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My use cases include customer management, portfolio tracker and personal finance tracking. I recently started using Notion to track my habits. An idea I originally built on Excel. But I decided to switch to Notion (because Excel is slow) and I wanted to access my tracking habit from the browser. Today I will eat my steps on how to create my own tracker habits. Let's check it out.1 The idea of the stage🌱🌱 have never come across any habit of tracking applications that fit my needs. 🎯I wanted to track not only my habits, but also my work, and what my days look like and what segment of work I focus on the most. So I created this habit tracker for myself. Here's the original Excel prototype (before I go to the concept): To begin with, I'm listing the parts I want to build in a one-page habit tracking tool with a daily registration mechanism. Set up the concept of 🗓️Go to the concept and subscribe to a free account. Start a new workspace in the NotionCreate database by selecting the table edit optionStart table table table, much like Excel or Google Sheets3. Calendar format 📅 One reason I like about connecting the calendar idea with the tracking habit is that it allows me to do daily registration with a day/date link. I can easily compare my progress today to doing X compared to past days. Here's how to create this section in Notion:Add a Day ColumnTo fill your first column as Day Fill the Table Vertically with daytime details such as Mon, W, Wed, etc. I also use this column to summarize your day using emojisAdd Date columnNext, rename the second column as Date According to the Property Type select Date to create a date. You should be able to see the calendar selector in the Date column ➨ Access to the Habit Tracker template here4. Add your goals ✎ ↙There now think about what areas of life you want to improve and how to develop them into settings that allow you to act on a daily basis. For example, I want to improve sleep and wakefulness. Thus, tracking the time when I wake up becomes a valuable data point. Other goals are the idea of categoryDaily habits or routines (wake up early, meditate, exercise, read, sleep)Work or project related (customer work, code, write, learn new things)Network related (visit meetup, reach out on social) Here's how to set your goals in On I have to create a new columnRename each column horizontally as your target itemAdd emojis on each target to make it more visual5. Track your goals ✔I like to use 1 (done) vs. 0 (missed) tagging method to check my goals. This method also allows for quantitatively i.e. the number of days done (or missed). I'll also add color logic to differentiate 1 (green) vs. 0 (red), so I'll have a thermal vision map for the whole activity tracking habit. Let's create this: Create Select PropertyRight click on each target item from ColumnSet Type Property, as SelectSorte the above steps for the rest of the target itemsCreate 1 and 0 tagClick on the empty cell below each itemType goal in 1 and click enter, then do the same when creating a 0 tagEdit color tag 1 (green) and 0 (red) If you prefer the ☑ method, you can use Checkbox Property instead: Check on the purposePreparation of your progress by clicking on the empty cell of each target element you should be able to switch between 1 and 0 tags to indicate the status status of your progress➨Access Habit Tracker here6. Analyze your 📈Y'm less a fan of complex charts/graphs and more fan of simplicity when it comes to understanding my picture habits. Here's how I use this tool to analyze my progressl look at emojis on the Day column to see my activity, energy performance and feel the sequence of my habits (made vs missed) Every weekend, I summarize my progress on a laptopSing a weekly review of Wake at 6am: 5/7Meditate 10 minutes: 5/7Exercise 30 minutes: 4/7Read 1 hour 7/7 Learn: 5/7Client Work: 6/7Build Prototype: 5/7Social Post: 5/7Sleep to 11pm: 3/7Note: This article is part of my newsletter toolkit↗ where I share resources about building things. Join me :)➨Access habit Tracker template here Find me on personal site/Twitter/LinkedIn 🏃 2 In case you miss out, I can send my upcoming toolkit to your inbox - Click here to join my newsletter ✨ 3 If you feel generous today, you can buy me coffee ☕Subscribe to get a daily round of activity! A habit, learned action or other form of behavior that is repeated often enough to become a largely automatic response to a particular stimulus or situation. Chains of motor habits or skills are involved in walking, writing, swimming and the like. Unlike habits, instincts and true reflex actions are not studied, but inherited. Conditional reflexes, or conditional responses, however, are acquired, as are habits. Habits can be acquired through conscious repetition and the desire to achieve mastery in activities. A person who learns to swim, observes and imitates the movements of others. First, he concentrates on breathing and hand and leg movements. With experience, however, he learns to make these movements almost automatically. Advertising Many habits are acquired, often without awareness, from in the environment. A child, for example, hearing how others constantly use meaningless phrases such as you know, can start using yourself to such an extent that use becomes habitual. Some habits develop in response to a person's unconscious needs. Thumb-to-thumb and nail-biting, for example, usually attempts to relieve tension that a person does not know about. Such habits usually disappear when the tensions that cause them are detected and eliminated. Most habits serve a necessary purpose. Simple, routine actions performed usually leave reasoning and other higher mental processes free to solve complex problems or to ensure pleasure. Habits also play a role in overcoming emergencies; An experienced car driver, for example, will immediately apply the brakes when the child darts in front of the car. Alcoholism and addiction to drugs and tobacco are often referred to as habits. The term habit, however, correctly refers to answers based on emotional or intellectual rather than organic needs. Addiction to alcohol or drugs is a symptom of personality problems, but repeated intake of such substances creates an organic need in the body. iOS: Most health and fitness trackers allow you to track specific things - steps taken, hours of sleep and the like. Loggr lets you keep track of everything you want to track, whether it's blood pressure, pulse, page read, cooked meals, whatever, and it will build graphs and reports around it all so you can see how you're doing. Loggr is kind of building its own life tracker app, and while most of us track fitness and health with our trackers, Loggr lets you track these things and more. If you want to track your blood pressure, for example, or if you are diabetic and want a tool that will help you track your blood sugar measurements, this app can certainly help with that. Whether you're trying to build better habits and want to work more regularly, cook more meals at home, water plants regularly, or just clean the house, the app can track everything for you too. Best of all, Loggr does a good job of creating graphs and interactive charts, so you can follow your progress, which is great if you're a data nerd like me. you can even export all your data to succeed and save it for use in other applications if you prefer. The app is completely free, but for $3 (via in-app purchase) you unlock some additional features such as the ability to sync data into Dropbox automatically (without manual export), import data from Runkeeper or Moves, view advanced statistics, or personalize the look of the app. Hit the link below to give it If you like a personal tracker where you manage your own data, it's worth a look. Recently, a slew of reports have popped up showing how fitness apps are coming in and selling out... 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