📄 PROJECT REPORT

HABIT CONSISTENCY TRACKER

A DAILY HABIT MONITRING & SCORE PREDICTION SYSTEM

Course : Problem solving

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Abstract

This project is a small Python program called Habit Consistency Tracker, which I created to help users keep a daily check on their habits. The system lets users enter whether they completed a habit for the day, and based on all the collected entries, it shows how consistent they have been. It also gives a basic prediction for the next week using simple logic.

The project mainly focuses on using basic programming ideas like functions, modular coding, file handling, and user input. It is designed in a way that beginners can understand how these concepts come together in a practical mini-project.

Introduction

Most people try to build good habits, but sticking to them is difficult when you're not tracking anything. This project tries to solve that problem in a basic and simple way.

The program allows the user to:

- Enter their habit for the day
- Check how consistent they are
- See a prediction for the upcoming week

Although the program is small, it shows how programming can be used to solve everyday real-life issues, even with simple logic.

Problem Definition

Students often want to follow habits like reading, exercise, meditation, etc., but keeping track manually becomes tiring. Without a system, people forget their progress and slowly lose discipline.

Problem:

There is no easy tool that shows how consistently a person has followed their habits and what their progress might look like in the near future.

Solution:

Create a Python program that saves daily habit information, calculates consistency percentage, and estimates the next week's expected score.

Objectives

The project mainly aims to:

- Provide a simple method for entering daily habit data
- Save each record in a file
- Calculate consistency as a percentage
- Predict next week's performance using a basic trend
- Encourage habit-building
- Help beginners understand programming through a practical activity

Requirement Analysis

- Python installed
- Any editor like VS Code
- Software Required

- Python (built-in libraries only)
- CSV file to store habit data
- No external libraries

Sample Output

Habit Consistency Tracker

1. Add Daily Habit Data

2. Show Consistency Score

3. Predict Next Week Score

4. Exit

Enter option: 1

Enter habit name: reading

Did you complete it today? yes

Data added successfully!

Enter option: 1

Enter habit name: workout

Did you complete it today? no

Data added successfully!

Enter option: 2

Habit: reading → 100%

Habit: workout → 0%

Enter option: 3

Predicted next week score for reading: 92%

Predicted next week score for workout: 10%

Enter option: 4

Exiting... Thank you!

Conclusion

The Habit Consistency Tracker works as a useful mini-tool for checking daily discipline. It keeps track of habits, calculates consistency, and uses a simple prediction method.

The project shows how basic programming—loops, conditions, functions, and file handling—can be combined to create something real and practical. Overall, it is easy to use and helps anyone trying to improve their habits.