ToolGPA

NOVEMBER 2026

Exist

The Insider’s Guide

Personal analytics that joins fitness, mood and habit data



Every plan, grade, refund rule and rival among habit trackers, read from Exist’s own pages.

Made by Hello Code · checked Nov 13, 2026 · toolgpa.com

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Who made this guide, what else is on the site, and how to cite it

ToolGPA put this guide together from Exist's own pages, its app-store listings and our grades. Every fact in it is on Exist's page too, where it is kept up to date. Checked Nov 13, 2026.

Welcome

What it is, who it suits, its grades and the ten things to know first

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GPA, above 10 of the 64 other habit trackers we grade

Exist pulls data from fitness trackers, calendars and other services into one place and lets you add your own manual entries, such as mood, energy or habits. It then looks for correlations between them and reports on trends. It is sold as a single subscription with a free 30-day trial.

To get you started, here are **9 things to know about Exist**, taken from its own pages and our grades.

> "
>
> **You connect your services first, and the insights need some weeks of data.**
>
> From our grade for ease of use

1 **Best for finding patterns across your tracked data**

Exist pulls data from your fitness trackers, calendar and other apps, adds your own entries like mood, and reports on what moves together.

2 **Paid plans start at $5.24 a month when paid by the year**

As its pricing page puts it: $6.99 per month, or $62.90 per year.

3 **You can try it first**

30-day free trial, then $6.99 per month

4 **It runs on 3 platforms**

Web, iOS and Android.

5 **Connected services**

Syncs data from services such as Apple Health, Health Connect, Garmin, Oura, Withings, Strava, RescueTime, Toggl and Todoist.

6 **Manual tracking**

Create your own data points as a quantity, time period, 1 to 9 scale, percentage or time of day, or tag a day with an event.

7 **Correlations**

Looks for relationships between your tracked items and lets you run experiments to confirm or rule out a hunch about your behavior.

8 **A 2.2 GPA, above 10 of 64**

That is against the other habit trackers we grade, on value, the free plan, features, ease of use and platforms.

9 **You could make this**

A habit tracker at its plainest is a list of habits, a tick for each day and a count of the streak.

Exist at a glance

PRICING Free trial, from $6.99 per month, or $62.90 per year	FREE PLAN No
FREE TRIAL 30-day free trial, then $6.99 per month	RUNS ON Web, iOS, Android
MADE BY Hello Code	CATEGORY Habit Trackers
OUR GRADE 2.2 GPA, fair	

The report card

Best for finding patterns across your tracked data

Exist pulls data from your fitness trackers, calendar and other apps, adds your own entries like mood, and reports on what moves together. It's one

plan at $6.99 a month after a 30-day trial, and it's about patterns, not a daily checklist.

TOOLGPA REPORT CARD	Exist	Graded Nov 13, 2026
SUBJECT	GRADE	COMMENT
Value for money	C	$6.99 a month, or $62.90 a year (about $5.24 a month), against $5.99 where the dearer quarter of habit trackers starts. One plan with everything in it.
Free plan and trial	C	30-day free trial, then paid. There's no free plan, and the trial's card rule isn't stated on the page.
Features	C	Connects Apple Health, Garmin, Oura, Strava, Todoist and more, with mood and manual tracking and correlations. It finds trends but isn't a habit checklist.
Ease of use	C	No store rating on record. You connect your services first, and the insights need some weeks of data.
Platforms and integrations	B	Web, iPhone and Android, with a long list of connected services. No desktop app.
Grade point average		Fair, out of 4.0 **2.2**

An A is worth 4 points, a B 3, a C 2, a D 1 and an F nothing. The GPA is the average of the five.

Who Exist is for

- ✓ Fits if you already wear a tracker and want to see what affects your mood or sleep
- ✓ Works for people who like numbers more than streaks

Who it is not for

- ✗ Skip it if you want a simple daily habit checklist
- ✗ Tight if you need a free plan, because after 30 days it's $6.99 a month
- ✗ Watch out: business accounts are priced separately and the page shows no figure
- ✗ Watch out: it needs your other services connected to say anything useful

Good to know

Good for

- ✓ People who already wear a tracker and want its data next to their habits
- ✓ Finding out which behaviors go with good days
- ✓ Tracking things beyond streaks, such as symptoms or energy

Worth knowing

- ⓘ There is no free plan; after the 30-day trial it costs $6.99 a month.
- ⓘ Its pricing is for individual accounts only, so teams need to ask about a business account.
- ⓘ The page does not show a price for business accounts, which are priced separately.

PART 02 · PRICING

What it costs

Every plan, the free plan, ways to pay less and how prices have moved

$5.24

A month to start, paid by the year

Exist is a paid product with a free trial, starting at $6.99 per month, or $62.90 per year.

