Goal Tracking, A Survey

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ABSTRACT

Goal tracking apps often make use of goals as one of their core motivational tools. The main parts of this system is Professional goals. Despite its crucial role in how a number of prominent self-tracking apps function, there has been relatively little investigation of the goal tracking app. Here we explore this issue, investigating a particular goal setting and achievement process that is extensive, recorded, and crucial. We find that, even for difficult long-term goals like day to day goals, weekly goals or monthly goals behaviour within the first sated time period predict those who ultimately achieve their goals. Finally, we discuss how our findings could inform steps to improve goal achievement.

In this paper, throw out the study and analysis is done on some of research papers, applications that have been develop and published in this field. This paper is a survey on the problems and limitations of develop applications and find the solutions of them.

Introduction

Nowadays peoples have different types of goals like personal and professional. This application is about to complete people's goals. This application will manage their professional goals as well their self-goal which is related to their professional goals in the one place. The fame of the project is it would manage all kind of aims. At a first look our application will manage user's professional aims and on the other hand in professional side users can complete their company's goals also which is assign by their company.

To fulfil their professional goals, this application helps users to track their progress and also get the report of their activities. And also they can track their personal goal also.

Issues in goal tacking app:

[I] No professional & personal section in the one app:

As per our illustration we find the problem which is all apps are provided either professional goal tracking or personal goal tracking. Both are not

provided in the one application or any research paper.

[II] No group discussion:

This is also major problem we find in all apps and papers, which is when a user needs to discuss with any colleague then he or she has no option for this.

[III] No suggestion option:

In our exploration we find this big problem which is based on the suggestion. And this problem is also major issue of the system.

Some points of existing apps

1. Habit Tracker (Habit bull) [1]

Habit Bull is the most powerful multi-platform companion to keep track of your day to day habits and routines.
Measure and track anything and everything. Follow your own schedule and track your own goals. Get notified whenever you need to do something important.

Features
- Track multiple habits
- Motivational images
- Reminders
- Graphically report

Limitations
- There are no personal and professional goals in a one application.
- Not provide group chat on private side (company) Function.
- Yes, there is inspiring quotes and inspiring photos are given but not available Recommendation.

2. Habitica [2]

Habitica makes it simple to have fun while accomplishing goals. Input your Habits, your

Daily goals, and your To-Do list, and then create a custom avatar.

Check off tasks to level up your avatar and unlock features such as armor, pets, skills, and even quests! Fight monsters with friends to keep each other accountable, and use your gold on in-game rewards, like equipment, or custom awards, like watching an episode of your favorite TV show. Flexible, social, and fun, Habitica is the perfect way to motivate yourself to accomplish anything.

Features
- Daily goals
- Flexible, social, and fun
- Kind of gaming app

Limitations
- There are no personal and professional goals in a one application.
- Not provide group chat on private side (company) Function.
- Yes, there is inspiring quotes and inspiring photos are given but not available Recommendation.

3. Toodledo [5]

Toodledo is an incredibly powerful tool to increase your productivity and organize your life. More than just a to-do list, Toodledo provides you with a place to store your notes, outlines and habits. Access your data on any device or browser. We'll keep everything up to date with automatic syncing.

Toodledo is flexible enough to work with many different productivity styles. You can use the popular GTD methodology, or you can use your own system. You can keep things simple, or you can add as much complexity as you need Keeping track of yours to do list has never been easier.

Features
- Track the priority, start date, due date, time, length or status of a task.

- Get audible popup alarms
- Customizable lists

Limitations

- After seeing review, they have a reminder problem
- There are no public and professional goals in a one application
- Not provide group chat Function.
- Not available Recommendation

4. Strides [6]

Strides come four trackers (target, habit, average and milestone) and helps folks maintain important daily habits to fulfill.

The Strides app allows you to keep track of everything. You can track your goals and tasks by the day, week, month or the year. It really depends on what you seek and comes with customizations tailored to your needs.

