



Progress Every Day

The Progress Journal app for iPhone

Review Guide





Progress Every Day

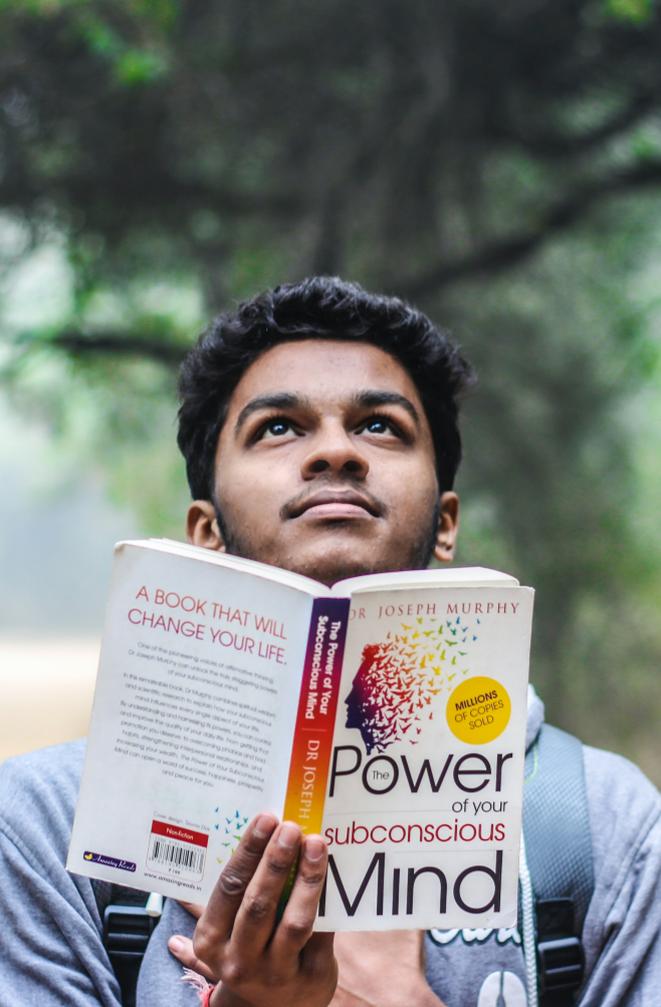
The Progress Journal App for
iPhone

Website: <https://thatjournalapp.com/>

App Store: <https://apps.apple.com/app/id1385902647>

For all press and media inquiries please contact:

krishna@logiccolony.com



Purpose

Master Consistency. Achieve Goals.

Achieving longterm goals means dealing with setbacks, managing your own psychology and putting in consistent effort.

I tried habit tracker and 'streaks' apps with limited success. In the face of setbacks and the natural ebb and flow of motivation, their effectiveness was limited.

So I decided to build an app for long term success.

I knew my app would need to be simple, fast and stylish. I'd need to look forward to using it every day - especially on the days when I had nothing good to report: the days where I had slacked off and made no progress.

I wanted something free-form and flexible. So I could write down my thoughts and feelings, and have the app automatically track actions and moods. An app that would help me identify and overcome sticking points, negative behaviours and feelings.

I wanted a progress journal to help master consistency.

So I made Progress Every Day.

Krishna

Developer of Progress Every Day



Progress Every Day

Consistency Wins

Crushed

my 135 workout



Saturday, 15 May

218 days left in the year

Journal

Progress

Settings

Progress Every Day

Daily Motivational Quote

It all starts with a day.

A daily motivational quote crowns the series of Day Cards of your progress journal.

Day Card

Each Day Card shows you a summary of the journal entry for that day, and optionally the day number and the date.

Day Number

(Day Cards are customizable)

Date

And beneath the Day Cards is the Year Progress Bar.

Year Progress Bar

A constant reminder of the passing of time, and a way to quickly jump to any given day.

daily inspiration • review your progress • don't lose track of time • themes • dark mode • customizable day cards

Write & Go

The best journal is the one you actually use.