> **There's no free plan, and the trial's card rule isn't stated on the page.**

From our grade for free plan and trial

EXIST SUBSCRIPTION

$6.99

per month, billed monthly ($62.90 billed annually)

One plan with every feature. Prices are for individual accounts; business accounts are priced separately.

Trying it first

30-day free trial, then $6.99 per month

Read from exist.io on Nov 13, 2026.

Ways to pay less

ANNUAL DISCOUNT

25% off with yearly billing

Exist's home page lists $62.90 per year, which it states is 25% off the monthly price.

Stated on exist.io

What it does

Its main features, where it runs, what it works with and who makes it

3

Places it runs: Web, iOS and Android

Personal analytics that joins fitness, mood and habit data. Here is what it does, as its own site describes it, and what it covers: public API, habit tracking, mood tracking.

> **Connects Apple Health, Garmin, Oura, Strava, Todoist and more, with mood and manual tracking and correlations.**
>
> From our grade for features

Connected services

Syncs data from services such as Apple Health, Health Connect, Garmin, Oura, Withings, Strava, RescueTime, Toggl and Todoist.

Manual tracking

Create your own data points as a quantity, time period, 1 to 9 scale, percentage or time of day, or tag a day with an event.

Correlations

Looks for relationships between your tracked items and lets you run experiments to confirm or rule out a hunch about your behavior.

Mood tracking

Records how you feel each day, including by email, and compares it with your other data to show which behaviors line up with good days.

Insights and summaries

Gives daily insights, long-term trends and averages, plus a weekly summary email.

Where it runs

Web iOS Android

What it works with

Apple Health Health Connect Garmin Oura Withings Strava Todoist Toggl

Exist is made by Hello Code.

PART 04 · STANDING

Where it stands

Its grades against its category, and whether to keep it or make your own

10/64

Other habit trackers it is graded above

Exist's GPA of 2.2 is higher than 10 of the 64 other habit trackers we grade, and level with 8.

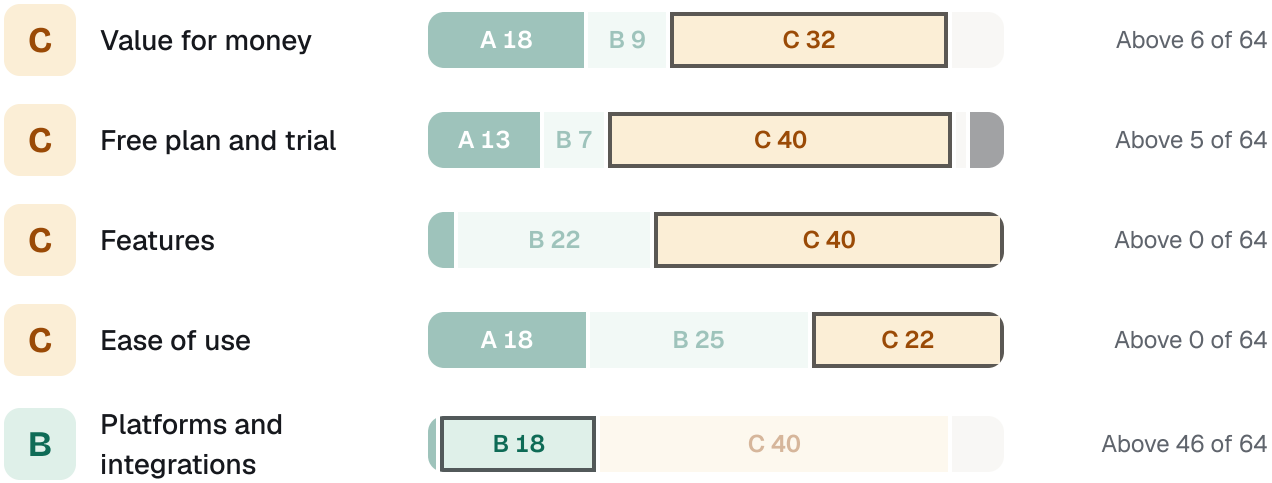
It stands best on platforms and integrations (B, above 46 of 64) and worst on features (C, above 0).

Its paid plans start at $5.24 a month when paid by the year, against a middle price of $3.33 for the category: 31 of the 38 others that charge start lower.

On features, ease of use and platforms it scores 2.3 out of 4. 18 tools score higher and cost less.