Features

- Add extra notes to your logs
- Green/red pace line system to stay on track
- Chart with history

Limitations

- There are no public and professional goals in a one application.
- Not provide group chat Function.
- Not available Recommendation.
- This app is only for iOS user.

5. Way of Life [8]

Invest less than a minute daily to track, identify, and change your habits with Way of Life.

Changing habits is hard work. Having the right tool is half the battle. Way of Life is that tool – a beautiful, intuitive habit tracker that motivates you to build a better, stronger, and healthier you! As you collect more and more information, you will

be able to spot positive and negative trends in your lifestyle easily

Features

- Reminders with flexible scheduling.
- Charts reporting

Limitations

- There are no public and professional goals in a one application.
- Not provide group chat Function.
- Not available Recommendation.
- There is no sub goal function

6. Lifetick [6]

Lifetick gives users the power to help plan their goals. It is designed to give you a systematic way of making long-term goals. It is a web-based application. It really helps organize all your to-do lists, but gives you more power to achieve long-term goal

Features

- Report

Limitations

- Not provide group chat Function.
- Not available Recommendation.
- There is no sub goal function
- Only for desktop user.

7. Goals On Track [7]

Goals on Track is track your time spent on tasks with timers: one tap to pause, resume or stop/start the timers. Real time progress tracking features allow you to view instant progress on your goals whenever you complete a task.

Features

- One tap to pause
- Resume or Setup your tasks for your goals, and see them by goals, categories

Limitations

- It is only for iOS user
- There are no public and professional goals in a one application.

- Not provide group chat Function.
- Not available Recommendation

NO.	Application name	Track multiple goals	Time settings	Create goal list	Personal & professional goals	Report/ graph generation	Reminder	Suggestion	Chatting with colleagues	Notification
1	Habit tracker	√	×	×	×	√	√	×	×	×
2	Habitica	√	×	√	×	×	√	×	×	×
3	Life tick	×	√	×	×	√	√	×	×	×
4	Trello	×	√	√	×	×	√	×	×	√
5	Toodledo	√	√	√	×	×	√	×	×	√
6	Strides	√	×	×	×	√	×	×	×	×
7	Goals on track	√	√	×	×	×	×	×	×	×
8	way of life	×	√	√	×	√	√	×	×	√

[table 1 : Comparison of various Goal Tracking Applications]

Conclusion

Goal tracking is the main requirement of any industry or industrial person. There is a plethora of applications, research papers, and survey papers that are available in our sector. But, in those, some issues are worked and the need for some issues is very crucial. There are three major issues like no personal and professional goal tracking in one application, no suggestion features, and also no group discussion feature in any other application. But, there are very important factors for goal tracking. So, there are necessary to be present in any kind of goal tracking application. So in the future developer need to build an effective application of goal tracking.

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[2] Habitica: Gamify Your Tasks
 Offered By HabitRPG, Inc. Updated 5 September 2020 [Current Version-2.8.1] 11870 Santa Monica Blvd. Suite 106-577 Los Angeles, CA 90025
https://play.google.com/store/apps/details?id=com.habitrpg.android.habitica&hl=en_IN

[3] Lifetick is a registered trademark of "Meridian 86 IP Pty Ltd. ABN: 90 130 864 121" "PO Box-537 Toowong, QLD, 4066" https://lifetick.com/

[4] Trello is Being Acquired By Atlassian By Michael Pryor on January 09, 2017 https://trello.com/

[5] TOODLEDO, INC. ("TOODLEDO", "WE" OR "US") 10 Crow Canyon Court, Suite 210 San Ramon, CA 94583 https://play.google.com/store/apps/details?id=com.kiwlm.mytoodle&hl=en

[6] Strides headquarters is in Ohio, USA. Last Edited: May 4, 2018 https://www.stridesapp.com/

[7] Goalsontrack Vancouver IT Services, Inc. Compatibility-Requires iOS 12.1 or later. "Compatible with iPhone, iPad, and iPod touch." https://apps.apple.com/us/app/goalsontrack/id1464072292

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