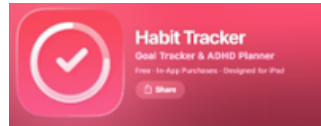




Master Your Routine: A Stupid Smart Guide to Habit Tracker (by InnerGrow)



Find the app here: [Habit Tracker App - App Store](#)

Introduction

Willpower is unreliable. The Stupid Smart secret is using an app like Habit Tracker (by InnerGrow) to automate the hard parts and provide immediate, flexible feedback. This app is designed to reduce friction and build lasting consistency.

Phase 1: Set Up for Success (Maximize Flexibility)

Step 1: Define the "Measured Goal" Move beyond simple checkmarks. Track meaningful progress.

- **Action:** When creating a habit, select a Goal Type like Minutes, Glasses, or Units.
- **Example:** Track "Read 30 Minutes," not just "Read." The app records the exact time spent.

Step 2: Use the Preset Library Save time and minimize decision fatigue.

- **Action:** Explore the Preset Library to instantly add popular habits like "Drink Water" or "Sleep Early."

Step 3: Customize for Focus Use color and visuals to keep your attention engaged.

- **Action:** Assign unique Emojis, Colors, and Icons to each habit for instant identification on your main screen.

Phase 2: Automate and Simplify (Reduce Friction)

Step 4: Connect to Apple Health (Ultimate Automation) Let your phone track health goals for you.

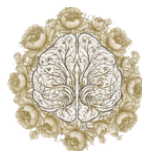
- **Action:** Go to Settings and enable Sync with Apple Health.
- **Result:** Habits like "Steps" or "Water Intake" will be marked automatically by data from your Apple Watch/iPhone.

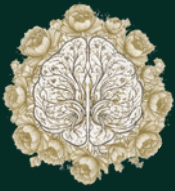
Step 5: Master the Smart Reminders Set precise nudges that match your routine.

- **Action:** Set multiple reminders for a single habit. Use Location-Based Reminders (e.g., get a prompt when you arrive at the gym).

Step 6: Use the Focus Timer For deep work tasks, use the app's built-in focus tools.

- **Action:** Launch the Focus Timer within the habit to create a dedicated, distraction-free work session.





Phase 3: Maintain the Streak (Celebrate Progress)

Step 7: Check Your Statistics Visualize your effort to maintain motivation (The Science of the Checkmark).

- Action: Check the Statistics section weekly. Focus on your Streaks and Success Rate to validate your commitment.

Step 8: Utilize the 30-Day Challenges If you need a strong start, use a structured plan.

- Action: Enroll in one of the 30-Day Challenges to establish a new habit within a set, manageable timeframe.

Step 9: Plan Your Recovery If you miss a day, use the Two-Day Rule: Never miss twice in a row.

- Action: Use the Habit Diary feature to quickly note why you missed it, and immediately set a reminder for the next day.

By customizing the tracking, automating data input, and using the built-in focus tools, Habit Tracker turns your iPhone into a personalized, friction-aware coach that guarantees consistency.

Ready for more? Find it at wearestupidsmart.com/tech-resources

Need more help? Reach out!
tech@wearestupidsmart.com

