



## Smart Activity & Habit Tracker — User Manual

Smart Activity & Habit Tracker helps you take control of your day and build better habits with clarity and consistency. Whether you're creating new routines, breaking old ones, or maintaining a balanced lifestyle, the app keeps you focused, accountable, and moving forward — one activity at a time.

### First Launch After Install or Update

When you open Smart Activity & Habit Tracker for the first time — whether after installing it or updating to a new version — you will be asked how you want to begin:

-  Restore data to bring back your previous habits, streaks, and tasks from a backup file.
-  Start new to build a fresh list from scratch.

This ensures you always stay in control of your data and how you want to continue.

### 1. Permissions Required

After installation, Smart Activity & Habit Tracker will request the following permissions:

-  Notifications
-  Alarms
-  Activity Recognition

Please grant all of them so the app can function correctly.

If you need to enable them manually:

- Open your phone's Settings
- Go to Alarms and Reminders
- Find Smart Activity & Habit Tracker
- Enable the permission

## 2. Set Your Bedtime

Tap the gear icon in the top-right corner to set your bedtime.

This ensures you enjoy an alarm-free night and uninterrupted sleep.

## 3. Test the App (Recommended)






Before adding real activities, create a simple test activity:

- Name: T1
- Category: General
- Description: Test number 1
- Start date: Any date
- Start time: HH:MM (24-hour format, e.g., 09:05)
- Interval: 0 days, 0 hours, 1 minute
- Goal: 5

Save the activity.

The app will trigger an alarm at the start time and then every 1 minute.

You can edit the activity to:

-  Enable/disable alarms
-  Change colour
-  Adjust interval
-  Snooze
-  Modify details

Once you're comfortable, delete T1.

## 4. Add Real Activities

Smart Activity & Habit Tracker supports:

-  Daily activities
-  Weekly activities
-  Annual activities
-  Custom intervals from 1 minute to over 2 years

Examples to help you get started:

### A. Daily Activity Example

- Icon: Click on the bell icon, choose drop of water icon.
- Name: Drink water
- Category: Health
- Description: Drink a glass of water
- Start time: 08:30
- Interval: 0 days, 1 hour, 30 minutes
- Goal: 8

Alerts repeat every 1 hour and 30 minutes.

### B. Weekly Activity Example

- Icon: Click on the bell icon, choose boy walking.
- Name: Sunday walk
- Category: Fitness.
- Description: Go for a long walk
- Start time: 16:00
- Interval: 7 days
- Goal: 1

Repeats every week at the same time.

### C. Annual Activity Example

- Icon: Click on the bell icon
- Name: Wedding Anniversary
- Category: Social
- Description: Parents' wedding anniversary
- Start time: 19:00
- Interval: 365 days
- Goal: 1

Repeats every year on the same date and time.

### D. Custom Interval Example

- Icon: Click on the bell icon choose racquet
- Name: Tennis
- Category: Fitness
- Description: Play tennis
- Start time: 16:00
- Interval: 3 days
- Goal: 1

Repeats every 3 days.

## 5. Unlimited Activities

You can add, edit, or delete as many activities as you like.

Smart Activity & Habit Tracker gives you full control of your day so you can build habits that last.

## ✦ Custom & Dynamic Categories

Map your routines into meaningful categories to get a clearer picture of how your time and energy are truly spent.

- Tap the Category field when creating or editing a habit
- Choose a category from the list — or type your own. You can now type in custom category names (e.g., "Project X," "Morning Walk") when adding or editing an activity or task.
- Auto-Filters: The main screen filter chips now automatically update to include every custom category you've created.
- Save your habit to keep everything neatly organised

That's it — your routines now sit exactly where they belong, giving you a balanced view of your daily life at a glance.

## 🌀 Dual-Mode Focus Sessions

### Overview

Smart Activity & Habit Tracker offers two powerful focus modes designed to support both deep concentration and movement-based productivity.

