PRODUCT PORTFOLIO

HabitLoop

Habits, to-dos and a focus timer in one calm, offline app

HabitLoop helps you build good habits, quit bad ones and get your to-dos done. Everything stays on your device: no account, no internet permission, and every feature included with one purchase.



One-time purchase

Android 4.3+ · Wear OS

No account · works offline

20 languages

AT A GLANCE

HabitLoop at a glance

A habit tracker and to-do list that runs entirely on your phone, from a 2014 Android 4.3 handset to a current tablet, plus a standalone Wear OS app. One purchase unlocks everything; there are no subscriptions, ads or in-app purchases.

1

Today in one list

Due habits and tasks together, grouped by morning, afternoon and evening, with a week strip.

2

Three kinds of habit

Yes/no, measurable with a target and unit, and quit a bad habit with a days-clean counter.

3

Score, streaks, heatmap

A score that rewards consistency, a one-year heatmap, monthly charts and a calendar for past days.

4

Focus timer

Stopwatch, countdown or Pomodoro intervals per habit; finished sessions log minutes automatically.

5

Routines and groups

Stack habits into a guided step-by-step routine, or group them so all, or N of M, count.

6

Motivation your way

XP, 21 badges, challenges and streak freezes, or a gentle mode with no streak numbers at all.

7

Your data stays yours

No INTERNET permission. Local snapshots, encrypted export, and import from Loop Habit Tracker backups.

8

Phone, tablet and watch

Bottom bar on phones, a rail and two panes on tablets, and a Wear OS app.

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THE PROBLEM

Small habits are easy to start and easy to drop

Most people track habits in one app, to-dos in another and focus sessions in a third. Many of these apps need an account, sync to a server, or lock the useful parts behind a subscription. And a single missed day often resets a streak to zero, which is exactly when people give up.

HabitLoop puts habits, tasks and a focus timer on one Today screen and keeps all of it on the device. It forgives planned breaks: vacations, off days and streak freezes don't count as misses, and a gentle mode drops streak numbers entirely for anyone who finds them stressful.

WHO IT'S FOR

Habit builders

People starting small routines like water, reading or exercise who want quick check-ins and visible progress.

People quitting something

Anyone cutting out sugary drinks, smoking or late-night scrolling who wants a days-clean counter and honest relapse log.

Students and focused workers

People who plan their day, run Pomodoro sessions and want tasks and habits in one place.

Privacy-minded and older-phone users

Anyone who wants no account and no cloud, or who still uses an Android 4.3 device.

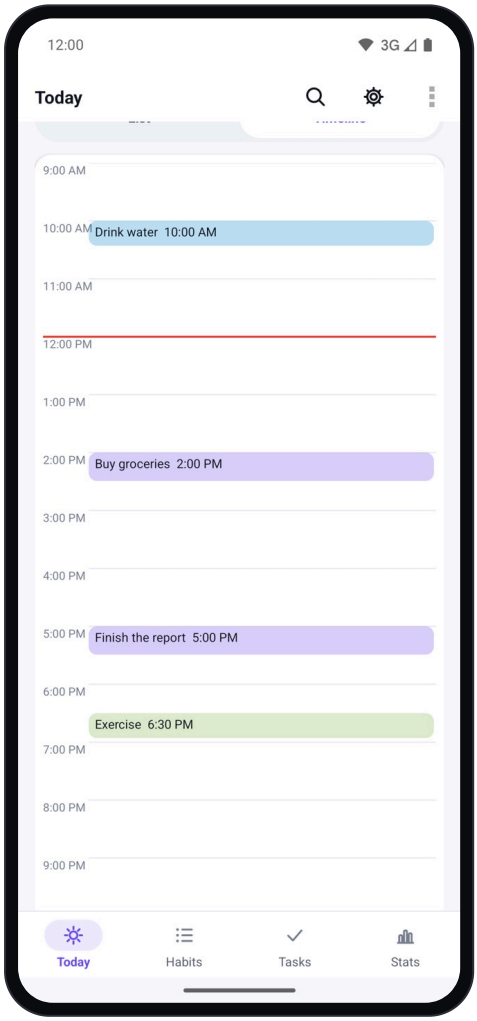
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CHAPTER 1 · TODAY

