Smart Activity Tracker — User Manual

Smart Activity 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 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 Tracker will request the following permissions:

- 🔔 Notifications

- ⏰ Alarms

- 📝 Reminders

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 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

- 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 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

- Name: Drink water

- Description: Drink a glass of water

- Start time: 21:05

- Interval: 0 days, 1 hour, 30 minutes

- Goal: 8

Alerts repeat every 1 hour and 30 minutes.

🚶 B. Weekly Activity Example

- Name: Sunday walk

- Description: Go for a long walk

- Start time: 09:05

- Interval: 7 days

- Goal: 1

Repeats every week at the same time.

⏱ C. Annual Activity Example

- Name: Wedding Anniversary

- Description: Parents' wedding anniversary

- Start time: 19:05

- Interval: 365 days

- Goal: 1

Repeats every year on the same date and time.

🏸 D. Custom Interval Example

- Name: Tennis

- Description: Play tennis

- Start time: 08:05

- 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 Tracker gives you full control of your day so you can build habits that last.

📝 To-do List Guide

➕ Adding a Task

Type your task into the New Task box and tap the + button. The task is added instantly to your list.

🔼🔽 Rearranging Tasks

Use the up and down arrows to reorder your tasks. Move items higher or lower to match your preferred workflow. Your chosen order is saved automatically.

✔ Completing Tasks

Tick the checkbox next to any task you've finished. Completed tasks stay visible until you choose to clear them.

🗑 Deleting a Completed Task

Tick the checkbox of a finished task and press Clear Completed. Only the tasks you've marked as done will be removed.

🖌 Deleting Multiple Completed Tasks

Tick the checkboxes beside all the tasks you've completed, then press Clear Completed to remove them all at once. This keeps your list clean and focused.

💾 Backup & Restore in Settings

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 → 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 Tracker

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

These reminders help you get the best experience from Smart Activity 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 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 Tracker

1. 🔓 Grant Permissions

To receive alarms and reminders, allow:

- 🔔 Notifications

- ⏰ Alarms

- 📝 Reminders

(You can enable them anytime in Settings → Alarms & Reminders → Smart Activity 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

- 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 Tracker keeps your day organised, consistent, and fully in your control.