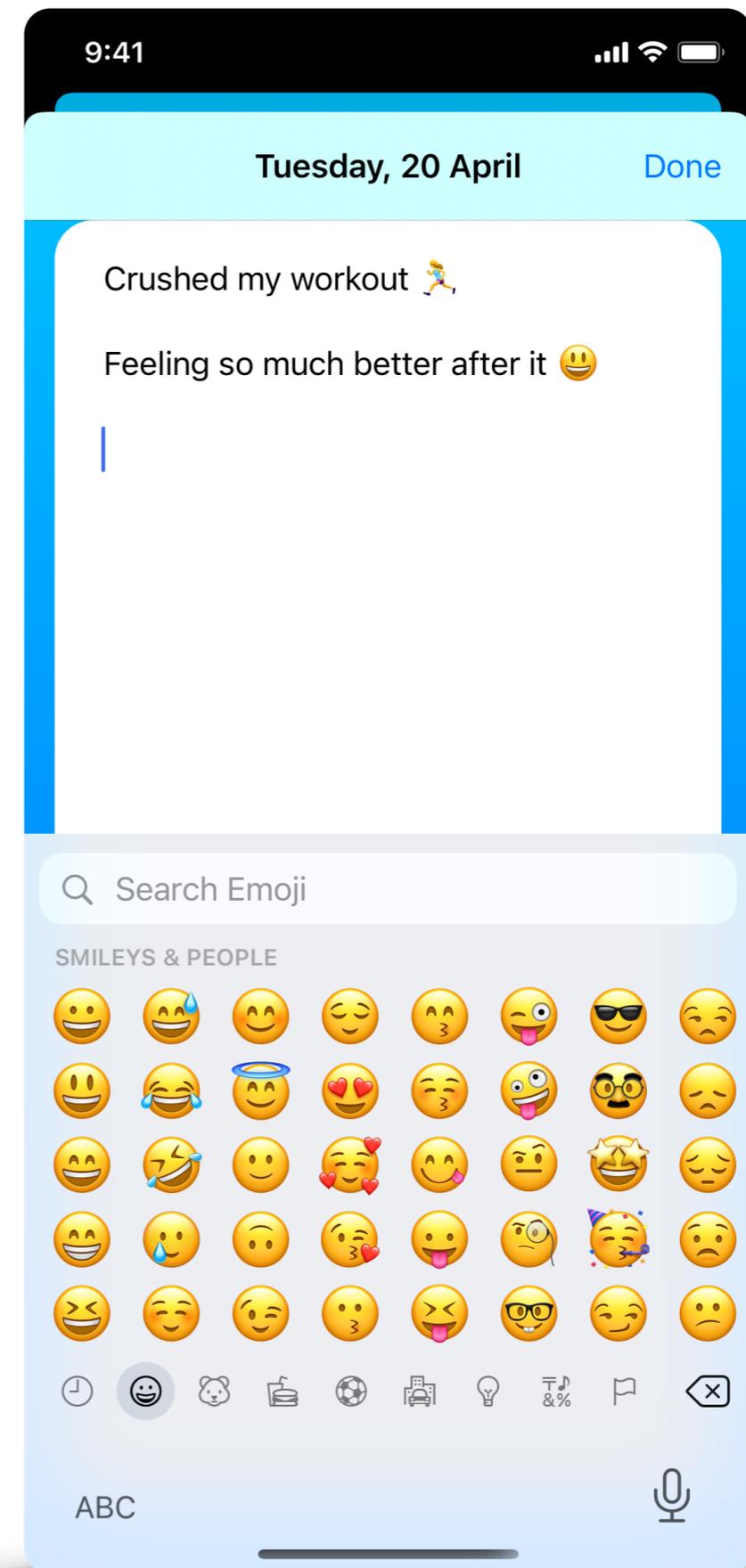
Your time should be focused on achieving your goals, not setting up habits and goals in an app.