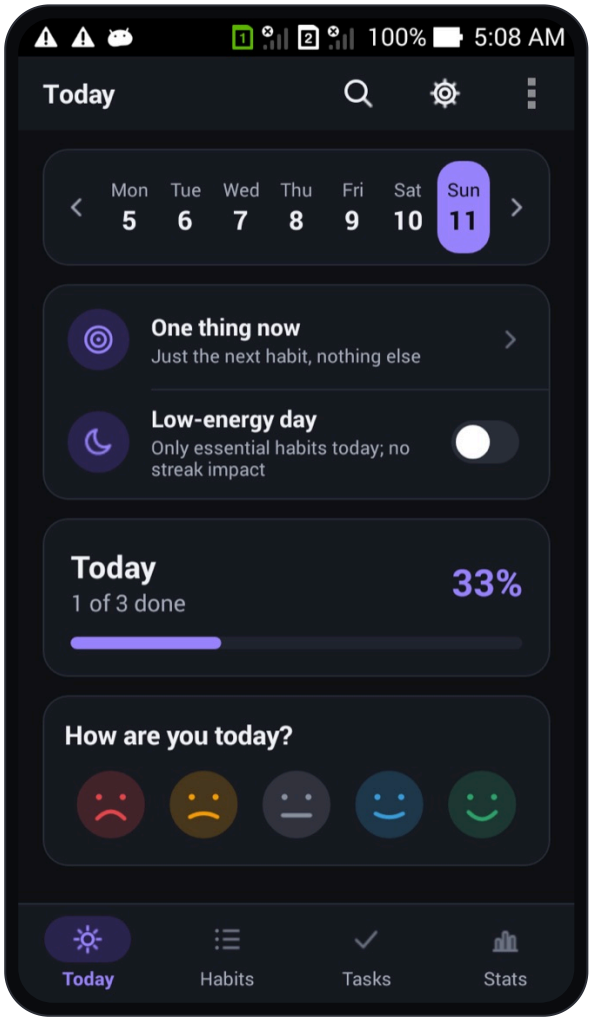
Your whole day in one list

The Today tab is where most check-ins happen. A week strip lets you look back or plan ahead, a progress card shows how much of the day is done, and below it come the day's routines, habits and tasks. Once habits have a part of the day, Today groups them into Morning, Afternoon and Evening sections, with the current part first. A five-face mood check-in sits at the top, and every check-in is instant, with a snackbar Undo.

- Habits and tasks together, grouped by part of the day
- One-tap check-in with haptic feedback and a 4-second Undo
- Optional mood check-in with five faces and a note
- "One thing now" shows just the next due habit, nothing else



Today: progress, mood, a routine and habits by part of day



Today in the dark theme on a 2014 Android 4.3 phone

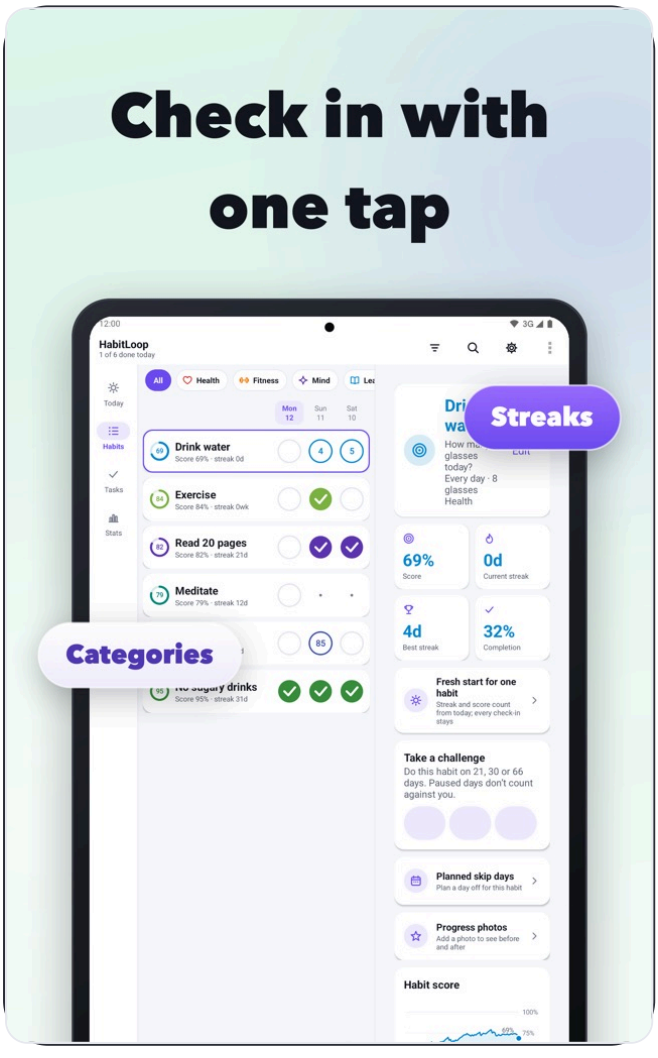
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CHAPTER 2 · HABITS

