



HABIT TRACKING APPS

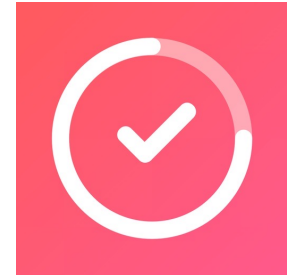
By Maria Franzisca Esser

PV236 Time Management and Effectiveness

Habit Tracker:

Languages: English, German, Chinese

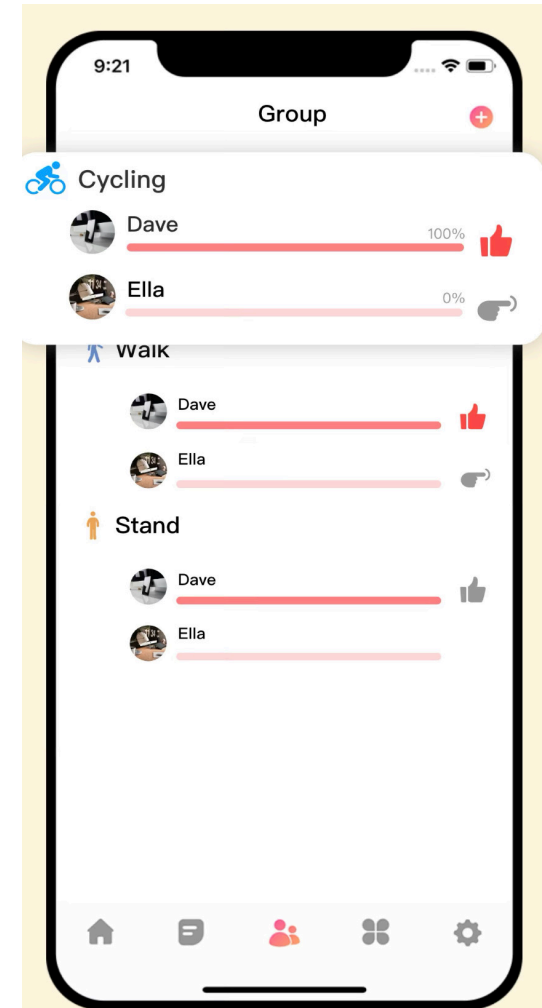
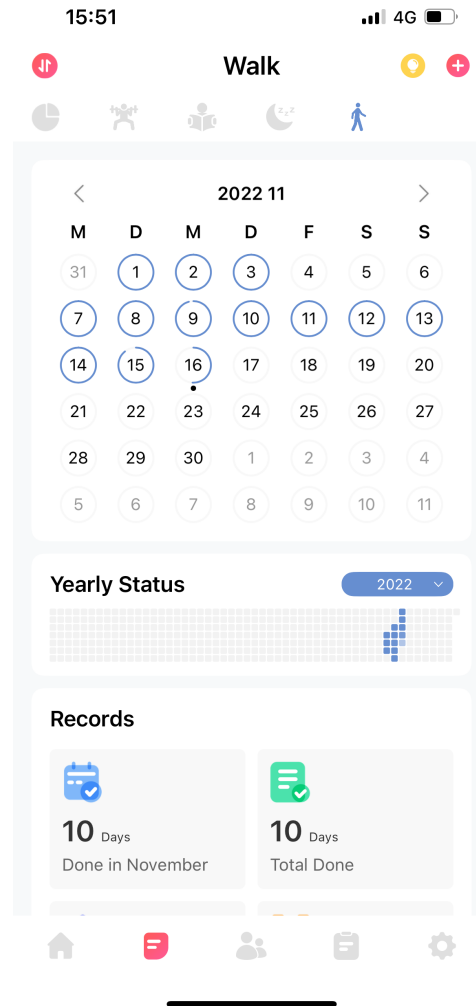
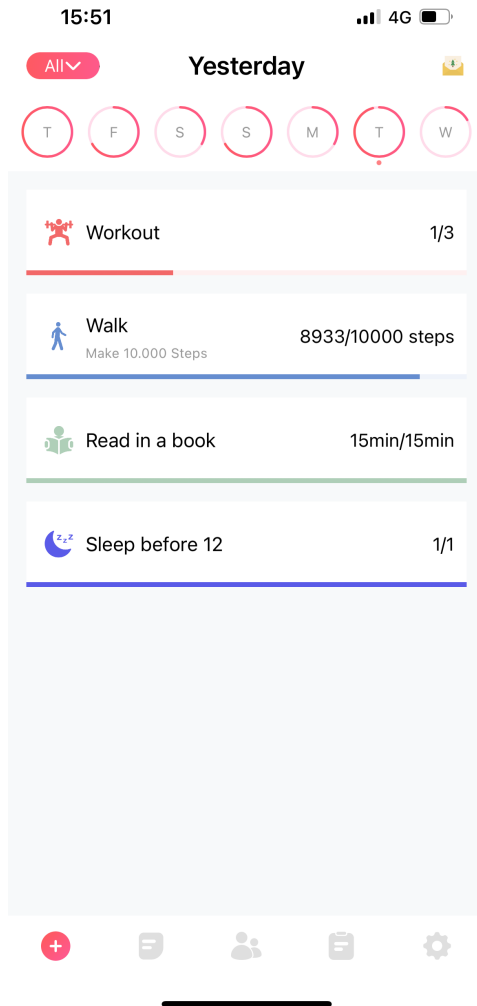
Premium: 6.99€/ One-time



- Track habits with different formats in an easy and clear way
- Weekly/ monthly and yearly overview with different stats about progress etc. available
- Possible to connect with friends and make challenges together
- Connection to Apple Health possible
- Habit Premium: unlimited habits, multiple reminders, yearly charts, cloud sync

Conclusion: Most comprehensive app for tracking habits and the possibility to connect and compete with friends is unique. Due to the number of functions the app offers the first use is not intuitive and you need some time to get familiar with the app.

