Habitlist tutorial

Screen 1

This is base, this is where the targets and routines you performed on the current day are displayed

Hint at the top you can travel in time to different dates

Screen 2

This is recrods, where its holds all the targets and routines that you are journaling

Screen 3

The dots show what days in the last week you recorded that habit

The arrows indicate whether that activity is bad good or negligible on its impact on your wellbeing

Screen 4

next screen has some examples of what we have been recording