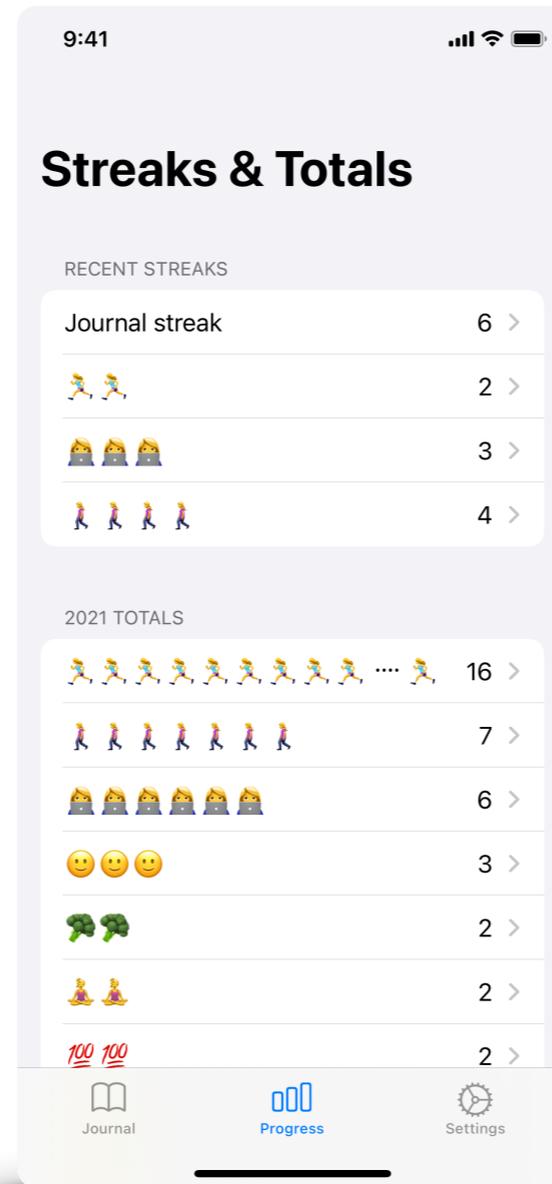
Creating progress journal entries is as simple as writing a Tweet or an iMessage.

Flexible Tracking: use any emoji for habits, actions and feelings you want to track.

That's it.

Progress Every Day will take care of the rest.





Stay Motivated

Progress Every Day automatically keeps track of your actions and moods.

You'll clearly see:

- which actions you are most consistent with.
- which feelings and moods make up most of your time.
- what things you need to spend more effort on.

All your progress journal data remains private and stays on your device.

- positive feedback effects
- vibrant look and feel
- haptics
- sound effects
- your data stays private

See What Makes You Tick

Feelings. Actions. Outcomes.

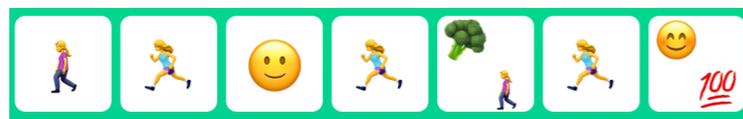
See & Understand. Then Adapt.

Spot patterns and trends in your feelings and actions.



Bad moods lead to eating bad foods?

Get ahead of emotional eating.

