

Momentum Habit Tracker - Routines, Goals & Rituals

Category: Assistive Technology | - Time Management | - Distraction Mitigation | - Multi-Course Schedule Organization

Location

Online

Website

<https://apps.apple.com/us/app/momentum-habit-tracker-routines-goals-rituals/id946923599>

Description

Momentum is the simple, yet powerful, habit tracker app that boosts users willpower and helps users reach their goals. Sample habits include, but are not limited to the following:

â€¢ BECOME MORE PRODUCTIVE (e.g., prioritize my day, wake up early, sleep by midnight, inbox zero, etc.)

â€¢ GROW PERSONALLY (e.g., meditate, save money, keep a journal, read, etc.)

â€¢ LEARN SOMETHING NEW (e.g., study, practice Spanish, learn to play guitar, write code, etc.)

â€¢ GET HEALTHY (e.g., exercise, eat more vegetables, limit caffeine, etc.)

Momentum features include:

â€¢ Reminders (indispensable until your habits become automatic)

â€¢ App badge (shows the number of remaining habits for the day)

â€¢ Flexible scheduling (set weekly targets or specific days)

IS THE MOMENTUM APP FREE? The free version of Momentum tracks three habits. The premium version tracks unlimited habits.

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