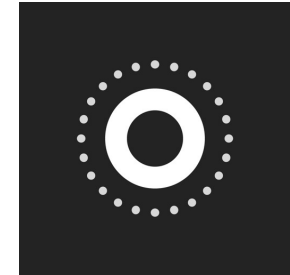
Habit Tracker:



Onrise: Habit Tracker & Focus

Languages: English

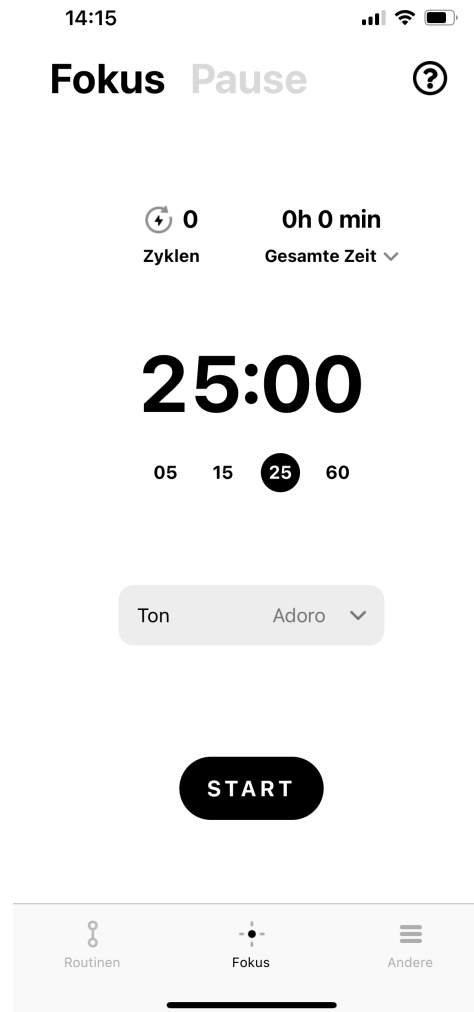
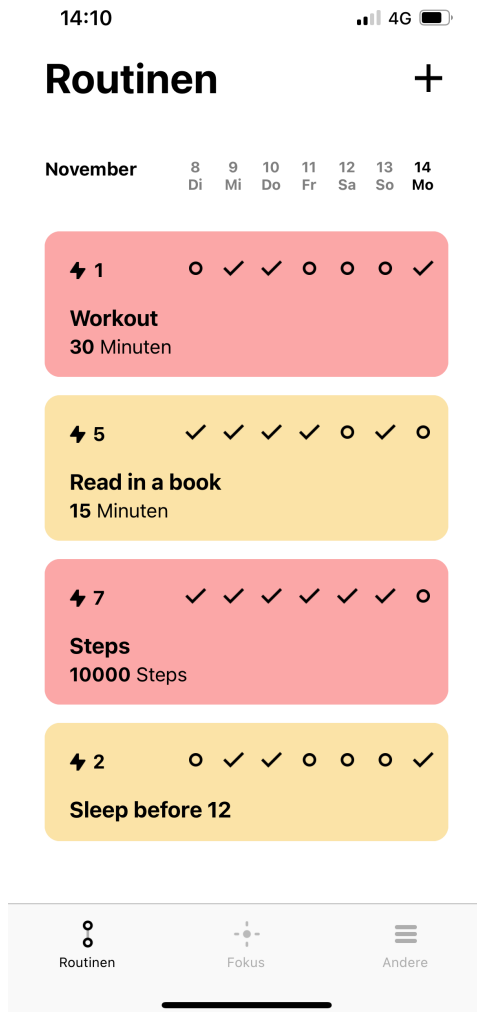
Free, no premium version



- Helps to track your habits with an overview of the week
- Easy and intuitive user interface, no instructions needed
- Harder to track habits with different formats e.g. workout three times per week
- Focus and break timer to support pomodoro and mediation technique
- No connection to apple health possible

Conclusion: Fulfills the main purpose of the app and especially for “beginners” a good app to get in touch with habit tracking apps. For more differentiated and intensive tracking the app is not optimal.

Onrise: Habit Tracker & Focus



Fokus Pause ?

Pomodoro

The Pomodoro Technique supports you with using your time more effectively. It's really simple: You divide your working hours in 25 minute 'focus blocks'. After each 'focus block' follows a 5 minute break. These intervals are referred to as pomodoros. Use the Onrise timer to get started. This technique, despite its simplicity, can have a huge impact on your productivity.

Meditation

There's a large amount of research about the benefits of meditation ranging from reduced stress over increased focus to a better mood in general (to name just a few). Calming your mind shouldn't be as complicated as it might sound. At Onrise we like to keep things simple, so to get started follow these 3 steps:

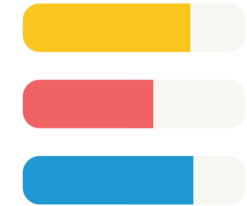
1. Select the 5 min timer
2. Close your eyes and breathe deep
3. Focus solely on your breath and let any thoughts pass by



Done: A Simple Habit Tracker

Languages: English

Premium: 10,49€/year



- Helps to track your habits and analyze them with statistics
- Easily possible to track habits with different formats
- Easy and clear user interface, no instructions needed
- Connection with Apple Health possible
- No Connection with friends possible

Conclusion: A habit tracking app with an intuitive UI, which shows interesting statics and graphs. However, the app is compared to the other apps more expensive and a connection to friends is not possible.

Done: A Simple Habit Tracker