#### 1. 🕒 Timer Focus (Pomodoro Mode)

Perfect for studying, reading, writing, or any task that requires uninterrupted attention.

Features:

- 🕒 Adjustable focus & break durations
- 🎧 Ambient Soundscapes (Rain, Lofi, Forest)
- 📊 Automatic session tracking
- 🏠 One-tap start from Home Screen Widgets

How to use:





- Open the Focus tab.
- Select Timer Focus.
- Set your session length.
- Tap Start.
- Optional: enable soundscapes.

## 2. Walk / Run Focus Sessions

Overview

A unique mode that links your habits to real-world movement.

Features:

-  Real-time step tracking
-  Custom step goals
-  High-precision sensor logic
-  Automatic habit credit

How to use:



- Open the Focus tab.
- Select Walk / Run Focus.
- Set your step goal.
- Start walking.
- When the goal is reached

## Strict Focus (App Blocker)

### Overview

Strict Focus blocks distracting apps during active sessions — ideal for eliminating doom-scrolling.

How it works:

-  Blocks apps like YouTube, TikTok, Instagram
-  Remains active until the session ends

How to enable:

Open the Focus tab.

- Select Timer Focus.
- Select Habit
- Set your timer.
- Enable Strict Focus
- Start the timer session. The app will ask for the App usage data, choose Smart Activity Habit Tracker and try to open the You tube , It will instantly kick you back to the timer

CRITICAL: If it still doesn't block, go to your phone's Settings -> Apps -> Special App Access -> Display over other apps and ensure Smart Activity & Habit Tracker is set to Allowed.






Now, try opening YouTube. It will instantly kick you back to the timer!

## Health Connect Integration




### Overview

Smart Activity & Habit Tracker syncs your step and activity data directly from Google Health Connect.

### Supported Devices

-  Galaxy Watch
-  Pixel Watch
-  Fitbit
-  Garmin (via Health Connect)
-  Any app that writes step data to Health Connect

### Benefits

-  Automatic syncing
-  Habit credit for all movement
-  More accurate daily totals

Ensure Prerequisites

Before syncing, confirm the following:

- Android Version

Your device must be running Android 8.0 or higher.

- Health Connect App

- Android 14+: Health Connect is built into System Settings.
- Android 13 or below: Install the Health Connect app from the Play Store.

- Data Source

At least one other app (Google Fit, Samsung Health, Fitbit, etc.) must have written Steps data to Health Connect today.

## Grant Permissions in the App

- Open Smart Activity & Habit Tracker.
- Go to Settings (gear icon).
- Tap Open Health Connect Settings.
- Find Smart Activity & Habit Tracker in the list.
- Under Allowed to read, turn ON the Steps toggle.
- Return to the app — you should see a confirmation message.

## Verify Data Presence (“The Hub Check”)

Make sure Health Connect actually has steps to read:

- Open the Health Connect system app.
- Go to Data and access → Activity → Steps.
- Confirm you see a step count for Today from another app (e.g., Google Fit: 1,250 steps).

## Perform the Sync

- In the app, open the Focus tab.
- Select Walk / Run Focus.
- Set a goal (e.g., 5,000 steps).
- Tap Sync from Health Connect.

Success Criteria

The step counter should instantly update from 0 to the value shown in Health Connect

(e.g., Google Fit: 1,250 steps).

## Quick Enable Guide





- Open Settings (gear icon) → Health Connect
- Grant Steps read permission
- Sync begins automatically

## Interactive Home Screen Widgets

Stay on track without even opening the app.

Widgets let you interact with your habits and focus sessions instantly.

Capabilities:

-  Start Timer Focus
-  Start Walk / Run Focus
-  Complete habits or Tasks
-  View progress at a glance

To add the Smart Activity & Habit Tracker widget:

1. Long-press on an empty area of your home screen.
2. Tap Widgets.
3. Select Smart Activity & Habit Tracker .
4. Tap the widget, then press Add.

