

# Tech-Enabled Habit Tracking System: Track & Build

## Mini Project Documentation Report



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## Introduction:

In today's academic environment, students face increasing demands on their time and attention due to academic workloads, personal responsibilities, and digital distractions. Developing consistent daily habits such as regular studying, time management, and self-discipline which is essential for academic success, yet many students struggle to sustain these habits over time. One major reason is the lack of effective habit tracking, which makes progress difficult to recognize and maintain motivation.

Habit tracking helps individuals become more aware of their behaviors and encourages accountability. However, many students either do not track their habits or rely on inconsistent methods that fail to support long-term routine building. This issue is highly relevant in a technology-driven setting where students rely heavily on digital tools but lack structured systems for habit management. Students in secondary and higher education are particularly affected, as they are still developing productive routines and self-regulation skills.

## Problem Description:

The primary problem addressed in this project is students' difficulty in maintaining consistent habits due to the absence of clear and effective tracking systems. Many students attempt to adopt productive habits but abandon them quickly because progress is not visible. Without tracking, small improvements go unnoticed, leading to frustration and loss of motivation.

Observations show that untracked habits often result in procrastination, poor time management, and irregular daily routines. Additionally, digital clutter from using multiple unorganized tools and applications creates confusion instead of structure. Limited reminders, lack of progress feedback, and poor visualization further weaken habit consistency. These challenges ultimately lead to increased stress, missed academic goals, and reduced productivity.

## Proposed Solution:

This project proposes a tech-enabled habit tracking system designed to help students build and maintain consistent routines through automation, visualization, and simplicity. The system centralizes habit tracking into one digital platform accessible through mobile or web devices.

## Key Features:

- Digital habit dashboard with daily and weekly tracking
- Automated reminders and notifications
- Progress visualization using charts and habit streaks
- Cloud-based access across devices

- Minimal and user-friendly interface

#### Target Users:

- High school, college, and university students
- Individuals seeking improved productivity and time management

#### Expected Impact:

The proposed system is expected to improve habit consistency by making progress visible and measurable. Students can better manage their time, reduce stress, and stay motivated through structured tracking and reminders. Over time, the system supports improved academic performance and stronger self-discipline.

#### Conclusion:

Habit tracking is a simple but powerful approach to improving student productivity and routine consistency. Without effective tracking systems, students struggle to maintain habits and recognize progress. By integrating technology into habit management, the proposed solution provides structure, clarity, and motivation. Overall, this tech-enabled system offers a practical and scalable way to support students in developing sustainable habits that benefit both academic and personal growth.

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