



[Home](#)

[Your Habit](#)

[Calendar](#)

[Journaling](#)

[Achievements](#)

[Settings](#)

# Habiton



Home

Your Habit

Calendar

Journaling

Achievements

Settings

# YOUR HABITS

⊕ CREATE A HABIT

## TO-DO

MEDITATION 🙏 ○

EDIT ✎

DELETE ✕

## DONE

HYDRATION 🍹 ✓

## FINISHED

LEARNING 📖 ✓

[Home](#)[Your Habit](#)[Calendar](#)[Journaling](#)[Achievements](#)[Settings](#)

# CREATE A HABIT

NAME OF HABIT | **PUSH-UPS** 🦵



PERIOD | FROM: **22.01.2024**

TO: **22.01.2025**



DAYS | **MONDAY** **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** SATURDAY SUNDAY



TIME | FROM: **17:30**

TO: **18:00**





Home

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