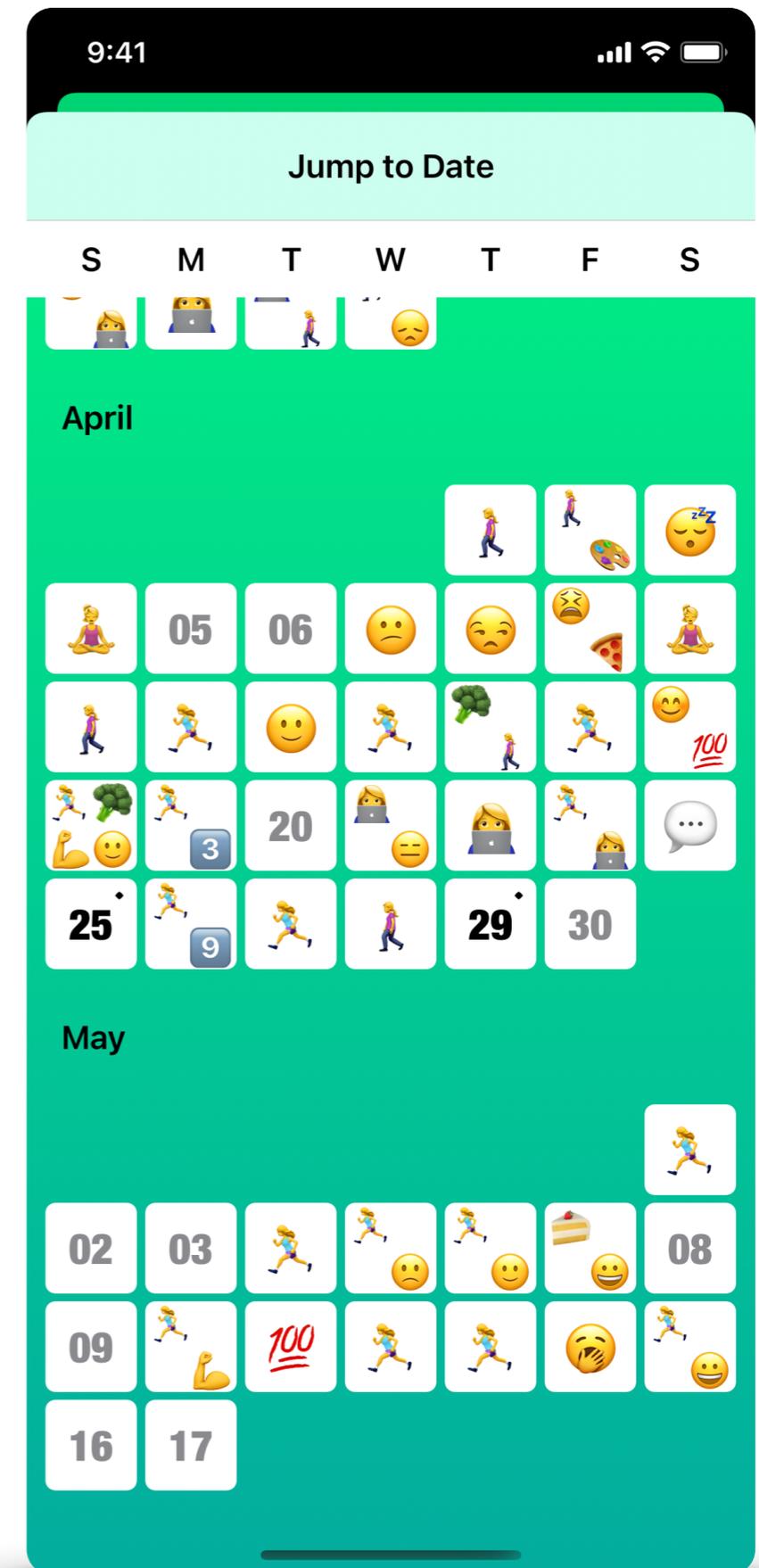


Exercise and eating healthily makes you feel good? See the correlation, then reinforce and build on those habits.

Burning out by working too hard, and not getting enough rest?

The Emoji Calendar reveals all.

So you get the outcomes you want.



Master Consistency

Drill down into specific habits and moods.

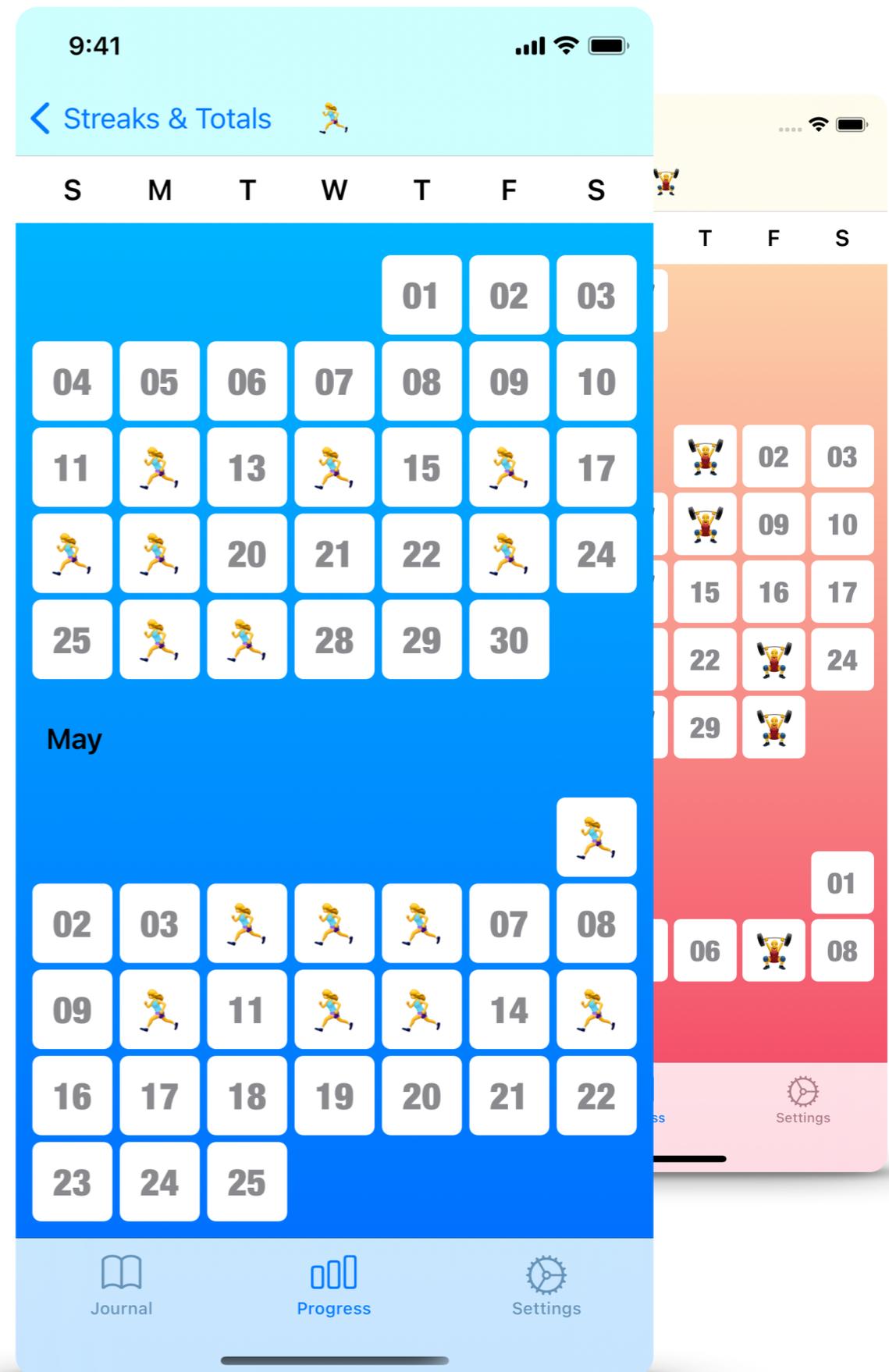
It's easy to fall out of a routine.