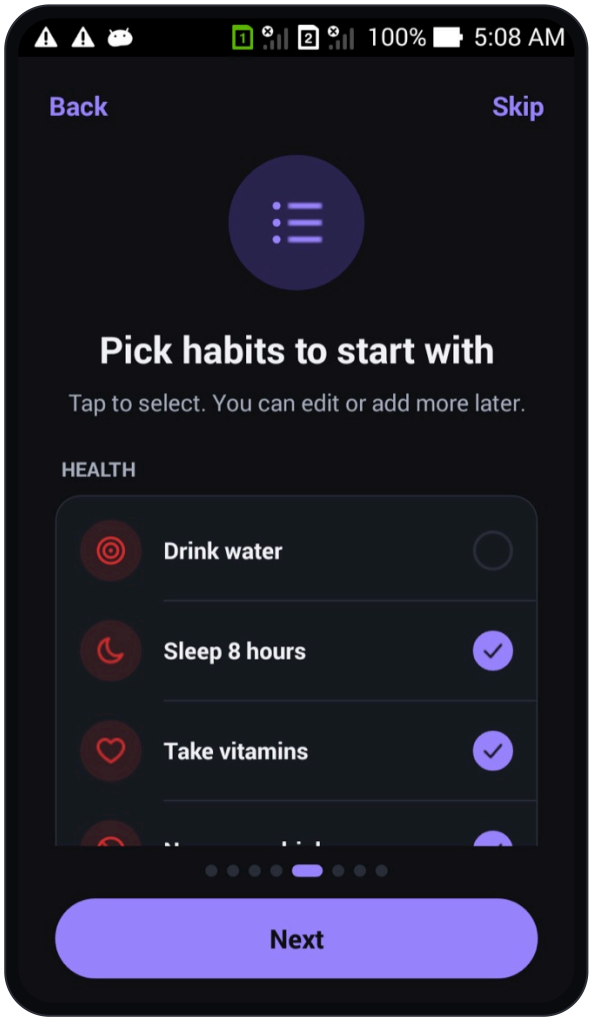
Habits that fit how you live

A habit can be yes/no, measurable (8 glasses, 20 pages, minutes as h:mm) or "quit a bad habit" with a days-clean counter and relapse log. Schedules go beyond daily: specific weekdays, N times per week or month, every N days, or X times in N days. Measurable habits can use tap counters or "at most" limits. The Habits list shows the last few days per habit with a score ring, and categories with their own icon and color filter the list.

- Yes/no, measurable and quit-a-bad-habit types
- Flexible schedules, including every N days and X times in N days
- Up to 5 reminders per habit, with Done, Skip today and Snooze
- First run offers 18 starter habits in 8 categories



Tablet: habits list and habit detail side by side



Picking starter habits during setup on a 2014 Android 4.3 phone

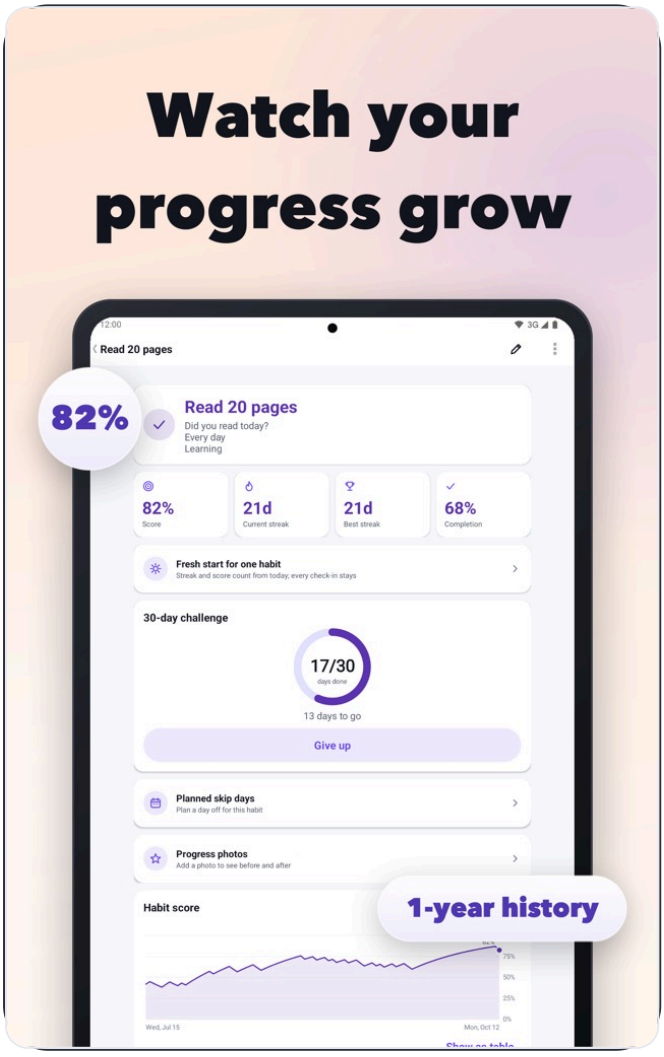
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CHAPTER 3 · STATISTICS

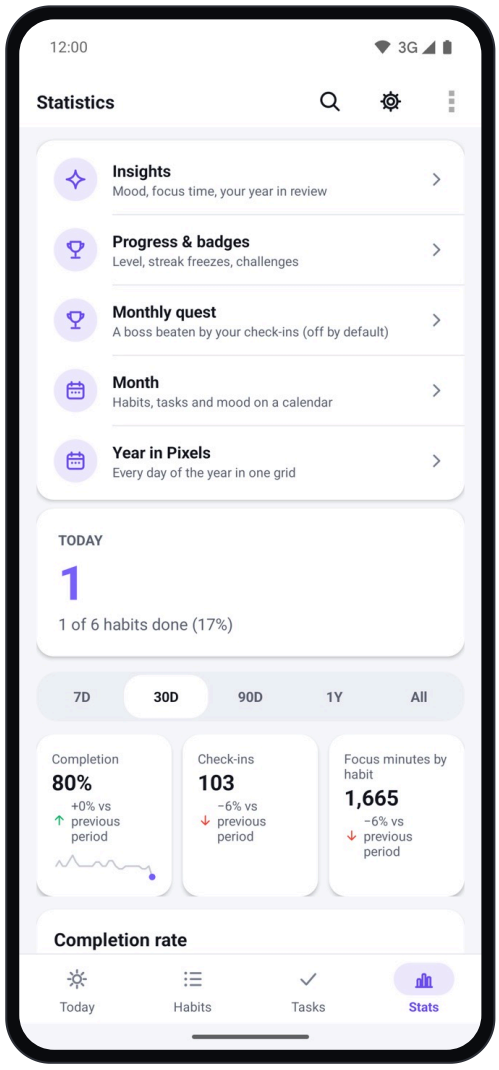
See what is actually working

Each habit has a detail screen with its score, current and best streak, completion, a one-year heatmap, monthly bars and a calendar where you can tap a past day to fix it or add a note. The Stats tab adds completion over time, check-ins and focus minutes compared with the previous period, with a 7D / 30D / 90D / 1Y / All range. Charts are drawn by the app itself, so they work offline on every supported Android version.

