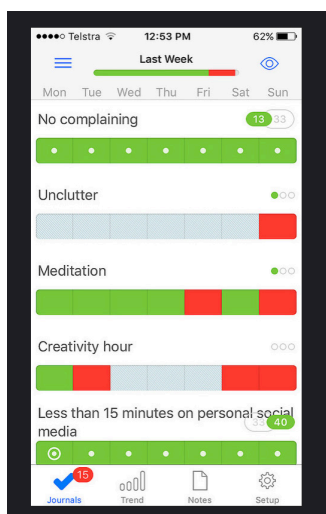


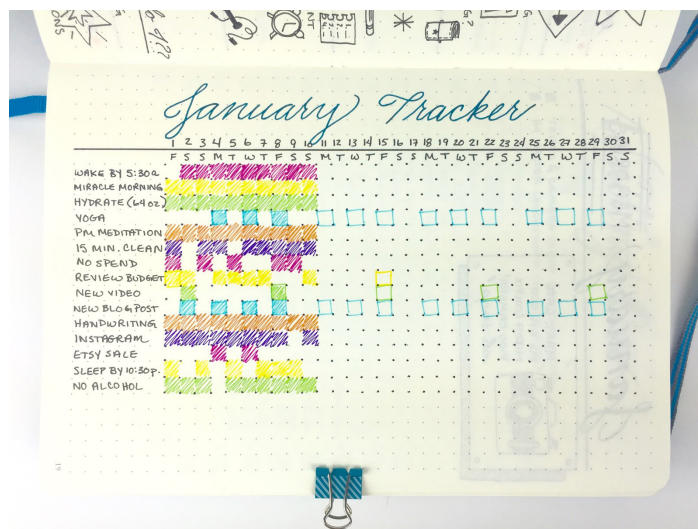
## App Development badge

# Tracking Systems for Healthy Habits

Tracking systems can be designed many different ways. Coding can process large amounts of data quickly, which makes it a powerful tool for creating data visualizations. Some people track data on paper (see example on the right); that data can then be uploaded to a digital tool as well (left).



Digital Tracker Example



Paper Tracker Example

## Steps to Create a Tracking System:

1. Choose a habit you want to change that is measured in hours per week. Think about how much time you spend doing a thing and how much time you want to be doing that thing. For example, screen time, exercise, or reading for fun.
2. You are going to track data for this habit for the next week, so now sketch out a system for tracking your time and recording how you felt each day. For example, a chart to record time in minutes or hours and a scale you create to rate your mood. If you have a phone/tablet/computer, you can use a note to record the data. You can also set an alarm or reminder for yourself to collect data each day.
3. Decide on your goal. It will depend on what habit you want to change and how you set up your data collection.

### For example:

- If you want to cut down on how much time you spend on the phone, you could set a goal to reduce your total hours by half.
- If you want to increase the amount of exercise you get, you can look at how much you usually get, then set a goal to increase that number by 15 minutes every day—that would end up being a little more than an extra 1.25 hours per week.

### Example of a Tracking System:

- In the below example, a girl is tracking how many hours she's on her phone to see how it affects her mood.
- She decided to track this on a daily basis for one week, so she created a chart with one space for each day of the week. If she wanted to track her data for a month, she could expand her chart.
- She added another row to rate her mood on that day on a scale of 1 - 10.
- When you create your tracking system, you choose your goal (the habit you want to change), your plan (what you want to track), and your rating scale (1 to 10 or 1 to 5? Is 1 the worst or the best? etc.)

**My Plan:** Cut down time on my phone and see how that affects my mood.

**My Goal:** Spend less than 1 hour per day on my phone.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Daily Log</b> Each mark = 1 cup of water							
<b>Mood</b> 1 = bad 5 = average 10 = great							

If you want to track a few data points:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Activity 1:</b> E.g. screen- time Each mark = 15 minutes							
<b>Activity 2:</b> Exercise Each mark = 15 minutes							
<b>Mood</b> 1 = bad 5 = average 10 = great							