



HABJOUR

Progress Report

Alias: Testreport

Period: 09/07/2025 – 03/05/2026 · 180 days

Created: 03/05/2026

65%

Overall completion

↑ 0% → 65%

Trend

Medium

Consistency

10

Active habits

3

Stable

7

Unstable



Note

This is a Testreport and does not contain user data.



Key Findings

📈 Positive trend: 0% → 65% (+65% vs. prior period).

🕒 Morning routine weak (38%).

😞📝 Homework is rated as "hard" more often than average.

😞📖 Write journal is rated as "hard" more often than average.

😴 Most common skip reason: Tired (33%).

✅ Stable habits: 🪥 Brush teeth, 💧 Drink water.

Functional Stability



STABLE



MOSTLY STABLE



UNSTABLE



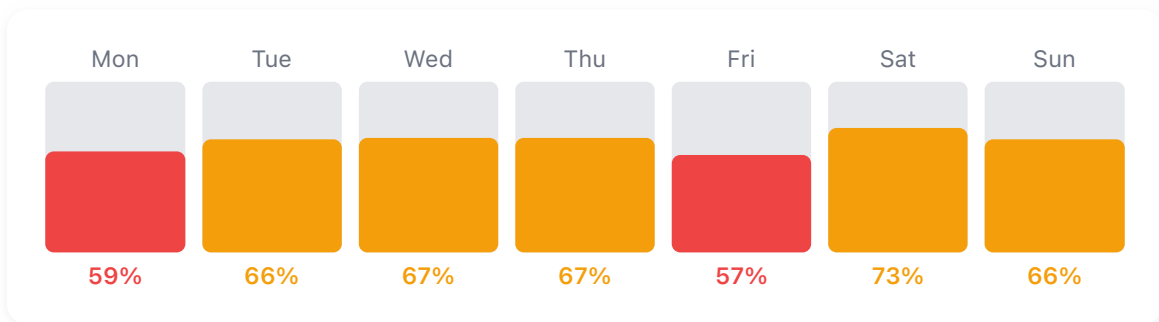
CRITICAL



Habit Overview (last 180 days)

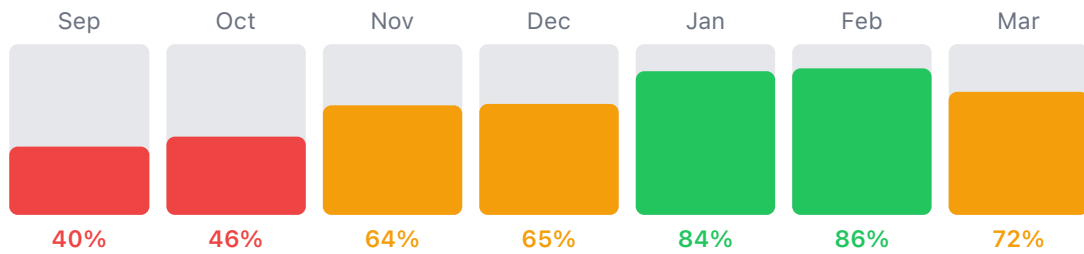
HABIT	CATEGORY	DONE	RATE	TREND	TOP REASON
Brush teeth	Hygiene	158/180	88%	↑	😞 No motivation
Drink water	Hydration	172/180	96%	↑	😞 Tired
Go for a walk	Exercise	128/180	71%	↑	😞 Tired
Take medication	Health	122/180	68%	↑	😞 Tired
Read (20 min)	Mental	108/180	60%	↑	😞 No motivation
Tidy up room	Household	37/77	48%	↑	😞 No motivation
Drawing	Hobby	41/77	53%	↑	💬 Other
Write journal	Mental	89/180	49%	↑	😞 Tired
Stretching	Exercise	68/180	38%	↑	😞 Forgot
Homework	School/Work	78/129	60%	↑	😞 No motivation

Weekday Pattern





Monthly Trend



- 💡 Positive long-term trend: Completion rate increased by 32% over the period.
- 💡 Strongest month: Feb (86%), weakest: Sep (40%).



Time-of-Day Analysis

Based on set reminder times.