Your widget will now appear on the home screen, showing your daily habits and tasks at a glance.

You can mark any Habit or Task as Done instantly, right from the widget.

## Ambient Soundscapes

### Overview

Enhance Timer Focus sessions with calming audio.

Available soundscapes:

-  Rain
-  Forest


How to use:

- Start a Timer Focus session.
- Tap the Soundscapes icon.
- Choose a sound.

## Trophy Room

Your all-in-one celebration space — a unified dashboard where every achievement shines. It showcases two types of rewards:

### 1. Goal Success

Earn a Star Trophy  every time you hit a specific target you set for a habit.

Example: “Walk 5 times this week” → You get a star!

### 2. Milestone Medals — The Prestige Awards

Tiered Bronze , Silver , and Gold  medals based on your all-time performance across three mastery paths:

#### The Walker

Tracks your total distance (KM) synced from Health Connect or device sensors.

More movement → higher-tier medals.

## The Monk

Measures your total cumulative hours spent in Focus Mode.

Deep focus earns deep prestige.

## Streak Master



Celebrates your longest consistency streaks — whether that's 30 days, 100 days, or beyond.

Consistency becomes its own medal.

## Synergy Trophies: Quick Guide

### What Is Synergy?

Smart Activity Tracker rewards the Holistic High-Performer by combining:

-  Steps (Body)
-  Focus Time (Mind)

Your best achievements come from balancing both.

### How to Enable Synergy




Body (Steps):

- Open Trophy Room → tap Connect → allow Health Connect step access




Mind (Focus):

- Use The Monk or Walk/Run Focus
- Deep Work minutes log automatically

### Synergy Milestones

 Level	 Steps	 Focus
Balanced Performer	10,000	2 hrs
Peak Achiever	25,000	5 hrs
Elite Optimizer	50,000	10 hrs

## Daily Balance Widget

-  Start Focus instantly
-  Track your daily work–movement balance
-  Tap Check in Trophy Room to sync steps

## Spotting Synergy Trophies

Look for the Coral Red Badge — your mark of dual excellence.

## Privacy

- Steps from Health Connect
- Focus stored locally
- No cloud uploads

 Balance your day. Elevate your routine. Claim your Synergy.

If you want an even shorter “micro-manual” version for inside the app, I can craft that too.

## The Modular Reports Hub

Your Stats tab has evolved into a full Reports Hub — a flexible, multi-view space where you can explore your habits from every angle. Tap the Stats icon to choose from five specialized views:

### Daily Performance

A clear breakdown of your habits and tasks for the current habit day.

This is also where your Daily Journal lives — your space for reflection and emotional context.


### Consistency View (Heatmap)

A visual grid of your last 18 weeks of activity.

Use the dropdown in the Stats tab to switch between a Global View (all activities) and a Filtered View for any individual activity.

Enjoy a larger, sharper, and smoother visualisation of your progress.

See your entire habit history at a glance — beautifully rendered and easy to explore.

-  New Interaction: Tap any square to reveal a popup showing the exact date and the number of completions for that day.

This transforms the heatmap from a static visual into an interactive insight surface.

### Pro Insights

AI-driven analysis of your performance patterns.

Discover your most productive days, hours, and behavioural rhythms — the invisible patterns that shape your consistency.

### Visual Overviews

Beautiful charts and graphs showing how your effort is distributed across categories like Work, Health, Personal, and more.

A quick way to see where your energy truly goes.

### Detailed Stats

Granular data for every habit:

- Current streaks
- Total completion percentages
- Long-term performance trends

Perfect for users who love precision and progress tracking.

### Daily Journaling & Reflection

Reflection is the quiet engine behind consistency. You can now record your thoughts directly within the app — gently, privately, and in rhythm with your day.

## Creating an Entry

Go to Stats → Daily Performance and scroll to the Daily Journal card. Write whatever shaped your day — a sentence, a moment, a feeling.