So we made it easy to keep an eye on how consistent you really are being.

Review your progress at any time.

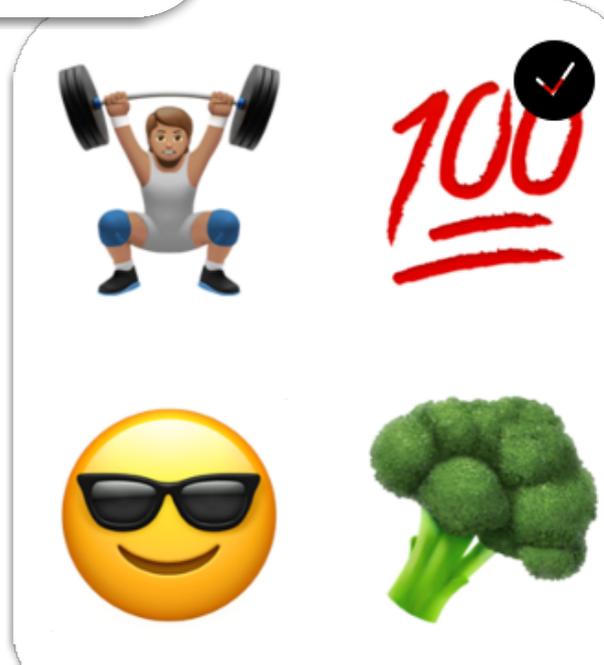
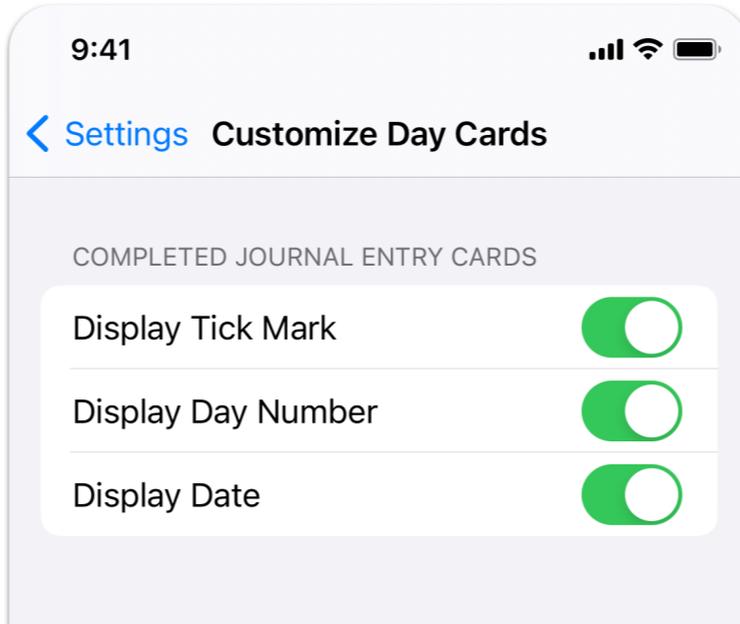
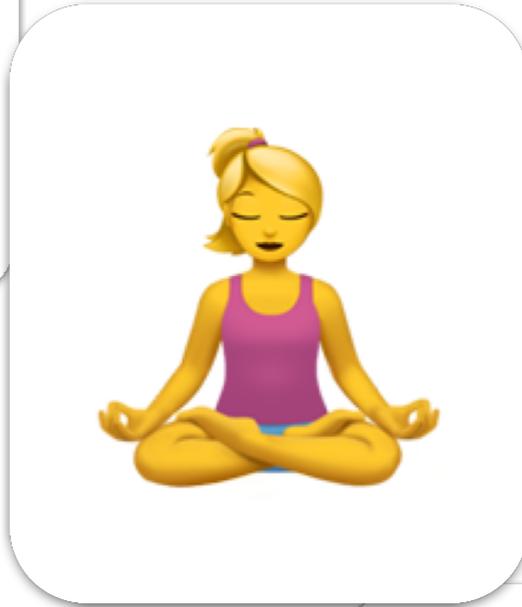
Stay on track.