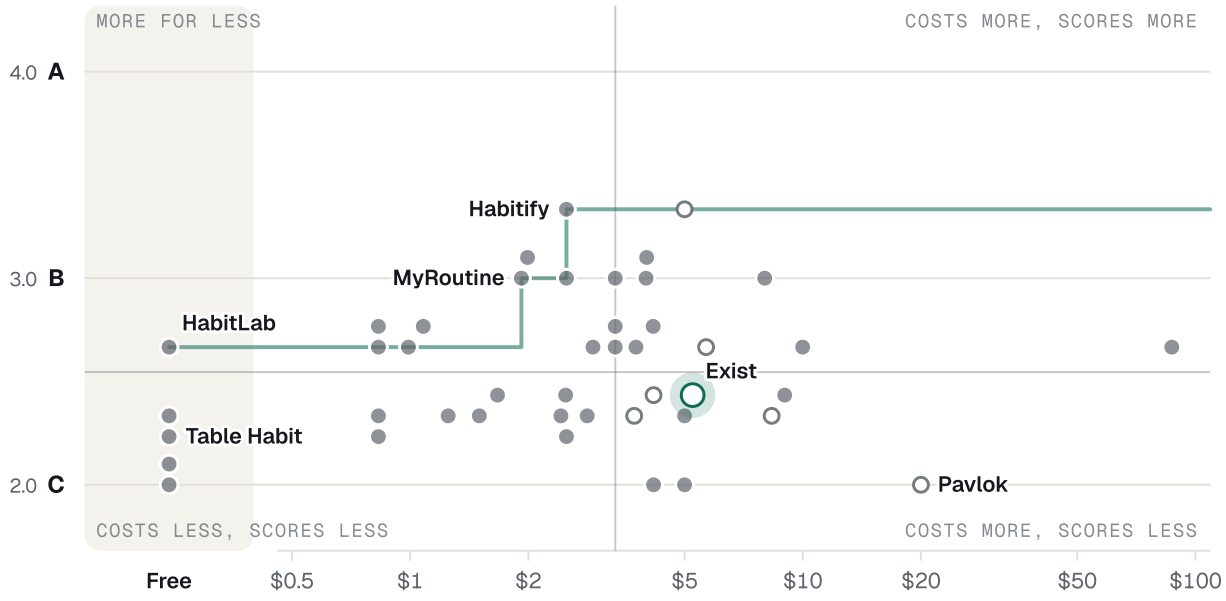
Each grade against the category

Every bar is all 65 habit trackers we grade, cut by the letter each got. Exist's own letter is outlined.



Price against what you get

Each dot is one of 44 habit trackers. Further left costs less; higher up scores better on features, ease of use and platforms. Exist is the marked dot.



What paid plans start at, a month (each step along is roughly double)

Keep it, or make your own?

Whether this is something you could build for yourself with an AI app builder, and what you would give up.

You could make this

A habit tracker at its plainest is a list of habits, a tick for each day and a count of the streak.

What Exist does at its core is habit tracking and mood tracking, and that is the kind of thing an AI app builder makes well. You would give up 2 things, listed below, and little else. It costs $62.90 a year. An AI app builder starts at about $20 a month on our listings, and you only need it while you build.

What you could make

- Habit tracking and mood tracking: an app builder makes these well.

What you could not

- A real app for iOS and Android. Something home-made would be a web page.
- It plugs into other products, Apple Health, Health Connect and Garmin among them, and has an API.

What this rests on. Exist's listing: what it does, where it runs, what it plugs into and what it costs. It is a judgement about the kind of software this is. We have not built a replacement for it, and making your own means looking after it too. How we decide, and every tool's verdict.

The alternatives

The tools it is most often weighed against, side by side



Streaks, Habitify, Beeminder and Coach.me

The 4 tools Exist is most often weighed against, with where each one differs from it.

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Streaks

From $5.99 one-time

Habit tracker for Apple devices built around daily streaks.

- Only Exist lists a web app.
- Only Exist lists an Android app.
- Only Streaks lists a macOS app.

Exist and Streaks compared in full

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Habitify

Free plan · from $29.99/yr

Cross-platform habit tracker with health-data sync and an API.

- Habitify has a free plan. Exist does not, though it has a free trial.
- Only Habitify lists a macOS app.
- Exist also covers mood tracking.

Exist and Habitify compared in full



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Beeminder

Free plan · from $8/mo

Goal tracker that charges you money when you fall behind.

- Beeminder has a free plan. Exist does not, though it has a free trial.
- Exist also covers mood tracking.
- Beeminder also covers goals.

Exist and Beeminder compared in full



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Coach.me

Free plan · from $25

Free habit tracker with community support and paid human coaching.

- Coach.me has a free plan. Exist does not, though it has a free trial.
- Exist also covers mood tracking.
- Coach.me also covers goals.

Exist and Coach.me compared in full

PART 06 · QUESTIONS

Quick answers

The questions people ask about it, each answered in a line or two

14

Questions, each answered in a line or two

The short version of everything above, for when you only need the answer. Each one is told in full in its part of the guide.

Is Exist free?

No, Exist is a paid product, but you can try it first. 30-day free trial, then $6.99 per month.

How much does Exist cost?

Exist lists one plan. Exist subscription: $6.99 per month, billed monthly ($62.90 billed annually).

