ToolGPA

NOVEMBER 2026

# HabitPal

## The Insider's Guide

Habit tracker with streaks, heatmaps, widgets and Apple Health



**Every plan, grade, refund rule and rival among habit trackers, read from HabitPal's own pages.**

Made by HabitPal · checked Nov 13, 2026 · toolgpa.com

2.6
GPA



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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 HabitPal's own pages, its app-store listings and our grades. Every fact in it is on HabitPal'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

**2.6**

GPA, above 34 of the 64 other habit trackers we grade

HabitPal tracks daily habits with streaks, heatmaps and completion rates, and can complete habits such as steps and sleep from Apple Health data. It has Home Screen, Lock Screen and Apple Watch widgets, Siri Shortcuts, and a Friends feature for sharing progress. It works without an account.

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

> **No account needed, so you open it and start.**
>
> From our grade for ease of use

**1** **Best for habits with widgets and Apple Health**

HabitPal tracks habits with streaks and heatmaps, can tick off steps and sleep from Apple Health, and works without an account.

**2** **What it costs**

Paid plans start at $2.99 to $39.99 for Unlimited Access (billing periods not shown).

**3** **There is a free plan**

Free to start with no account needed; Pro unlocks unlimited habits and every premium feature.

**4** **It runs on 3 platforms**

iOS, macOS and Android.

**5** **Streaks and heatmaps**

Shows streaks, year-at-a-glance heatmaps, completion rates and best streaks.

**6** **Apple Health habits**

Steps, sleep, workouts and mindful minutes can complete matching habits automatically.

**7** **Widgets and Shortcuts**

Track from Home Screen, Lock Screen or Apple Watch widgets, and log habits through Siri and Shortcuts.

**8** **A 2.6 GPA, above 34 of 64**

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

**9** **Your call**

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

### HabitPal at a glance

PRICING
Free plan, from $2.99 to $39.99 for Unlimited Access (billing periods not shown)

FREE PLAN
Yes

FREE TRIAL
None stated

RUNS ON
macOS, iOS, Android

MADE BY
HabitPal

CATEGORY
Habit Trackers

OUR GRADE
2.6 GPA, good

## The report card

### Best for habits with widgets and Apple Health

HabitPal tracks habits with streaks and heatmaps, can tick off steps and sleep from Apple Health, and works without an account. The free version

caps how many habits you get, and the Pro purchases run from $2.99 to $39.99 with no billing periods stated.

TOOLGPA REPORT CARD — **HabitPal** — Graded Nov 13, 2026

| SUBJECT | GRADE | COMMENT |
|---|---|---|
| **Value for money** | C | Unlimited Access is listed from $2.99 to $39.99 with no word on which is monthly, yearly or lifetime, so it lands in the middle. |
| **Free plan and trial** | C | Free to start without an account, but the number of habits is limited. |
| **Features** | B | Streaks, heatmaps, completion rates, Apple Health habits, widgets, Shortcuts, friends and bad-habit tracking, with nothing in the listing showing a gap in the core job. |
| **Ease of use** | B | No verified store rating on record, the site's own 4.8 is the maker's claim. No account needed, so you open it and start. |
| **Platforms and integrations** | B | iPhone, Mac and Android, with Apple Health, Shortcuts and Watch widgets. Sync described is iCloud only. |

**Grade point average** — Good, out of 4.0 **2.6**

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 HabitPal is for

- ✓ Fits if you want habits on the Home Screen and Lock Screen
- ✓ Works for people who want to track without making an account

### Who it is not for

- ✕ Tight if you track a lot of habits on the free version
- ✕ Watch out: the App Store lists purchases from $2.99 to $39.99 and doesn't say which is which
- ✕ Watch out: sync is described for Apple devices through iCloud only
- ✕ Watch out: Friends needs an account

## Good to know

### Good for

- ✓ Apple users who want widgets and Health data to log habits for them
- ✓ Tracking habits with friends for accountability
- ✓ People who want to try it without creating an account

### Worth knowing

- ⓘ The free version limits the number of habits; Pro removes the limit.
- ⓘ The App Store lists several Unlimited Access purchases from $2.99 to $39.99 without saying which is monthly, yearly or lifetime.
- ⓘ The site describes iCloud sync for Apple devices only, and Friends needs an account.

