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

Habitual: The ultimate app for tracking and improving your wellbeing

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!

Customize your habits: Choose what you want to measure and track, how often and how much. Habitual lets you set your own goals and follow your own schedule.

Break free from bad habits: Discover the patterns that keep you stuck and learn how to overcome them. Habitual helps you stay accountable and motivated.

Build positive habits: Whether it’s a daily walk, a yoga session, or a weekend dance fest, Habitual supports you on your journey to a happier and healthier life!

How Does Habitual Work For You? By tracking your activities, habits, and wellbeing, Habitual provides more than just fancy graphs like other journals. Using AI and machine learning, it offers deep insights and statistics to help you improve your wellbeing and achieve your goals. In addition to helping you build positive habits, Habitual can also help you break bad habits. By tracking your activities and providing insights, Habitual can help you identify and overcome negative patterns.

Free for more than 7 days Get a free 7-day trial for premium and see the difference Habitual can make in your life. After the trial, you can keep using premium features for free by engaging with Habitual and earning rewards. Unlike our competitors there are no hidden fees or limits or restrictions, just a personal wellbeing coach that rewards your efforts.

Just like you, Habitual is always striving to adapt and evolve, with features constantly being added and improved. But don’t worry, our intelligence won’t bring about the end of the world. We’re here to help you improve your wellbeing through mindfulness, gratitude, self-care, meditation, reflection, and personal growth - not take over the world.

Habitual customisable nature challenges users to record whatever they wish. Here are some examples of what you can track with Habitual:

Food diary: Keep track of what you eat, such as pizza for dinner or how many sodas you drank. Social media tracker: Monitor your social media usage, such as how many videos you watched from a specific TikTok channel. Revision logs: Record your study progress, such as how many pages you read. Goals: Set and track fitness targets, such as walking for 15 minutes a day. Habits: Build and reinforce positive habits, such as daily meditation. Entertainment: Record what entertained you throughout the day, such as listening to Drake or Taylor Swift.

Feature Graphic courtesy of hotpot.ai

» Organize Your Life!  
HabitBull is the most powerful multi-platform companion to keep track of your day to day habits and routines  
  
» Fully Customisable  
Measure and track anything and everything. Follow your own schedule and track your own goals. Get notified whenever you need to do something important.  
  
» Cut Bad Habits From Your Life  
Simply start tracking bad habits like nail biting, smoking or drinking too much. Once you see the patterns, it's easier to break them. HabitBull keeps you accountable. Also great for users of NoFap!  
  
» Add Some Positive Habits  
Want to go for a nice walk every day? Or maybe give 3 hugs every Saturday and Sunday? Join us on this journey!  
  
» Who is it for?  
Whether you want to read some more, stop smoking, start working out or even just track how many hours you wasted on Facebook, this app lets you do it!  
  
» Features  
•  Track multiple habits, repeated to do's or goals, each in its own calendar  
•  Streak counter and percentage successful for each habit  
•  Yes/No or Number goals  
•  Very flexible goals like: number of times per day/week/month, only on certain days of the week etc. For example: 30 push ups every Mon-Fri, go to the gym 2 times per week, or even every 2 days  
•  Inspiring quotes per category - including actual quotes from people doing it (meditation, reading, stop drinking alcohol, stop smoking cigarettes, stop procrastination etc)  
•  Graphs with success percentage / streak, entered values etc  
•  Powerful reminders - multiple times per day, repeating within a time period, sound and vibrate optional  
•  Home screen / lock screen widget  
•  Multi-device syncing  
•  Cloud backup  
•  Motivational images  
•  Export to CSV  
•  Dark theme  
•  Google Fit integration  
  
» How it works:  
1. Set up a habit  
2. Tell HabitBull how you went for a day  
3. Watch your daily streak increase  
  
Habits are no more than routines which you perform subconsciously. To build one - train yourself. To break one, find another one which is similar, yet different and nicer, and repeat it until it sticks.  
  
To assist you with this HabitBull lets you set reminders for each habit and displays them on days when you need to be successful. This is especially useful if you have a to do list with repeating tasks or if you want to be reminded to do the same thing every day. It can also be used as a calendar planning tool or checklist, but also as a very effective repeating reminder (e.g. to drink water every 2 hours).  
  
HabitBull does feel a little like a game in which you compete with yourself. The task is to get a long streak for the habit you are working on by covering your goals. The longer the better. It takes a couple of months to fully build a new routine, so don't give up - it takes time and if you are consistent it will work; even if it takes a few attempts.  
  
There are many things which you may want to improve. HabitBull can be used as a planner in building habits like taking your pills regularly, exercise, or keep to a diet. It can also be used as a helper for people suffering from memory problems. As for your vices, HabitBull can be a useful goal tracking tool, or a smart notebook, to assist you while breaking bad habits like nail-biting, drinking alcohol and even improving your dating skills.  
It is entirely up to you, really. But why not give it a try and have a convenient helper on the go?