- Score that rewards consistency instead of resetting after one miss
- Year heatmap in each habit's own color, plus monthly totals
- Every chart has a "Show as table" view and a TalkBack summary
- Insights: mood correlations, focus time and a year in review



Habit detail on a tablet: tiles, heatmap, monthly bars, calendar



Stats tab with range picker and period comparison

04

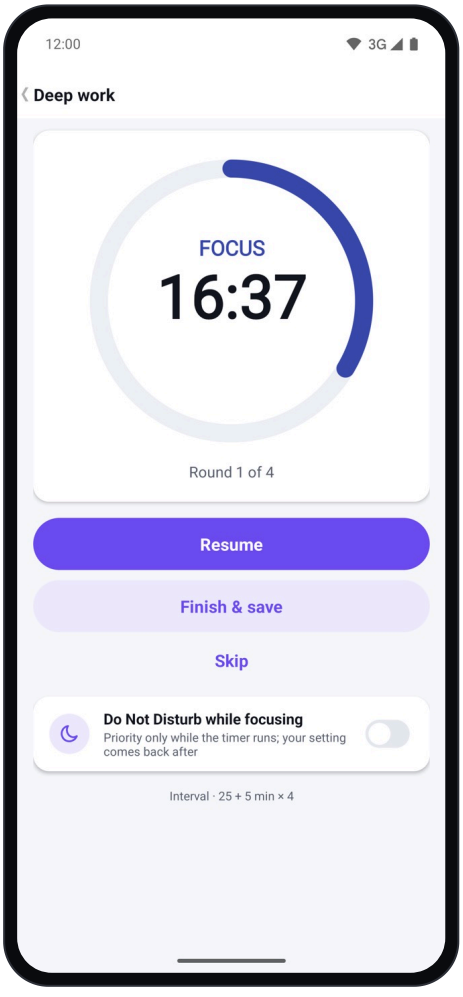
CHAPTER 4 · FOCUS TIMER

Do the work, log the minutes

Any habit or task can run a timer: a stopwatch, a countdown, or Pomodoro intervals of work and break over several rounds. The timer keeps running in the background with an ongoing notification and survives the app being closed; after a reboot it offers to resume. Finishing a session logs the minutes to a measurable habit, and Insights shows focus minutes per day, per habit and per task.

- Stopwatch, countdown or interval (for example 25 + 5 min × 4)
- Live Update with round segments on Android 16; a progress bar on older versions
- Quick Settings tile on Android 7+; optional Do Not Disturb during work, Android 6+
- Optional spoken cues in the app language using the phone's offline voice

> Live Updates in the notification shade need Android 16; earlier versions show a standard progress notification.



Interval timer for Deep work, round 1 of 4

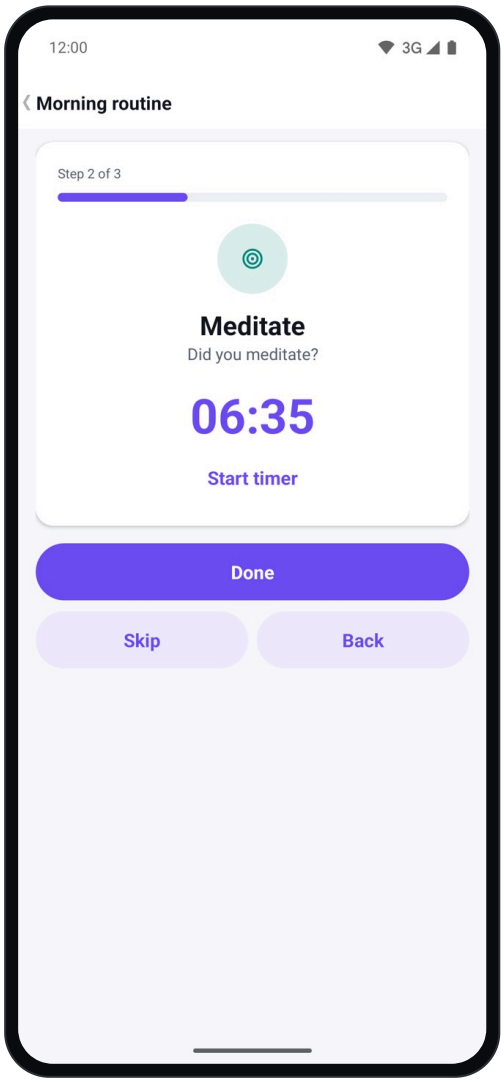
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CHAPTER 5 · ROUTINES AND GROUPS

Stack habits into a routine

A routine is an ordered list of habits, such as "Morning: water, stretch, read", each with an optional step timer. Running it shows one step at a time with Done, Skip and Back, then a short summary; Done checks the habit in for today. Routines start from Today or from a home-screen shortcut. Habit groups are the looser option: a collapsible card on Today that counts as done when all members, or N of M, are done.