## Bedtime Sync

Your journal follows your Bedtime Reset Anchor (set in Settings).

If you write at 1:00 AM, it still belongs to yesterday until your day officially “resets.”

This keeps your reflections emotionally accurate and tied to the right performance data.

## Managing Entries

-  Save — Stores your note in the local database.
-  Delete — Removes the current day’s entry.
-  Clear All — Wipes your entire journal history (ideal for a fresh start or reset).

## Print / Share

Tap Print All to generate a beautifully formatted text summary of every journal entry you’ve written — sorted by date.

You can share it to email, a notes app, cloud storage, or send it directly to a printer.

## To-Do List Guide

### + Adding a Task

- Type your task into the New Task box.
- Select a category.
- To create a new category, simply type its name into the category field — it will be created automatically.
- Tap the + button.

Your task is added instantly.

### Rearranging Tasks

Use the up and down arrows to reorder tasks.

Arrange items to match your workflow — your custom order is saved automatically.

### Filtering Your Tasks

#### • Category Filter

Tap the category label (e.g., "Cat: All") to view tasks from categories such as Health, Work, or Personal.

#### • Date Filter

Tap the  Calendar icon to show tasks added on a specific date.

#### • Clear Filter

Remove the date filter directly from the calendar dialog to return to the full list.

#### • Task Due-On Filter

Tap the  Calendar icon to view tasks due on a specific date.

- Special Filter

Tap the icon on the right to sort tasks by:

- Due Date
- Manual (Position)
- Newest Added

### ✓ Completing Tasks

Tick the checkbox next to any task you've finished.

Completed tasks remain visible until you choose to clear them.

### 🗑️ Deleting a Completed Task

Tick the checkbox of a finished task, then tap Clear Completed.

Only tasks you've marked as done will be removed.

### 🧹 Deleting Multiple Completed Tasks

Select all completed tasks using their checkboxes, then tap Clear Completed to remove them in one go.

Keep your list clean, focused, and clutter-free.

## 🛡️ Built-In Data Control

### Overview

A privacy-first onboarding experience that explains exactly what the app does — and does not — collect.

Key principles:

- 🗝️ No data leaves your device
- 🚫 No analytics tracking
- 🤝 No third-party sharing

🙏 No Ads, No In-App Purchases, No Data Collection

A simple, honest promise:

Smart Activity & Habit Tracker is fully unlocked, private, and distraction-free.

Everything stays on your device.

### Backup & Restore in Settings (Gear icon)

This feature lets users protect their habit data by creating a manual backup file and restoring it whenever needed. It's designed for people who switch devices, reinstall the app, or simply want an extra layer of safety.

- Users can create a backup file from Settings (Gear icon) → Backup & Restore.
- The backup includes habits, streaks, statistics, and progress history.
- The file is saved locally and can be moved to any location the user chooses (cloud storage, external drive, etc.).
- Restoring the file brings back all saved data exactly as it was.
- No data is uploaded or shared automatically; the user remains in full control.

This section helps users understand not just how to back up, but why it matters—especially for long-term habit tracking.

### Safe Migrations

Safe Migrations ensure that users never lose their habit data when updating the app. It's an invisible but essential part of the experience.

- When the app updates, it reads the existing data stored on the device.
- If the new version uses an updated data format, the app automatically migrates the old data to the new structure.

- All habits, streaks, and statistics remain intact after the update.
- The process happens entirely on the device and requires no user action.
- No data is transmitted during migration.

This entry reassures users that updates won't disrupt their progress or history.

## Troubleshooting Guide — Smart Activity & Habit Tracker




This guide helps you quickly resolve the most common issues when setting up or using Smart Activity & Habit Tracker.

### 1. I'm Not Receiving Alarms or Reminders

This is the most common issue and is almost always caused by missing permissions or battery restrictions.