What platforms does Exist work on?

Exist is available on Web, iOS and Android.

Does Exist offer any discounts?

Exist publicly lists the following: 25% off with yearly billing.

Does Exist have a Windows app?

No Windows app was listed when its pages were read on Nov 13, 2026. Exist is listed for Web, iOS and Android.

Does Exist have a macOS app?

No macOS app was listed when its pages were read on Nov 13, 2026. Exist is listed for Web, iOS and Android.

Is Exist open source?

Exist is not described as open source on its own site, as read on Nov 13, 2026.

Does Exist have an API?

Yes. Exist offers a public API, according to its own site.

What does Exist integrate with?

Exist's listing names Apple Health, Health Connect, Garmin, Oura, Withings, Strava, Todoist and Toggl.

Who makes Exist?

Exist is made by Hello Code.

What are the alternatives to Exist?

The closest alternatives to Exist in our directory are Streaks, Habitify, Beeminder and Coach.me.

How does Exist compare with other habit trackers?

Exist's GPA of 2.2 is higher than 10 of the 64 other habit trackers we grade, and level with 8.

Is Exist good value for money?

ToolGPA grades Exist C for value for money. Its paid plans start at $5.24 a month when paid by the year, against a middle price of $3.33 for the category: 31 of the 38 others that charge start lower.

Could I make my own version of Exist?

A habit tracker at its plainest is a list of habits, a tick for each day and a count of the streak.

Where this guide comes from

The prices, plans, platforms and features were read from Exist's own pages on Nov 13, 2026, and the grades were given on Nov 13, 2026. Graded from this listing, whose facts were read from Exist's own pages on 13 November 2026. Not based on using the product, and shorter than our full reviews.

Every tool we list gets five grades, A to F, each with its reason, and a GPA that averages them. How each is decided is at toolgpa.com/grades. This guide is ToolGPA's own work; it is not made, paid for or approved by Hello Code. Prices change, so check exist.io before you buy.

exist.io/

PART 07 · ABOUT

About ToolGPA

Who made this guide, what else is on the site, and how to cite it

7,721

Tools graded, in 95 categories

ToolGPA grades software the way a school report grades a pupil: five subjects, a letter for each with the reason written beside it, and a GPA that averages them. Prices, plans and platforms are read from each maker's own pages and dated, so you always know how fresh a figure is.

Every grade, review and ranking on ToolGPA is our own judgement. No company can pay for a grade or change one. Every tool on the site has a guide like this one, free to download and pass on. It all lives at **toolgpa.com**.

7,721	95	739	579
tools graded	categories	price changes on record	apps priced in 12 countries

What else is on toolgpa.com

Exist, kept up to date

Everything in this guide, with prices and grades as they are today

toolgpa.com/tools/exist

How grades are given

The rules behind every letter and every GPA

toolgpa.com/grades

Value charts

What each tool costs against what it scores, for every category

toolgpa.com/charts

Compare

Any two tools side by side, plan by plan

toolgpa.com/compare

Price changes

Every price rise and cut on record, each with its source

toolgpa.com/price-changes

Prices by country

What apps cost on the App Store in 12 countries

toolgpa.com/prices-by-country

Pay less

Every public discount: yearly billing, students, nonprofits

toolgpa.com/save

Keep or make

Which tools are worth paying for, and which you could build yourself

toolgpa.com/keep-or-make

Scan for the live page

Prices and grades as they are today

Quoting this guide?

Please name ToolGPA and link to the live page, so readers can check the figures for themselves:

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ToolGPA, "Exist: The Insider's Guide", checked
Nov 13, 2026. https://toolgpa.com/tools/exist
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Know someone choosing between habit trackers?

Send them this guide: toolgpa.com/tools/exist/guide

ToolGPA elsewhere: youtube.com/@toolgpa

See our other guides

The best-graded habit trackers after Exist, each with an Insider's Guide of its own.

Habit Trackers Insider's Guide

Every one of the 65 habit trackers we grade, compared



Finch Insider's Guide

Self-care app that ties daily goals to a virtual pet bird

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Habitica Insider's Guide

Habit and task tracker that works like a role-playing game

3.4 GPA



Habit Star Insider's Guide

Habit and routine app for iPhone, iPad and Apple Watch

3.2 GPA

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Choosing software? Every tool graded, every price dated.

Compare tools at toolgpa.com ›

Everything in this guide is ToolGPA's own summary of what Exist's pages, its app-store listings and public reviews said on the dates shown. Grades are our judgement under the rules at toolgpa.com/grades. Every grade, review and ranking on ToolGPA is our own judgement. No company can pay for a grade or change one. Exist is a trademark of its owner, and this guide is not made, paid for or approved by Hello Code. Prices and plans change: check exist.io before you buy.