- Guided, one-step-at-a-time checklist with optional step timers
- Ongoing notification with Done / Skip / Stop while a routine runs
- Groups with a combined score, streak and heatmap
- Pin a routine or a single habit to the home screen



Morning routine, step 2 of 3, with a step timer

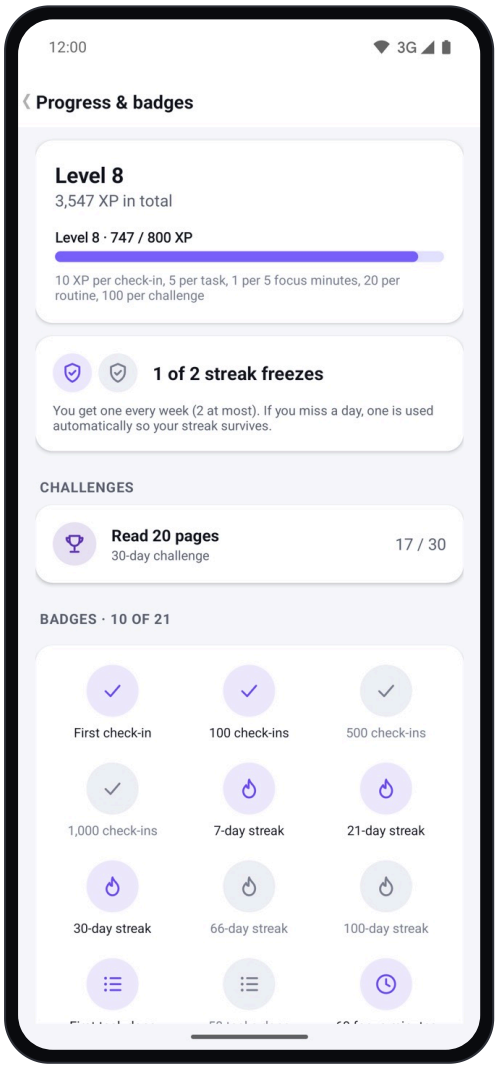
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CHAPTER 6 · PROGRESS

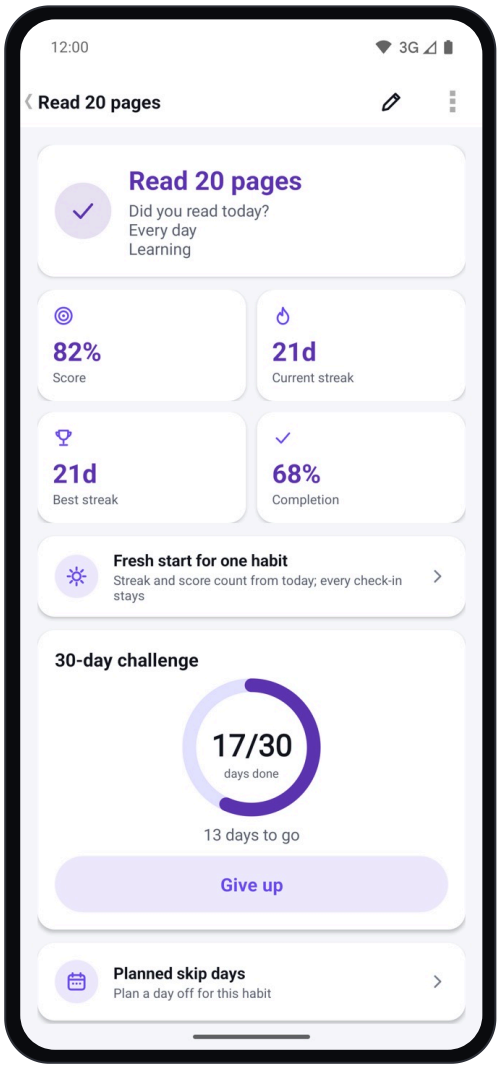
Rewards that forgive a missed day

For people who like a game, HabitLoop gives XP for check-ins, tasks, focus minutes and routines, with levels and 21 badges. Challenges of 21, 30 or 66 days show a progress ring and can be shared as an image. Streak freezes, one a week and at most two, are used automatically on a missed day. Vacations and planned skip days are neither due nor missed, so streaks and scores pass over them.

- XP, levels and 21 badges, all calculated on the device
- 21, 30 or 66-day challenges with milestone celebrations
- Automatic streak freezes, vacation mode and planned skip days
- A weekly review on Sunday: keep, adjust or pause each habit