Check required permissions

Make sure the following are enabled:

-  Notifications
-  Alarms & Reminders
-  Exact Alarms (on some devices)

To verify:

- Open Settings
- Go to Alarms and Reminders
- Select Smart Activity & Habit Tracker
- Ensure the permission is ON

Check battery optimisation

Some devices restrict background activity.

- Open Settings
- Search for Battery optimisation or Background activity
- Find Smart Activity & Habit Tracker
- Set it to Allow or Unrestricted

### 2. Alarms Are Ringing at Unexpected Times

This usually happens when:

- The start time was set unintentionally or not in 24-hour format

- The interval is shorter or longer than expected
- The start date is in the past

How to fix

- Edit the activity
- Confirm:
- Start date
- Start time
- Interval (days, hours, minutes)
- Save again

If the start date is in the past, the app will automatically trigger the next valid interval.

### 3. 🕒 I Set a Bedtime, but Alarms Still Ring at Night

This can happen if:

- Bedtime was not saved
- The device's system time changed
- The activity was created before bedtime was set

How to fix

- Tap the gear icon
- Re-enter your bedtime
- Save
- Edit any affected activities and save them again

### 4. 🕒 My Test Activity (T1) Is Not Ringing Every Minute

Check the following:

- Interval is 0 days, 0 hours, 1 minute
- Alarm is enabled

- Start time is in the future and in 24-hour format
- All permissions are granted (see Issue #1)

If everything looks correct, delete T1 and recreate it.

## 5. My Activity Is Not Repeating

This happens when:

- The interval is set incorrectly
- The goal is reached and the activity is paused
- The alarm was manually disabled

How to fix

- Edit the activity
- Confirm:
- Interval is correct
- Alarm toggle is ON
- Goal is not already completed
- Save

## 6. I Deleted an Activity, but Alarms Still Ring

This can occur if:

- The alarm was already scheduled before deletion
- The device cached the previous alarm

How to fix

- Restart your device
- Open the app once after restart
- The alarm will clear automatically

## 7. The App Is Not Saving My Activities

Possible causes:

- Missing required fields
- Invalid time format
- Device storage restrictions

How to fix

Ensure the following:

- Activity name is filled
- Start date is selected
- Start time is in HH:MM format
- Interval values are valid (no negatives)

If the issue continues, restart the app.

## 8. I Changed the Colour, Interval, or Snooze Settings but Nothing Updated

This happens when the activity is edited but not saved.

How to fix

After making changes:

- Scroll to the bottom
- Tap Save
- Confirm the updated values appear in the activity list

## 9. Alarms Are Delayed or Silent

Some devices delay notifications to save battery.

How to fix

- Disable Battery Saver mode
- Allow Unrestricted battery usage for Smart Activity & Habit Tracker

- Ensure Do Not Disturb is not blocking alarms

#### 10. 🌀 I Want to Test If Everything Is Working

Use the recommended test activity:

- Name: T1

- Interval: 1 minute

- Goal: 5




If T1 rings correctly, the app is fully functional.

## Common Mistakes to Avoid — Smart Activity & Habit Tracker

These reminders help you get the best experience from Smart Activity & Habit Tracker and prevent issues before they happen.

### 1. Forgetting to Grant Alarm & Reminder Permissions

The app cannot function without:

-  Notifications
-  Alarms
-  Reminders

If these are missing, alarms will not ring.

Always check permissions immediately after installation.




### 2. Setting a Start Time in the Past or Not in 24-Hour Format

If the start time has already passed, the app will jump to the next valid interval — which can confuse new users.

Tip: Always choose a start time in the future when creating a new activity.

### 3. Entering an Interval Incorrectly

A common mistake is mixing up:

-  Days
-  Hours
-  Minutes


Example:

“1 hour 30 minutes” accidentally entered as “1 day 30 minutes”.

Tip: Double-check the interval before saving.

#### 4. Forgetting to Press Save After Editing

Changes such as:

-  Colour
-  Snooze duration
-  Interval
-  Alarm toggle

...do not apply until you tap Save.

