

Habitude.

Habit Tracking for iOS and watchOS



Habitude. for iOS and watchOS Review Guide

Habitude for iOS and watchOS

Requires: iOS 11+

[Website](#) | [App Store](#)

For all press and interview inquiries please contact

support@habitudeapp.com

Habitude - Habit Tracker

Habitude is a tool to help you track and actively engage with your habits, whether you're looking to start a new habit or stop doing something.



Habitude Features:

Choose a habit type

We've separated habits in to Active and Passive allowing you to choose how you want to track your habit.

Daily or Weekly Active Habits

You can create daily or weekly goals for active habits and set yourself reminders to motivate you to keep on track.

Colour code your habits

Personalise your habits and give them a colour to make it easier to tell your habits apart.

Track up to 12 habits

Start tracking up to twelve habits, stay focused and start a change.

Log your mood, keep a diary

When you hit a goal or find yourself breaking your streak, log your mood and add notes to remember what worked or what you'll change next time.

Passive Streak Milestones

We'll automatically notify you when you hit passive streak milestones, like completing your first full week of a new habit.

Review your activity

Browse through your activity, filter by habit and see your progress month to month.

AppleWatch Support

Check-in and reset your habits while on the go, add our complication for quick access.

About Habit Types

Depending on the type of habit you're looking to track, we've broken them down into two different types, active and passive. With active habits, you set yourself a daily or weekly goal and check-in to build streaks and track your progress. A passive habit will automatically count each day towards a streak without you having to actively check-in. When you find yourself breaking your streak, you acknowledge it, reset it and try again.

Active Habits:

Set yourself a daily or weekly goal and actively check-in to maintain your progress and build streaks.

Passive Habits:

Set yourself a passive goal to track your progress over time and reset when you break your streak to start again.

Useful Links

iTunes Link:

<https://itunes.apple.com/app/habitude-habit-tracker/id1327862681>

Habitude Website:

<https://www.habitudeapp.com/>

Habitude User Guide:

<https://www.habitudeapp.com/userguide/>

Promotional Image Pack:

https://www.habitudeapp.com/downloads/habitude_pressimages.zip

Includes:

- Habitude Logo
- Habitude App Icon
- Habitude Screenshots
- Habitude Promotional Images

Questions

If you have any questions, please don't hesitate to contact

support@habitudeapp.com

We also have a limited number of promotion codes available, so that you can try Habitude.