TIME WINDOW	DONE	RATE
Morning (before 10am)	68/180	38%
Midday (10am–5pm)	78/129	60%

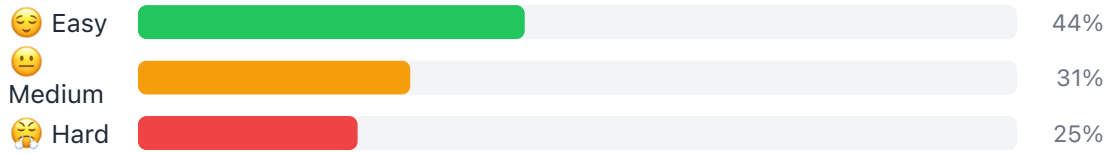


Cycle Correlation

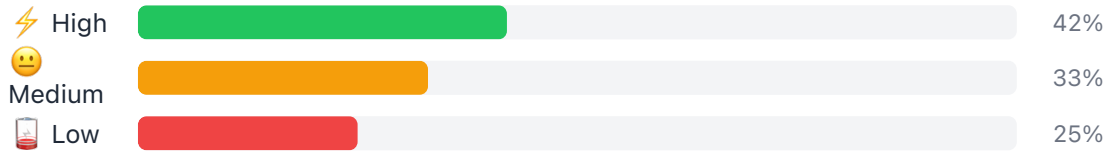
Not enough data from both cycle phases in the selected period. Try the 30- or 90-day range for a complete analysis.

Self-Assessment

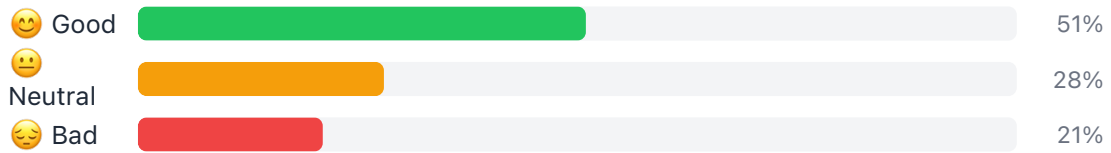
Difficulty



Energy Level



Mood



Based on 782 ratings

17 Difficulty by Weekday

DAY	COUNT	AVG. DIFFICULTY
Sun	109	Medium
Mon	92	Medium
Tue	125	Medium
Wed	125	Medium
Thu	119	Medium
Fri	98	Medium
Sat	114	Medium

🎯 Difficulty per Habit

HABIT	RATINGS	AVG. DIFFICULTY
🪥 Brush teeth	154	Easy
💧 Drink water	217	Medium
💊 Take medication	67	Medium
🚶 Go for a walk	74	Medium
📖 Homework	51	Hard
📖 Read (20 min)	52	Medium
🎨 Drawing	28	Medium
🧹 Tidy up room	28	Medium
📖 Write journal	63	Medium
🧘 Stretching	48	Easy

💡 25% of habits were perceived as "hard".

💡 Skip Analysis

REASON	COUNT / SHARE	MOST AFFECTED HABIT
😴 Tired	50 (33%)	💧 Drink water
😞 No motivation	39 (26%)	🪥 Brush teeth
😵 Overwhelming	16 (11%)	💧 Drink water
💬 Other	12 (8%)	🎨 Drawing
🌙 Cycle	12 (8%)	💧 Drink water
😓 Forgot	12 (8%)	🪥 Brush teeth
🕒 No time	11 (7%)	🪥 Brush teeth

📖 Notes on Skipped Habits

DATE	HABIT	REASON	NOTE
2025-09-07 (Sun)	📖 Homework	😵 Overwhelming	"Bad day"
2025-09-11 (Thu)	📖 Homework	😞 No motivation	"Could not concentrate"
2025-09-15 (Mon)	💧 Drink water	😴 Tired	"Too much going on today"
2025-09-16 (Tue)	📖 Homework	🕒 No time	"Too much going on today"
2025-09-19 (Fri)	💧 Drink water	😞 No motivation	"Was at the doctor"
2025-09-20 (Sat)	💊 Take medication	😴 Tired	"Had a headache"
2025-09-22 (Mon)	🪥 Brush teeth	😴 Tired	"Had a headache"
2025-09-27 (Sat)	💧 Drink water	😞 No motivation	"Just too tired after school"
2025-09-28 (Sun)	🪥 Brush teeth	😴 Tired	"Was at the doctor"
2025-10-05 (Sun)	💧 Drink water	😵 Overwhelming	"Was at the doctor"

⚠️ This report was automatically generated from anonymized app data. It does not constitute a medical diagnosis and does not replace clinical examination. All interpretations should be discussed with the treating therapist.