Progress & badges: level, streak freezes, challenges, badges



A 30-day challenge ring and planned skip days on a habit

07

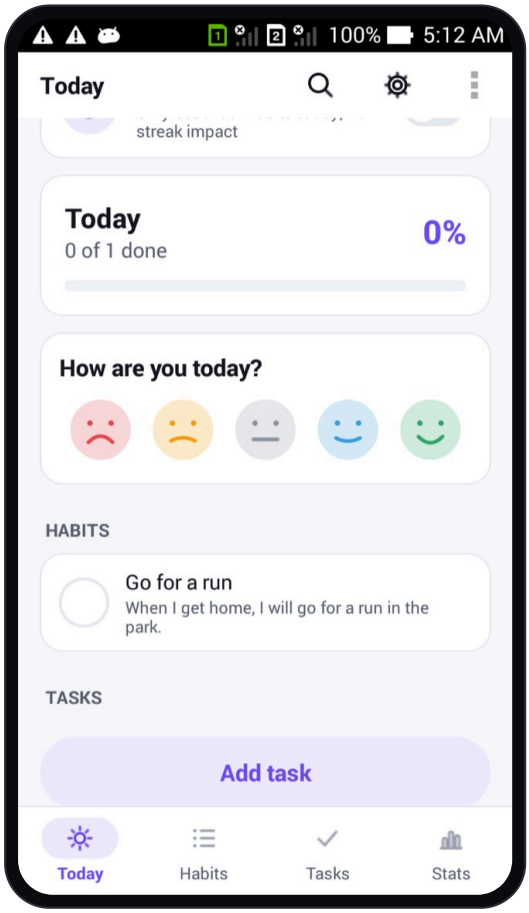
CHAPTER 7 · GENTLE TOOLS

Built for real days, not perfect ones

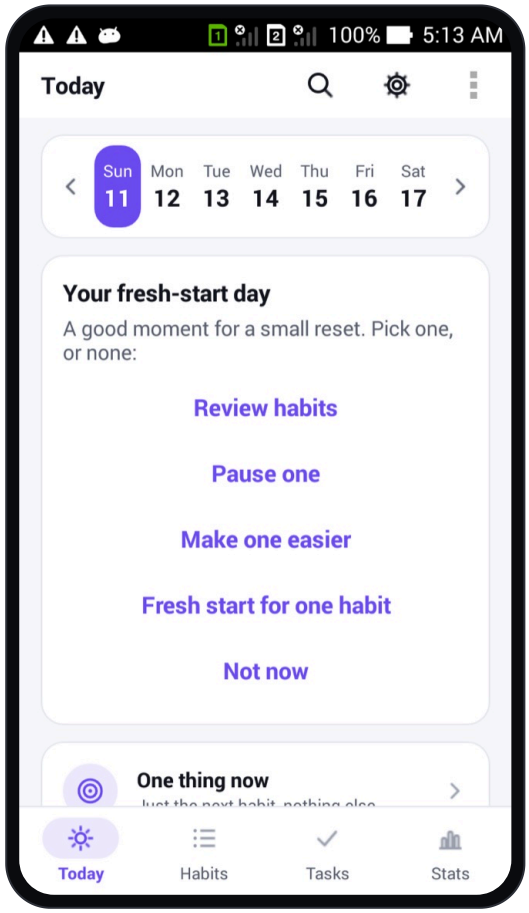
Not everyone is motivated by streaks. Gentle mode replaces streak numbers, score and red with "showed up N of the last 30 days", and a tiny version of a habit counts as showing up. A low-energy day leaves only essential habits due, with no streak impact. If-then plans ("When I get home, I will go for a run in the park") appear on Today and in reminders, and fresh-start moments offer a small reset after a new week, month or birthday.

- Gentle mode: no streak pressure, and the tiny version counts
- Low-energy day switch and "One thing now" for hard days
- If-then plans with an optional obstacle plan
- "What got in the way?" tags and an evening reflection

> HabitLoop is a self-tracking tool, not medical or mental-health advice.



An if-then plan shown on Today, on a 2014 Android 4.3 phone



Fresh-start day card on a 2014 Android 4.3 phone

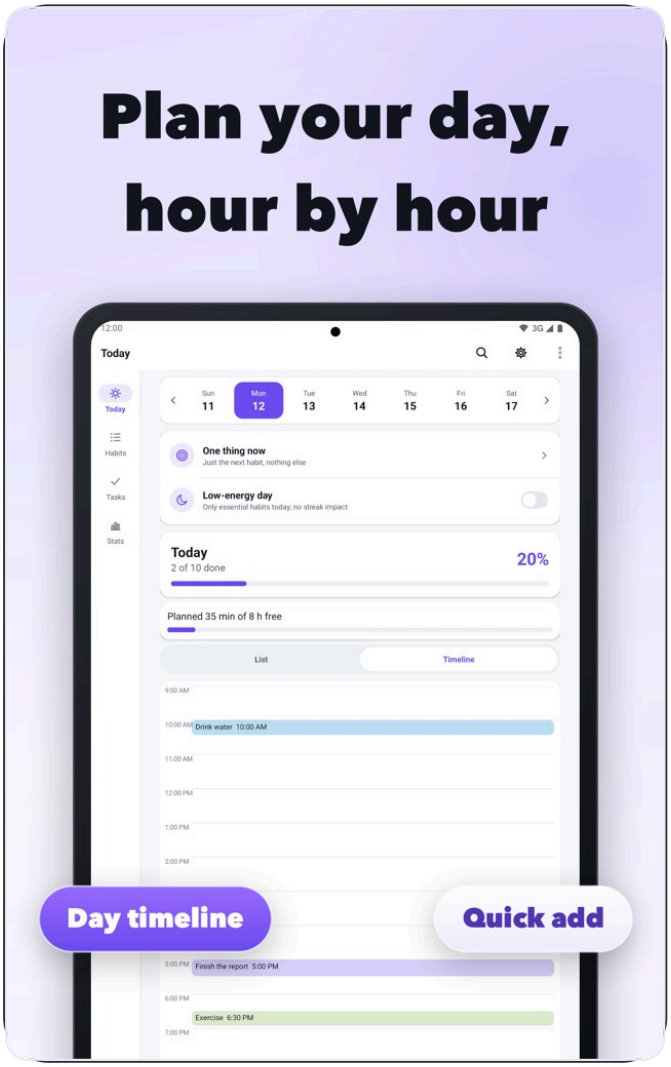
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CHAPTER 8 · TASKS

To-dos next to your habits

Tasks are one-off or repeating (daily, weekly, monthly) and have a priority, due date and time, reminder, category, tags and subtasks. The Tasks tab groups them as overdue, today, upcoming, no date and completed, and an Eisenhower matrix sorts them into Do first, Schedule, Delegate and Later. Ideas can be captured from the share sheet or a shortcut into an Inbox and sorted later with one tap.