Achieve Your Goals.



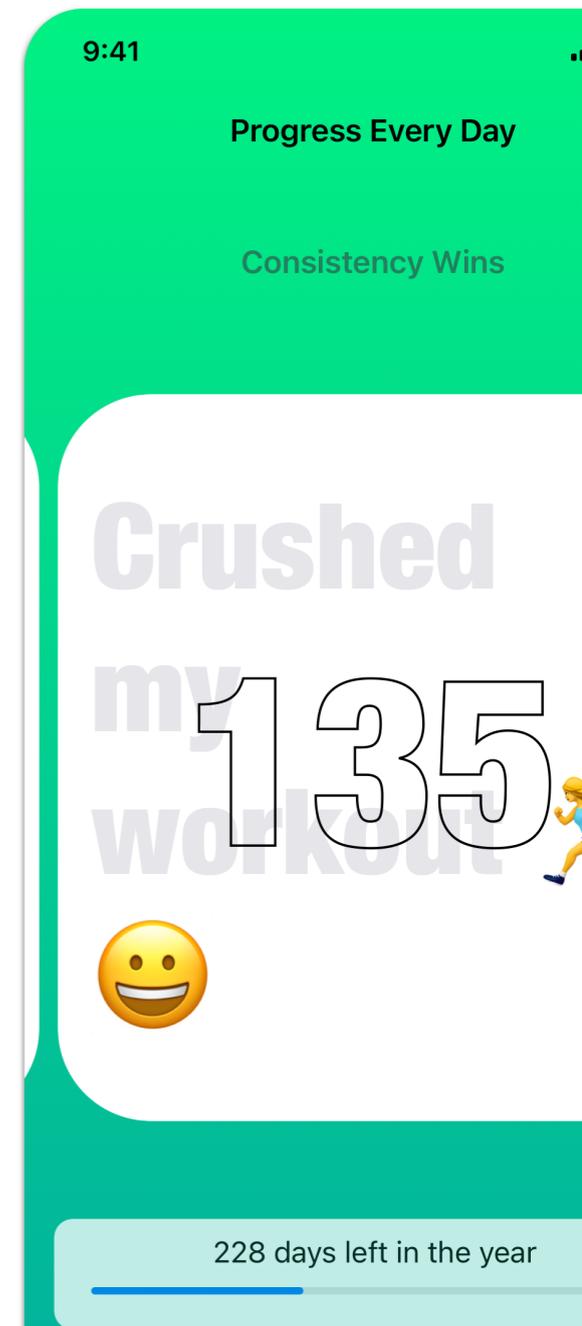
Your Progress Journal. Your Way.