#### 5. Expecting Bedtime to Silence Alarms Without Saving It

Users sometimes set bedtime but forget to save it.

Tip: After choosing your bedtime, scroll down and tap Save.

#### 6. Deleting an Activity While an Alarm Is Already Scheduled

If an alarm was already queued, it may ring once more.

Tip: Restart your device after deleting an activity to clear pending alarms.

#### 7. Using Very Short Intervals Without Testing First

Intervals like 1 minute or 5 minutes work perfectly, but they can feel overwhelming if you're not expecting frequent alarms.

Tip: Always test with the recommended T1 activity first.

#### 8. Creating Too Many Activities at Once

New users sometimes add many habits immediately, which can lead to alarm overload.

Tip: Start with 2–3 activities, get comfortable, then expand.

## 9. 📱 Relying on Battery Saver Mode

Battery saver or aggressive optimisation can delay or block alarms.

Tip: Allow Smart Activity & Habit Tracker to run with Unrestricted battery usage.

## 10. 🎯 Confusing “Goal” with “Interval”

- Goal = how many times you want to complete the activity

- Interval = how often the reminder repeats

Tip: Set the interval first, then choose a realistic goal.

## ⚡ Quick Start Card — Smart Activity & Habit Tracker

### 1. 🗝️ Grant Permissions

To receive alarms and reminders, allow:

- 🔔 Notifications
- 🕒 Alarms
- 📄 Reminders

(You can enable them anytime in Settings → Alarms & Reminders → Smart Activity & Habit Tracker .)

### 2. 🌙 Set Your Bedtime

Tap the gear icon → choose your bedtime → Save.

This ensures an alarm-free night.

### 3. + Add Your First Activity

- Tap Add Activity
- Enter:
- Name
- Description
- Start date
- Start time (HH:MM)
- Interval (days, hours, minutes)
- Goal
- Tap Save

The app will alert you at the start time and repeat based on your interval.

#### 4. Test the App (Optional but Recommended)

Create a test activity:

- Name: T1
- Pick a category or create your own
- Interval: 1 minute
- Goal: 5

You'll receive an alarm every minute.

Delete T1 when done.

#### 5. Edit Anytime

Open any activity to:

- Change interval
- Enable/disable alarms
- Adjust colour
- Snooze
- Update details

Tap Save after editing.

#### 6. Build Your Routine

Add daily, weekly, annual, or fully custom activities — from 1 minute to over 2 years.

Smart Activity & Habit Tracker keeps your day organised, consistent, and fully in your control.

## 7. 🌀 Start a Focus Session

Choose the mode that fits your moment:

### 🕒 Timer Focus

For studying, reading, writing, or deep work.

- Set your session length
- Optional: add Ambient Soundscapes (Rain, Lofi, Forest)

### 🚶 Walk / Run Focus

For thinking on your feet or building movement habits.

- Set a step goal
  - Track progress in real time
- a. 🔒 Enable Strict Focus (Optional)

Stay distraction free by blocking apps like YouTube, TikTok, and Instagram during focus sessions.

How:

Settings → Strict Focus → Select apps to block

### b. 🔄 Sync Steps with Health Connect

Let your wearable devices do the work.

Supports: Galaxy Watch, Pixel Watch, Fitbit, Garmin, and more.

Steps sync automatically once permissions are granted.

## 8. 🧩 Add a Home Screen Widget

Interact with your habits instantly.

You can:

- ✓ Complete a habit
- ▶ Start a focus session




-  View progress at a glance

How:

Long press home screen → Widgets → Smart Activity & Habit Tracker

## 9. Explore Your Stats

See your growth through:

-  Heatmaps
-  Consistency Star
-  Peak Performance insights

These tools help you understand your rhythm and stay motivated

## 10. Your Data, Your Device

- No ads
- No in app purchases
- No data collection
- Everything stays on your device

Your privacy is built into the foundation