- Repeating tasks, subtasks, priorities, due times and reminders
- Tags with filter chips and an Eisenhower matrix view
- Focus on a task with the same timer used for habits
- Capture Inbox: sort to Today, Tomorrow, Someday or make it a habit



Tablet Today with habits and prioritized tasks with subtasks

09

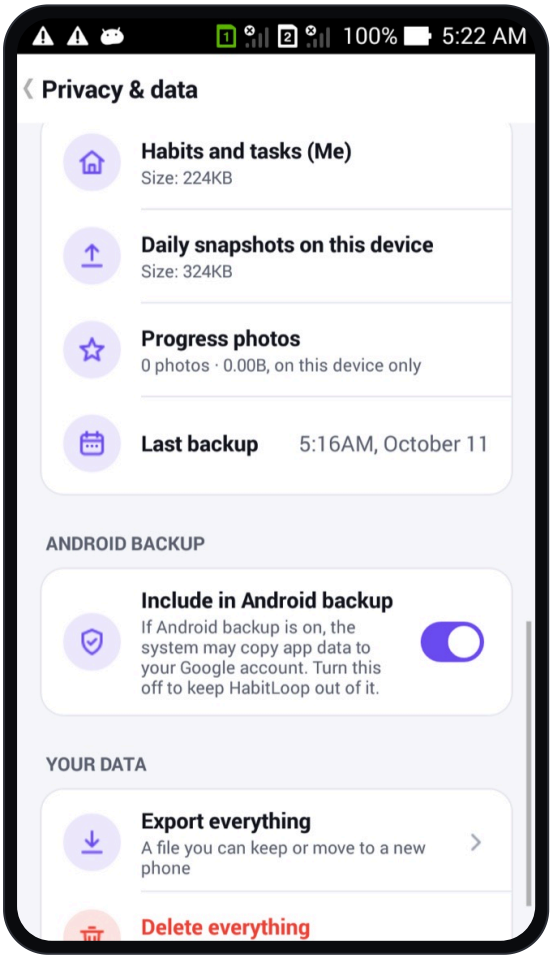
CHAPTER 9 · YOUR DATA

Local, backed up, and easy to move

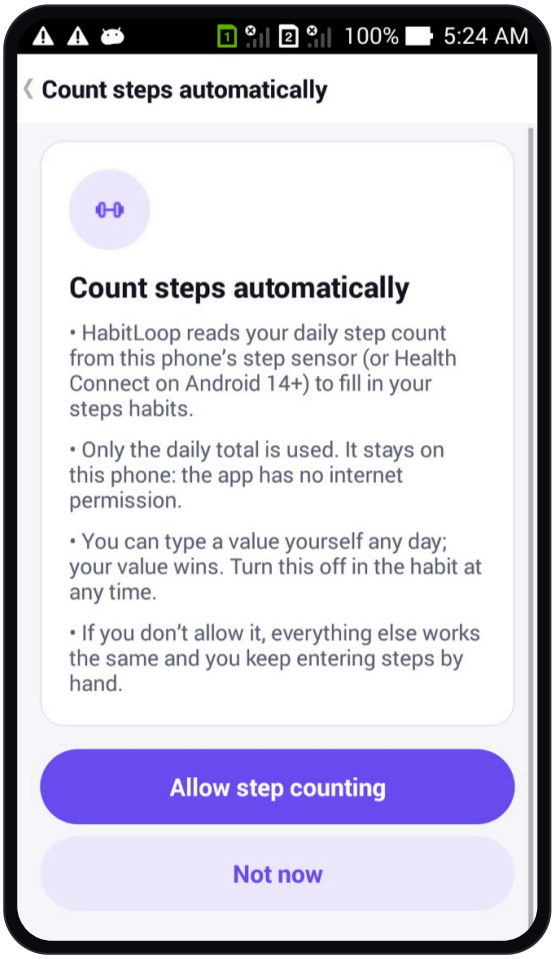
HabitLoop has no INTERNET permission, and the build fails if one ever appears. Data lives in the app's private storage, with a daily local snapshot (the newest 7 are kept). The Privacy & data screen shows what is stored, how big it is and when it was last backed up. You can export everything, optionally encrypted with a passphrase, move it to a new phone through the share sheet, or import a Loop Habit Tracker backup.

- Daily snapshots, plus encrypted folder backups on Android 5+
- Export as JSON, CSV or calendar (ICS); monthly PDF report on Android 4.4+
- Import from Loop Habit Tracker, with a count preview first
- Optional step counting, opt-in, stays on the phone

> Automatic steps need a step sensor (Android 4.4+) or Health Connect (Android 14+); HabitLoop is not a medical device.



