Track and improve your wellbeing with our ML-powered habits journal app.

Why Habitual?

Habitual is the journal app that all other journal apps wish they could be. It’s the Swiss Army Knife for tracking your life. Fitness goals? Check. Mental health? Check. Mood tracker? Check. Food log? Check. Habitual has got you covered. Use it to track your activities and improve your social, mood and physical wellbeing. Download now and experience the personal wellbeing coach that fits in your pocket!

While it’s important to validate your own hunches, it’s not always enough to determine what’s good or bad for you. Habitual can help you distinguish the minute details and make more informed decisions, all through an easy-to-use application.

How Does Habitual Work For You?

By tracking your activities, habits, and wellbeing, Habitual provides more than just fancy graphs like other journals. Using machine learning, it offers deep insights and statistics to help you improve your wellbeing and achieve your goals.

Free for more than 7 days

Unlike other apps that claim to be “free” but require payment for premium features, Habitual rewards its users with access to premium features through a totally revolutionary reward system. Engage with Habitual and unlock the full potential of your personal wellbeing coach.

Just like you, Habitual is always striving to adapt and evolve, with features constantly being added and improved. But don’t worry, our machine learning won’t bring about the end of the world. We’re here to help you improve your wellbeing, not take over the world.