Healthy Habits

A Free Health, Fitness & Happiness iPhone App

Healthy Habits

Free Version Features:
This free version provides the tools you need to work on creating healthier habits.

- ✔ Make or Break up to 3 Habits
- ✔ Past Due Reminders
- ✔ Large Habit Library
- ✔ Create Custom Habits
- ✔ Custom Motivations & Rewards
- ✔ 3 Reports/Graphs
- ✔ Customizable Icons
- ✔ Share your progress with friends
- ✔ Notes section for each habit

NOTE: Give yourself the best tools for success by upgrading to the Premium version. It costs less that 2 cents per day and adds 10 extra benefits and features. This upgrade can be done easily from within the app.

★★★★★
"Positive changes in my pocket!"

Changing habits is not about thinking, it's about doing!

Healthy Habits helps you put your good intentions into action! Most of us know what we want to change…we often even know how to do it. The problem arises because we don't put that knowledge and intent into action.

If you are ready to make positive changes, **Healthy Habits** can help! Sorry - the app can't do the work for you, but it can remind you about what's important, track your progress and even send you reminders if you get off track. Add in some awards and motivational messages and you have a system that leads to success!

Healthy Habits is:

- ✔ A system for creating lasting change
- ✔ A place to track your progress
- ✔ A tool that helps you meet your goals

★★★★ "The future of personal development is in apps like HH (Healthy Habits) that assist us in planning changes, reminding us of our goals, and tracking our progress. This is the future!"

★★★★★ "HH is amazingly rich in helpful features, but the biggest value to me is that it helps me hold myself accountable for things I want to change. "

Healthy Habits Premium

Premium Upgrade Features:
(In-app upgrade available.)

- ✔ Unlimited Habits
- ✔ Customizable Reminders
- ✔ Scheduled Daily Alarms
- ✔ Statistics Tracking
- ✔ 5 Additional Reports
- ✔ Streaks View
- ✔ No Ads
- ✔ Add your Own Photos
- ✔ Change App Colors
- ✔ Add Background Photo

Find it on the iTunes App Store

This is the 3rd generation, behavior motivation tool developed by **2Morrow Mobile**. If you have comments or questions, please contact us.

info@2morrowmobile.com
www.2morrowmobile.com