Privacy & data screen on a 2014 Android 4.3 phone



Step counting explained before it's turned on, on a 2014 Android 4.3 phone

10

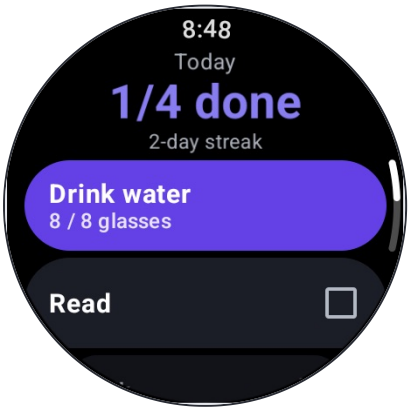
CHAPTER 10 · WEAR OS

Today's habits on your wrist

The Wear OS app shows how much of today is done and lists habits as chips: yes/no habits check on a tap, and measurable ones open a stepper you can turn with the rotating side button or bezel. A Pomodoro focus timer runs with an ongoing-activity chip on the watch face and haptic cues at each break. A tile and complications show progress and the streak. The watch app is standalone: it keeps its own habits and does not sync with the phone yet.

- Today list with tap-to-check and a rotary stepper
- Focus timer with haptics: 1 pulse for a break, 3 at the end
- Tile with a next-habit check button, and watch-face complications
- No INTERNET permission on the watch either

> The watch keeps its own habits; there is no phone-to-watch sync yet.



Today on the watch: 1/4 done and a 2-day streak



Stepper for a measurable habit, turned with the bezel



Focus timer, round 1 of 4

PLATFORMS

One app from old phones to tablets and watches

HabitLoop is built on the plain Android framework, so the same app runs on Android 4.3 and on Android 16. Newer features switch on where the system supports them, and older devices get a simpler fallback instead of an error. Twenty languages are included, with right-to-left layouts for Arabic.

Phone

Bottom navigation, home-screen widgets (Today checklist, habit streak, focus), app shortcuts and reminders with quick actions.

Tablet

A side navigation rail and two panes from 600dp, plus keyboard shortcuts such as Ctrl+N and Ctrl+K.

Wear OS

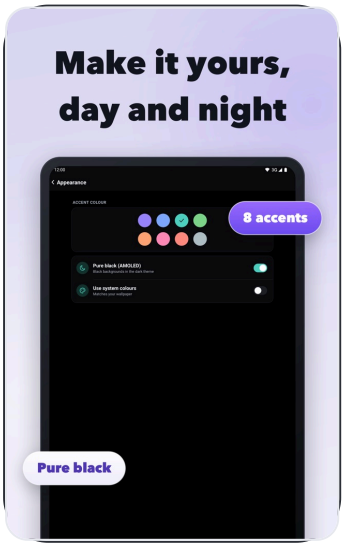
A standalone watch app with Today, a stepper, a focus timer, a tile and complications (Wear OS 3+).

Android TV

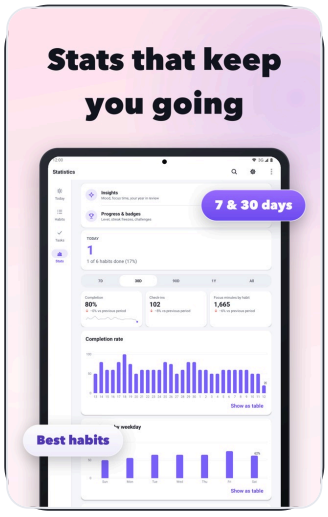
Not supported; TV apps are FitHome only.

REQUIREMENTS

- Android 4.3 (API 18) or newer for phones and tablets
- Wear OS 3 (API 30) or newer for the watch app
- No account, no Google sign-in and no internet connection needed
- Light, dark and high-contrast themes; layouts tested at 130% text size



Two-pane tablet layout in the dark theme



Statistics with the side navigation rail on a 10-inch tablet

PRIVACY

Your habits stay on your device

HabitLoop has no account, no servers, no analytics and no ads. What you enter is stored in the app's private storage and leaves the device only when you export it, back it up to a folder you pick, or use Android's own backup.

No INTERNET permission

The app cannot send anything; a build check fails if the permission is ever added.

No account

Open the app and start. No sign-up, no email, no password.

App lock

A 4-digit PIN stored as a salted hash, or fingerprint unlock on Android 9+.

Encrypted exports

Export everything with an optional passphrase (AES-GCM); you choose where the file goes.

You decide about backup

Turn off Android backup for HabitLoop, or delete everything with a typed confirmation.

Opt-in sensors only

Step counting and screen-time limits stay off until you read the explanation and allow them.

> Data safety on Google Play: no data collected or shared.



- **One-time purchase**
- **Android 4.3+ · Wear OS**
- **No account · works offline**
- **20 languages**

PRICING

Pay once, everything included

HabitLoop is a paid app on Google Play. You buy it once and every feature is unlocked: no subscription, no in-app purchases, no ads and no habit limit.

One-time purchase

HabitLoop

- Unlimited habits, tasks and routines
- Focus timer, statistics, challenges and badges
- Widgets, reminders and app lock
- Wear OS companion app in the same listing
- Future updates

Price shown on Google Play in your currency; Google Play's refund policy applies.



CONTACT

Get HabitLoop

HabitLoop is available on Google Play for Android phones, tablets and Wear OS watches.

GOOGLE PLAY
https://play.google.com/store/apps/details?id=app.web.habitsteps

WEBSITE
https://habitloop.web.app/

