

Habit tracker app trial sheet

Fill in a PDF reader that supports forms, or print. Choose one candidate app and plan. Record what you actually checked; write Unknown where you have not tested it.

Action and completion rule

Planned days and date/time zone

Record unit: Done, count or duration

Required devices

Who should see which records?

Number of habits or shared goals

Budget, billing and country/store

One requirement that must work

Test these cases in the candidate app

For each: enter a sample report, then note its display and any streak effect.

1. Completed action

2. Partial action

3. Planned day off

4. No report

5. Second device or person, if required

6. Export or recovery, if required

Keep, switch, or leave it unknown

Candidate app, plan, country/store and date checked

Decision: Keep / Switch / Unknown

Reason and next check

If an essential feature fails, change the app or the rule before adding more habits.

Fictional guitar example

Alex plans five minutes on Monday, Tuesday, Thursday and Friday. Wednesday is not a scheduled practice day. These invented reports explain the cases; they are not results from any app trial.

Monday: five minutes

Complete under Alex's rule. Check that the app records the intended unit.

Tuesday: three minutes

Partial. Keep the amount if needed; it does not meet the five-minute rule.

Wednesday: no practice

Planned day off. Check the schedule instead of marking it as a missed planned day.

Thursday: five minutes

Complete. Inspect how the app handles the intervening day off.

Friday: no report

Unknown. Silence does not prove that practice did or did not happen.

An app may combine these cases differently. Keep their meanings separate in your decision. Before relying on export, check the format and whether it can actually be restored. Do not delete your original records during a trial.