Starting screen with habit list:

A screenshot of a computer

AI-generated content may be incorrect.

Preferences screen. Set daily reminder time, notifications, list of habits on main screen, and select the theme:

A screenshot of a phone

AI-generated content may be incorrect.

Habit detail screen. You can see the description, mark as complete, show completion history, view current and streak history, show 7, 14, or 30 days when scrolling through the days.

A screenshot of a phone

AI-generated content may be incorrect.

Help Screen explaining how it works:

A screenshot of a phone

AI-generated content may be incorrect.

Continued Help Screen:

A screenshot of a phone

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Add a new Habit at the bottom of the habit list or by tapping the + button:

A screenshot of a phone

AI-generated content may be incorrect.