Customize Day Cards



Themes

Dark Mode Supported



Example Use Cases

Track Anything with Any Emoji

Fitness



Reading



Wellness



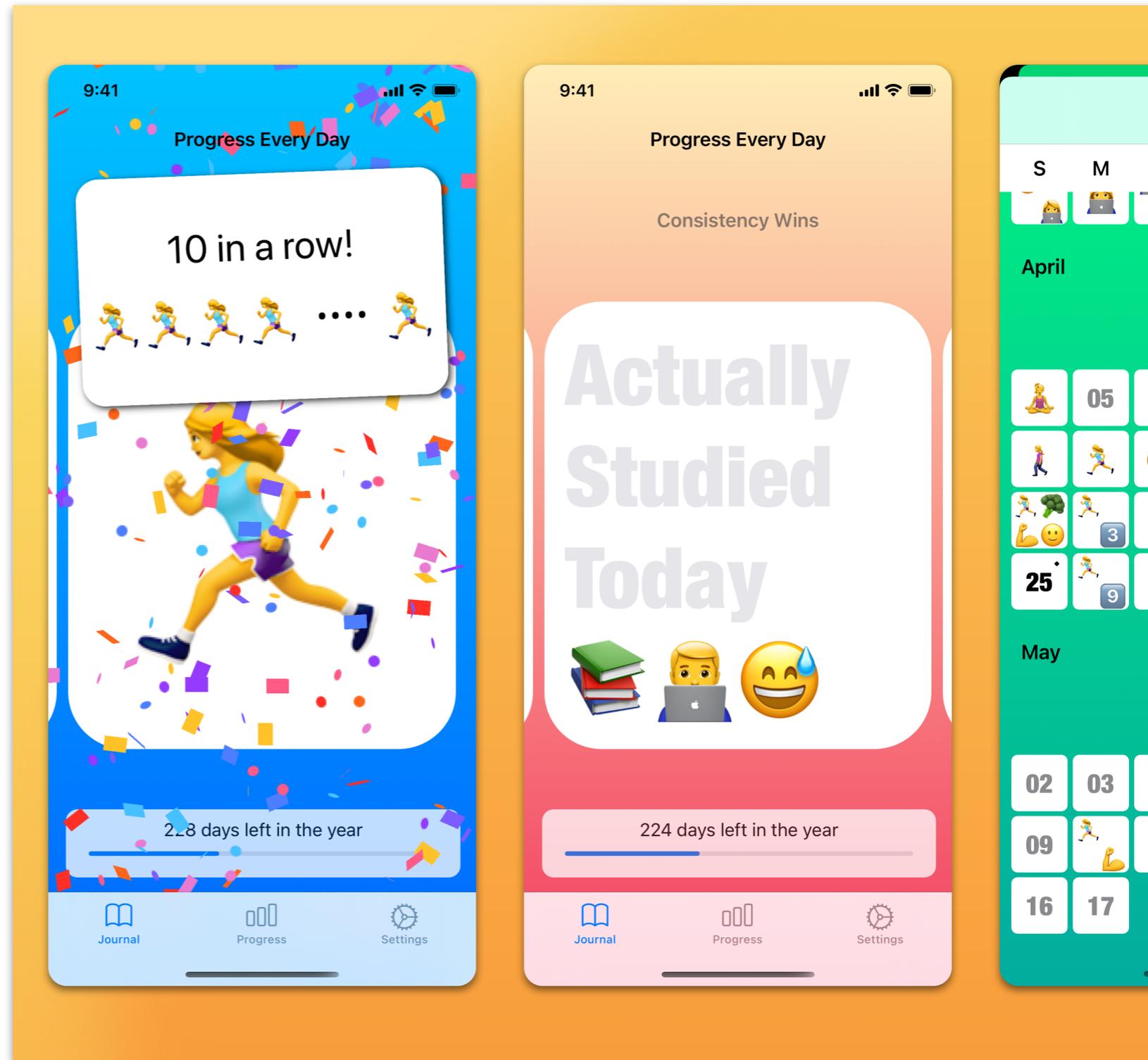
Mood & Feelings



Rate Your Day



Relationship



Questions?

If you have any questions, please don't hesitate to contact Krishna, the independent developer of Progress Every Day:

krishna@logiccolony.com



Progress Every Day

Journal



Stay on Track

230 days left in the year



Unlimited Reminders