PART 02 · PRICING

# What it costs

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

**$2.99**

To start. There is a free plan too

HabitPal has a free plan. Paid plans start at $2.99 to $39.99 for Unlimited Access (billing periods not shown).

> **Free to start without an account, but the number of habits is limited.**

From our grade for free plan and trial

FREE

## $0

Start tracking habits for free without an account, with a limit on the number of habits.

HABITPAL PRO

## $2.99

to $39.99; subscription or lifetime, periods not shown

Unlimited habits and every premium feature, as a subscription or a one-time lifetime purchase.

### The free plan

Free to start with no account needed; Pro unlocks unlimited habits and every premium feature.

Read from apps.apple.com on Nov 13, 2026.

# What it does

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

3

Places it runs: macOS, iOS and Android

Habit tracker with streaks, heatmaps, widgets and Apple Health. Here is what it does, as its own site describes it, and what it covers: habit tracking, goals, reports.

> "iPhone, Mac and Android, with Apple Health, Shortcuts and Watch widgets.

From our grade for platforms and integrations

### Streaks and heatmaps

Shows streaks, year-at-a-glance heatmaps, completion rates and best streaks.

### Apple Health habits

Steps, sleep, workouts and mindful minutes can complete matching habits automatically.

### Widgets and Shortcuts

Track from Home Screen, Lock Screen or Apple Watch widgets, and log habits through Siri and Shortcuts.

### Friends

Share habits with friends, follow progress and send nudges; this is the only part that needs an account.

### Bad habits

Mark a habit as one to quit and log slips to see progress over time.

### iCloud sync

Keeps habits in sync across iPhone, iPad, Mac and Apple Watch when you turn it on.

### Where it runs

macOS · iOS · Android

### What it works with

Apple Health · Siri Shortcuts · iCloud · Apple Watch

HabitPal is made by HabitPal.

PART 04 · STANDING

# Where it stands

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

**34**/64

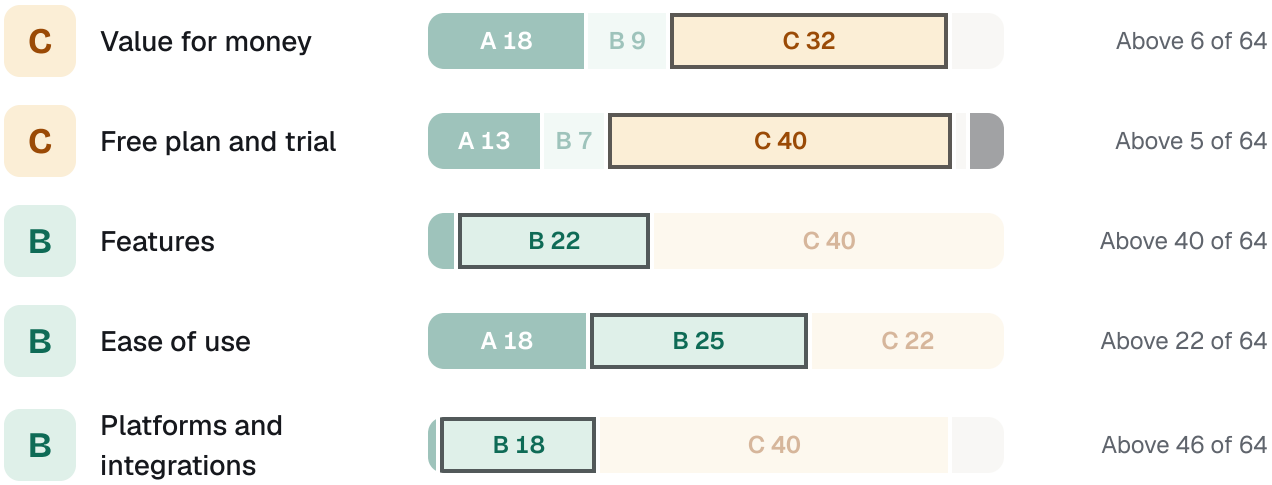
Other habit trackers it is graded above

HabitPal's GPA of 2.6 is higher than 34 of the 64 other habit trackers we grade, and level with 7.

