
- **Habit Grouping**: Organize habits by category, goal, or custom groups
- **Completion Statistics**: Display of streak, completion rate, and trend data
- **Priority Indicators**: Visual cues for most important habits
- **Filtering Options**: Multiple views based on time, category, status, etc.
- **Schedule Integration**: Time-based view showing when habits are scheduled
- **Quick-action Buttons**: Single-tap completion and other common actions
- **Status Color Coding**: Visual indicators of completion, missed, or upcoming
- **Customizable Layout**: User-defined organization of dashboard elements
- **Habit Health Indicators**: Warning signals for habits at risk of breaking
- **Progress Summaries**: Weekly and monthly completion statistics
- **Adaptive Focus**: Intelligent highlighting of habits needing attention

14. Habit Streak Visualization

Motivating displays of consistency and progress over time:

- **Calendar View**: Monthly spread showing completion patterns
- **Streak Counter**: Prominent display of current consecutive completions
- **Chain Visualization**: "Don't break the chain" visual representation
- **Historical Trends**: Graphical view of consistency over time
- **Personal Records**: Tracking of best streaks for motivation
- **Recovery Analysis**: Visualization of bounce-back after missed days
- **Milestone Indicators**: Special markers for significant streak numbers
- **Comparative View**: Current streak compared to historical performance
- **Heatmap Intensity**: Color intensity based on streak length or quality
- **Weekly Patterns**: Identification of strong and weak days of the week
- **Multiple Metrics**: Track different aspects (duration, quality, etc.)
- **Export/Share Options**: Generate images of impressive streaks

15. Habit Difficulty Adjustment

Intelligent system to calibrate habit challenge level for optimal engagement:

- **Difficulty Rating**: User-defined scale for perceived challenge level
- **Completion Effort Tracking**: Record subjective difficulty after each completion
- **Adaptive Suggestions**: Recommendations to adjust parameters based on performance
- **Stepped Progression**: Structured increases in difficulty as habits become established
- **Custom Parameters**: Adjustable factors specific to habit type (duration, intensity, etc.)
- **Barrier Identification**: Tools to pinpoint specific aspects causing difficulty
- **Success Rate Analysis**: Data on completion percentage at different difficulty levels
- **Motivation Correlation**: Tracking how difficulty affects motivation
- **Recommended Adjustments**: AI-suggested modifications to increase success
- **A/B Testing**: Compare success with different parameters
- **Challenge Balance**: Ensures overall habit set remains achievable
- **Difficulty History**: Track changes in habit parameters over time

16. Time-Tracked Habit Sessions

Tools for measuring and analyzing time spent on duration-based habits:

- **Integrated Timer**: Built-in stopwatch for timed habit sessions
- **Session Goal Setting**: Target durations for each habit session
- **Progress Indicators**: Visual feedback during timed sessions
- **Pause/Resume Functionality**: Flexibility for interruptions
- **Session History**: Record of all completed sessions with duration
- **Duration Trends**: Analysis of time spent over weeks and months
- **Focus Metrics**: Optional attention quality measurements
- **Reminder Integration**: Notifications for scheduled sessions
- **Auto-stop Options**: Configurable maximum durations
- **Session Notes**: Add context or reflection to completed sessions
- **Audio Cues**: Optional sounds for start, milestones, and completion
- **Background Tracking**: Continue timing when using other apps

17. Location-based Habit Triggers

Sophisticated system using geolocation to support contextual habit formation:

- **Geofencing Integration**: Detects when users enter or leave specific locations to trigger relevant habit reminders

- **Custom Location Setup**: Define custom locations on a map or select from frequently visited places
- **Context-Aware Reminders**: Sends notifications appropriate to the location (e.g., "Time for a quick stretch" when at work)
- **Location-based Habit Suggestions**: AI recommends new habits that make sense for frequent locations
- **Location Analytics**: Shows which locations are most conducive to habit completion or present challenges
- **Privacy Controls**: Clear settings to control location tracking with options to pause or disable completely
- **Battery Optimization**: Smart tracking that minimizes battery impact while maintaining effectiveness
- **Recurring Location Patterns**: Learns common movement patterns to predict and suggest optimal habit timing
- **Location Categories**: Group similar locations (gyms, coffee shops, parks) for broader triggers
- **Location-specific Habit Sets**: Different habit menus that appear based on current location
- **Proximity Alerts**: Notifications when passing near locations relevant to habits (gym, grocery store)
- **Travel Adaptation**: Adjusts location expectations when user is away from normal environments

18. Habit Completion Statistics

Comprehensive analytics to understand patterns and improve performance:

- **Completion Rate Calculation**: Overall percentage of successful habit executions
- **Time Pattern Analysis**: Identification of optimal times of day for specific habits
- **Consistency Metrics**: Measurements of variability in completion timing
- **Correlation Discovery**: Relationships between different habits' success rates
- **Environmental Factors**: Analysis of how location, weather, etc. affect completion
- **Comparison Options**: Performance versus previous periods or similar users
- **Visualization Variety**: Multiple chart types for different analytical perspectives
- **Success Factor Identification**: Highlight conditions present during high completion periods
- **Custom Metric Tracking**: Define and measure habit-specific variables
- **Export Capabilities**: Download data for external analysis
- **Predictive Insights**: Projected future performance based on current trends
- **Habit Grouping Analysis**: Performance patterns across categories of habits