# PROTOCOL A HABIT TRACKER

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## ABSTRACT

The web app is a habit tracking platform that empowers users to create and maintain positive habits in their daily lives. The platform offers a simple and intuitive interface that helps users track progress, set goals, and achieve personal growth. Web History app allows users to create their own habits and set reminders to ensure they stay on track. The platform also features streak tracking so users can see their progress over time and stay motivated. In addition, users can analyze their data in various ways such as: B. in graphs and tables to better understand their habits and adapt them accordingly. The social aspect of the web history app allows users to connect with others on the platform and offer support and encouragement. Users can join groups and share their progress with others, making it easier for them to find inspiration and stay motivated. Overall, the Web Protocol app is a powerful tool for anyone looking to build positive habits and succeed. Its easy-to-use interface, streak tracking, analytics tools, and social features make it a perfect choice for people who want to stay accountable and motivated.

**Keyword:** Planning,Habit building , discipline, motivation, hardwork , dedication,tracking, analysis

## I.    INTRODUCTION

The World Wide Web has been the most useful source of information since 1991. In order to achieve high publication efficiency, the pages of many sites are automatically populated with common data that attracts the user. This website is about tracking self improvement and progress in daily activities that define a person to make a difference in a person's life. Our site provides readers with easy access to content through a consistent site structure. However, for about people, it might be difficult to understand how one web application can change their life and everything. So log works to track progress and give suggestions to user and inspire them with daily quotes like daily quotes app is designed before. The ultimate function of this application is to provide the user with the tasks that he needs to perform to improve his daily life and future actions. The sole purpose of this theme is to give the user an idea of their daily activities and habits. With this web application it is possible to track them down and make changes in their lives. The website offers a dashboard interface and other UI elements like graphs and bar charts, pie charts, etc. This gives the user a lot of information about the time spent on a particular activity

## II.    METHODOLOGY

The system offered for the Web Protocol app is a comprehensive habit tracking platform that offers users a more personalized and efficient way to build positive habits and achieve their personal development goals. The proposed system includes several key features and improvements, including: 1. Personalization Options: The proposed system allows users to customize their habits to best suit their individual needs and preferences. This includes options to set different frequencies, reminders, and times for each habit. 2.Advanced Data Analysis: The system offered includes advanced data analysis tools that provide users with detailed information about their habits and progress. This includes monitoring bands, spotting patterns, and suggesting improvements. 3. Goal Setting: The proposed system includes a goal setting feature that allows users to set specific and achievable goals for each habit. This helps provide users with clear direction and motivation to achieve their goals. 4. Social Features: The system offered includes social features that allow users to connect with like-minded people, share their progress, and receive inspiration and support. This includes the ability to join groups that match their habits or interests, as well as participate in challenges and competitions. 5. Integration with mobile app: The proposed system includes a mobile app that allows users to easily monitor their driving habits, receive push notifications and access data analysis tools from anywhere and anytime. Overall, the proposed system for Protocol web app aims to provide users with a more personalized and effective way to develop positive habits and achieve personal growth.

## III.   ARCHITECTURE OF SYSTEM AND DIAGRAM

A habit tracker's architecture typically includes several key elements that work together to provide users with an efficient and effective way to track their habits. These elements include:UI: The UI is the graphical interface through which users interact with the habit tracker. It contains screens, menus, and other elements that allow users to create, track, and manage their habits.DatabaseThe database stores all user data including habit details, user profiles and progress tracking information. The database is responsible for the efficient and accurate storage and retrieval of data.Habit Tracking Logic: Habit tracking logic includes rules and algorithms that determine how habits are tracked and monitored. This includes determining the frequency and timing of your habits, setting reminders and notifications, and tracking your progress toward your goals.Analysis Engine: The analysis engine is responsible for analysing user data and provides information on trends, progress and habits. This includes generating reports, charts, and other visualizations that help users better understand their habits and make more informed decisions.Integration Modules: Integration modules are responsible for integrating the habit tracker with other systems such as mobile apps, wearables or social media platforms. This allows users to access their habits from multiple devices and platforms and share their progress with others.Overall, Habit Tracker's architecture is designed to provide users with a simple and intuitive way to monitor and manage their habits, while providing valuable insights and feedback to help them achieve their goals.
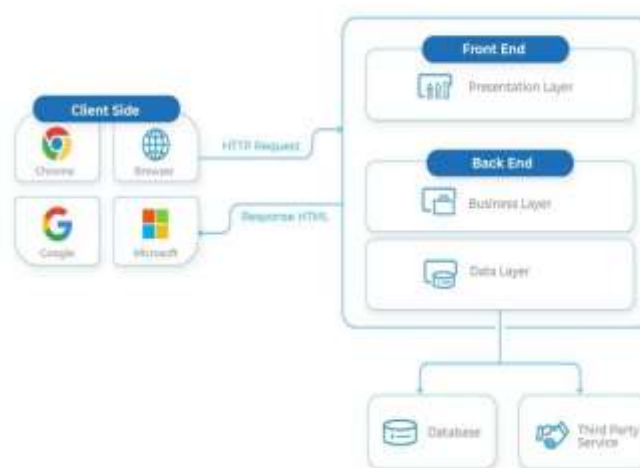
**Diagram:**



**Fig: 1-** Architecture Of website

## IV.   METHODOLOGY

| Required | Implemented | technology |
|---|---|---|
| Web application | Done. Web application is ready | Front-end,Back-end, server,Google's firebase |
| Front -end | For design css and bootstrap | Cascading styles sheets |
| Functionality | For overall functioning | Javascript and canvas js with react js included |
| Backend and authentication | Server for storing user data and for authention using google | Used google's firebase and web sql. |

## V.   CONCLUSION

The A habit tracker web app can be powerful tool for helping individuals achieve their goals and form positive habits by tracking daily process ,users can gsin insight into their behavior and identify patterns that may be hindering their progress . with the ability to set reminders and customize habits , users can create a personalized plan that works best for them. Overall,a hibit tracker web app can provide the motivation and accountability necessary for users to make meaningful changes in their lives and ultimately achieve their desired outcomes

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