

Lack of Habit Tracking and Inconsistent Daily Routines

Track & BUILD

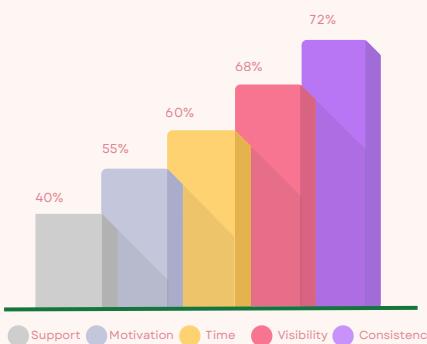
Habit Tracking

Daily Routines

Made Simple



Student HABIT STATISTICS



KEY FACTS / INSIGHTS

Many students struggle to maintain habits because progress is not visibly tracked.

Studies show that writing down habits increases the likelihood of consistency and follow-through.

Inconsistent routines often lead to procrastination and poor time management.

Digital clutter and lack of structure make it harder to build productive habits.

68% — Visibility

⌚ Struggle to maintain habits because progress isn't tracked

72% — Consistency

📅 Stay more consistent when using visual habit trackers

60% — Time

⌚ Manage time better with daily habit tracking

55% — Motivation

🔥 Feel more motivated when they see habit streaks

40% — Support

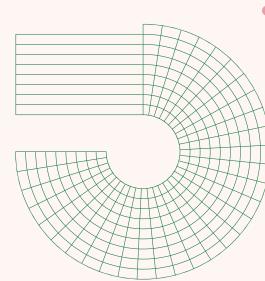
🔔 Stop habits early due to lack of reminders and structure

IMPACT OF THE PROBLEM

- **Increased Stress and Overwhelm** - Untracked habits create uncertainty and mental clutter, making daily tasks feel heavier.
- **Decline in Academic Performance** - Missed routines affect study consistency, deadlines, and overall learning outcomes.
- **Poor Time Control** - Without structure, time is wasted and priorities become unclear.
- **Decreased Motivation and Confidence** - The absence of visible progress lowers self-belief and willingness to continue.

PROPOSED SOLUTION

- **Use Digital Habit Trackers** - Apps or online planners can send reminders and visualize progress daily.
- **Create a Simple Visual Tracker** - Use checklists, streak charts, or calendars to mark completed habits.
- **Set Consistent Times** - Anchor habits to a specific time of day to form routine naturally.
- **Declutter Your Digital Space** - Keep your planner, reminders, and trackers organized to reduce overwhelm.



- **Integration with Learning Management Systems (LMS)** - Habit trackers linked to academic platforms can align study routines with coursework deadlines.