



Habit Tracking Just Went Social

Share Habits With Friends for Extra Motivation & Accountability

HabitShare lets you track your habits and share them with friends for extra accountability and motivation. Now available for free on iPhone and Android.

Getting in shape? Eating healthier? Learning a new language? Kicking a bad habit? Technology should help you keep a new habit or break a bad one, but most apps sit unused on your phone like that trendy workout equipment in your closet or that self-help book you're totally going to read one day. That's because they're another chore – and a bunch of data or graphs won't motivate or inspire anyone.

HabitShare Makes Goals Social – Because You Need A Fan Club

You're much more likely to accomplish a goal if it's shared with friends. Accountability, feedback and social support are essential to making or breaking habits. By sharing your goals and your performance, not only will you feel more motivated, but your friends will be able to participate in your progress. If no one knows about your goals or is checking in on them, it's much easier to rationalize, procrastinate, and ultimately, not change. That's why HabitShare is built on the principal of starting conversations between friends so that you're not alone when you set out to start a new habit.

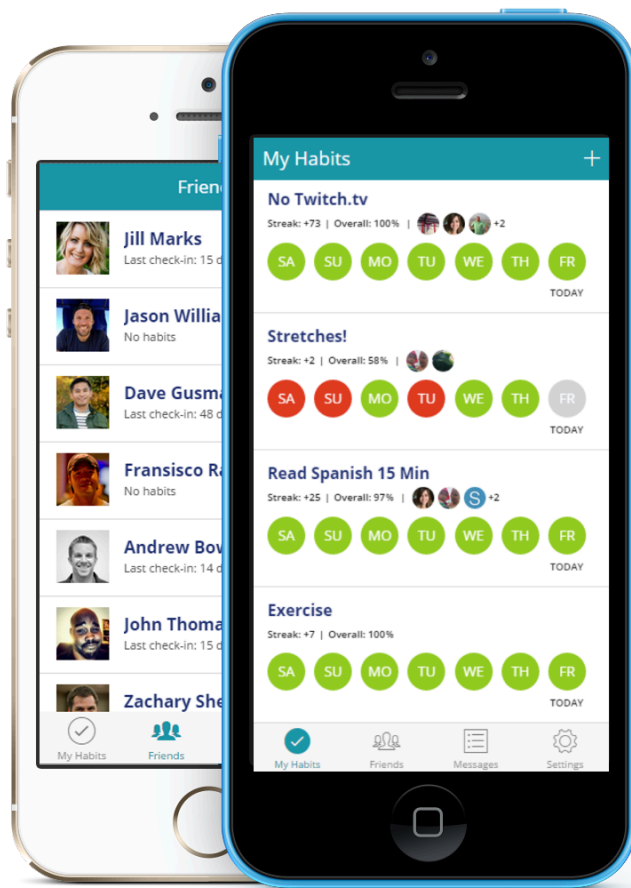
HabitShare Gives You Control And Features

With HabitShare, you can share habits with friends or see any habits they've shared with you, and help them reach their goals. You can send encouragement or feedback, see progress and help them keep a daily, weekly, or monthly record of their progress. All with a simple app that doesn't require a hassle to update or overwhelm you with a bunch of data or to-do's.

HabitShare is built on being social. You can customize your habits exactly how you want them:

- **Set Reminders:** Schedule notifications to help you remember your new habits.
- **Be Flexible:** Create custom habits that fit your specific goals – you can make daily or weekly habits and add notes on what you want to accomplish.

- **Get Social:** Add contacts from your phone or invite friends for extra accountability and motivation.
- **Keep Private:** You control what gets shared with your friends and which friends see which habits.
- **Don't Pay:** Relax, HabitShare is 100% free.
- **Go Global:** Riding the subway? Stuck on an airplane? Stranded in a WiFi desert? No problem. Check in anywhere and your data will be updated the next time you're online.



HabitShare is available on the [App Store](#) and [Play Store](#). For more information you can visit their [website](#) or follow them on [Twitter](#) and [Facebook](#).

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