It stands best on platforms and integrations (B, above 46 of 64) and worst on free plan and trial (C, above 5).

## Each grade against the category

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




## 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.

## Your call

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

You could make the core of HabitPal for yourself: habit tracking, goals and reports. What you would give up is listed below. Whether that is worth the price is your call.

### What you could make

- Habit tracking, goals and reports: an app builder makes these well.

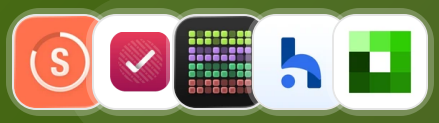
### What you could not

- ✕ Apps for macOS, iOS and Android that stay in step with each other.
- ✕ Hooks into the device itself: an Apple Watch app, widgets, Siri and Shortcuts.
- ✕ The depth: we grade its features B, which means it covers the whole job.

**What this rests on.** HabitPal'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, HabitNow, HabitKit, Habitify and Everyday

The 5 tools HabitPal is most often weighed against, with where each one differs from it.

2.4 GPA

## Streaks

From $5.99 one-time

Habit tracker for Apple devices built around daily streaks.

- HabitPal has a free plan. Streaks does not.
- Only HabitPal lists an Android app.
- Streaks can be bought with a one-time purchase.

HabitPal and Streaks compared in full

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2.8 GPA

## HabitNow

Free plan · from $0.99 one-time

Android habit tracker and to-do list with a one-time upgrade.

- Only HabitPal lists iOS and macOS apps.
- HabitNow can be bought with a one-time purchase.
- HabitPal also covers goals and reports.

HabitPal and HabitNow compared in full



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## HabitKit

Free plan · from $0.99/mo

Habit tracker that shows each habit as a grid of daily tiles.

- Only HabitPal lists a macOS app.
- HabitKit can be bought with a one-time purchase.
- HabitPal also covers reports.

HabitPal and HabitKit compared in full



2.8
GPA

## Habitify

Free plan · from $29.99/yr

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

- Only Habitify lists a web app.
- HabitPal also covers goals and reports.
- Habitify also covers Pomodoro timer.

HabitPal and Habitify compared in full



2.6
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## Everyday

Free plan · from $2.5/mo

Minimalist habit tracker built on not breaking the chain.

- Only Everyday lists a web app.
- Only Everyday lists a browser extension.
- Everyday can be bought with a one-time purchase.

HabitPal and Everyday compared in full

# Quick answers

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

**11**

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 HabitPal free?

HabitPal has a free plan. Free to start with no account needed; Pro unlocks unlimited habits and every premium feature.

### How much does HabitPal cost?

HabitPal lists 2 plans. Free: $0.

### What platforms does HabitPal work on?

HabitPal is available on iOS, macOS and Android.

### Does HabitPal have a Windows app?

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

### Does HabitPal have a Linux app?

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

### Is HabitPal open source?

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

### What does HabitPal integrate with?

HabitPal's listing names Apple Health, Siri Shortcuts, iCloud and Apple Watch.

### Who makes HabitPal?

HabitPal is made by a company of the same name.

### What are the alternatives to HabitPal?

The closest alternatives to HabitPal in our directory are Streaks, HabitNow, HabitKit, Habitify and Everyday.

### How does HabitPal compare with other habit trackers?

HabitPal's GPA of 2.6 is higher than 34 of the 64 other habit trackers we grade, and level with 7.

### Could I make my own version of HabitPal?

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 HabitPal'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 HabitPal'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 HabitPal. Prices change, so check habitpal.app before you buy.

habitpal.app/ apps.apple.com/us/app/habit-tracker-habitpal/id...

# 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

### HabitPal, kept up to date

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

toolgpa.com/tools/habitpal

### 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:

```
ToolGPA, "HabitPal: The Insider's Guide",
checked Nov 13, 2026.
https://toolgpa.com/tools/habitpal
```

### Know someone choosing between habit trackers?

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

ToolGPA elsewhere: youtube.com/@toolgpa

# See our other guides

The best-graded habit trackers after HabitPal, 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

3.4 GPA



### 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 HabitPal'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. HabitPal is a trademark of its owner, and this guide is not made, paid for or approved by HabitPal. Prices and plans change: check habitpal.app before you buy.