ToolGPA

NOVEMBER 2026

Lifetick

The Insider's Guide

SMART goal setting for individuals, teams and schools



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

Made by Meridian 86 Pty. Ltd. · checked Nov 12, 2026 · toolgpa.com

2.4
GPA

lifetick

A better week, every *week*.

Goals, check-ins and coaching for small teams.



Contents

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

02 What it costs
Every plan, the free plan, ways to pay less and how prices have moved

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

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

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

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

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

ToolGPA put this guide together from Lifetick's own pages, its app-store listings and our grades. Every fact in it is on Lifetick's page too, where it is kept up to date. Checked Nov 12, 2026.

Welcome

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

2.4

GPA, above 19 of the 64 other habit trackers we grade

Lifetick helps people write SMART goals and break them into weekly steps, with tasks, a journal and reports. Individuals use it free on iPhone and the web, and a Premium upgrade removes the two-goal limit. Team plans add weekly check-ins, one-on-one meeting agendas and leader dashboards.

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

> "
>
> **Goals have to be written out in the SMART format before it is useful.**
>
> From our grade for ease of use

1 **Best for SMART goal setting on iPhone and the web**

Lifetick is a SMART goal planner with tasks, reminders and a journal, free on iPhone and the web.

2 **Paid plans start at $2.42 a month when paid by the year**

As its pricing page puts it: $29 per year (Premium).

3 **There is a free plan**

Two SMART goals with tasks and reminders, plus dreams, journal and reports.

4 **It runs on 2 platforms**

Web and iOS.

5 **SMART goal builder**

Type a goal and answer a few questions to make it specific and break it into weekly steps.

6 **Tasks and reminders**

Goals break into tasks with dates and reminders; Premium adds sub tasks.

7 **Journal and dreams**

A private journal and a dreams list, free on every plan.

8 **A 2.4 GPA, above 19 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.

Lifetick at a glance

PRICING
Free plan, from $29 per year (Premium)

FREE PLAN
Yes

FREE TRIAL
Team plan: free for the first two weeks, no card needed.

RUNS ON
Web, iOS

MADE BY
Meridian 86 Pty. Ltd.

CATEGORY
Habit Trackers

OUR GRADE
2.4 GPA, fair

The report card

Best for SMART goal setting on iPhone and the web

Lifetick is a SMART goal planner with tasks, reminders and a journal, free on iPhone and the web. The free plan stops at two goals, there is no Android app

on its pricing page, and it tracks goals rather than streak-style habits, so habit trackers do that job better.

TOOLGPA REPORT CARD	Lifetick	Graded Nov 12, 2026
SUBJECT	GRADE	COMMENT
Value for money	B	Premium is $29 a year, about $2.42 a month, right at the edge of the category's cheaper quarter. Team is $4 a person with a 5-person minimum.
Free plan and trial	C	Free plan with two SMART goals, tasks, journal and reports. Two goals is a cap you will hit quickly.
Features	C	SMART goal builder, tasks, trackers and money goals. The listing says it tracks goals and tasks rather than streak-style habits, so the habit job is only partly covered.
Ease of use	C	No store rating on record. Goals have to be written out in the SMART format before it is useful.
Platforms and integrations	B	Web and iPhone, with team check-ins and one-on-ones, but no Android app and no integrations listed.
Grade point average		Fair, out of 4.0 **2.4**

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 Lifetick is for

- ✓ Fits if you want to plan a few goals with deadlines and steps rather than count daily streaks
- ✓ Works for small teams of 5 or more that want a weekly goal check-in

Who it is not for

- ✗ Tight if you stay free, as the limit is two goals
- ✗ Skip it if you want streak-style habit tracking, because it tracks goals and tasks
- ✗ Not for you if you use Android, as the pricing page lists no Android app
- ✗ Watch out: team plans need at least 5 people, and Professional starts at 100 people

Good to know

Good for

- ✓ Individuals who want a free SMART-goal app with a journal
- ✓ Small teams running a weekly check-in rhythm

Worth knowing

- ⓘ The free plan stops at two goals; unlimited goals need Premium at $29 a year.
- ⓘ The app is on iPhone and the web only; the pricing page lists no Android app.
- ⓘ Team plans have a 5-person minimum.
- ⓘ It tracks goals, tasks and trackers rather than streak-style habits.

PART 02 · PRICING

What it costs

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

$2.42

A month to start, paid by the year.
There is a free plan too

Lifetick has a free plan. Paid plans start at $29 per year (Premium).

> **Free plan with two SMART goals, tasks, journal and reports.**

From our grade for free plan and trial

FREE

$0

Two SMART goals with tasks and reminders, dreams, journal and reports on iPhone and web.

PREMIUM

$29

per year

Unlimited goals, money goals, sub tasks, trackers charted in reports and the vendor's $9 goal eBook.

TEAM

$4

per person / month, minimum 5 people

Premium features for everyone, check-ins, one-on-ones, leader dashboards and branding; free for two weeks.

PROFESSIONAL

$9

per person / month, from 100 people

Everything in Team plus single sign-on, onboarding help, custom reports and priority support.

SCHOOLS AND ENTERPRISE

Custom

School-wide plans, and plans from 1,000 people, priced by the vendor.

The free plan

Two SMART goals with tasks and reminders, plus dreams, journal and reports.

Trying it first

Team plan: free for the first two weeks, no card needed.

Read from lifetick.com on Nov 12, 2026.

What it does

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

2

Places it runs: Web and iOS

SMART goal setting for individuals, teams and schools. Here is what it does, as its own site describes it, and what it covers: daily notes, tasks, goals, reports.

"

SMART goal builder, tasks, trackers and money goals.

From our grade for features

SMART goal builder

Type a goal and answer a few questions to make it specific and break it into weekly steps.

Tasks and reminders

Goals break into tasks with dates and reminders; Premium adds sub tasks.

Journal and dreams

A private journal and a dreams list, free on every plan.

Money goals and trackers

Premium adds goals for savings, debt or sales, and trackers charted in reports.

Team check-ins

Team plans send scheduled check-in questions and gather answers for leaders.

One-on-ones

Shared agendas, notes and follow-ups kept with the person's goals.

Where it runs

Web iOS

What it works with

Its own pages name no integrations.

Lifetick is made by Meridian 86 Pty. Ltd.

PART 04 · STANDING

Where it stands

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

19/64

Other habit trackers it is graded above

Lifetick's GPA of 2.4 is higher than 19 of the 64 other habit trackers we grade, and level with 14.

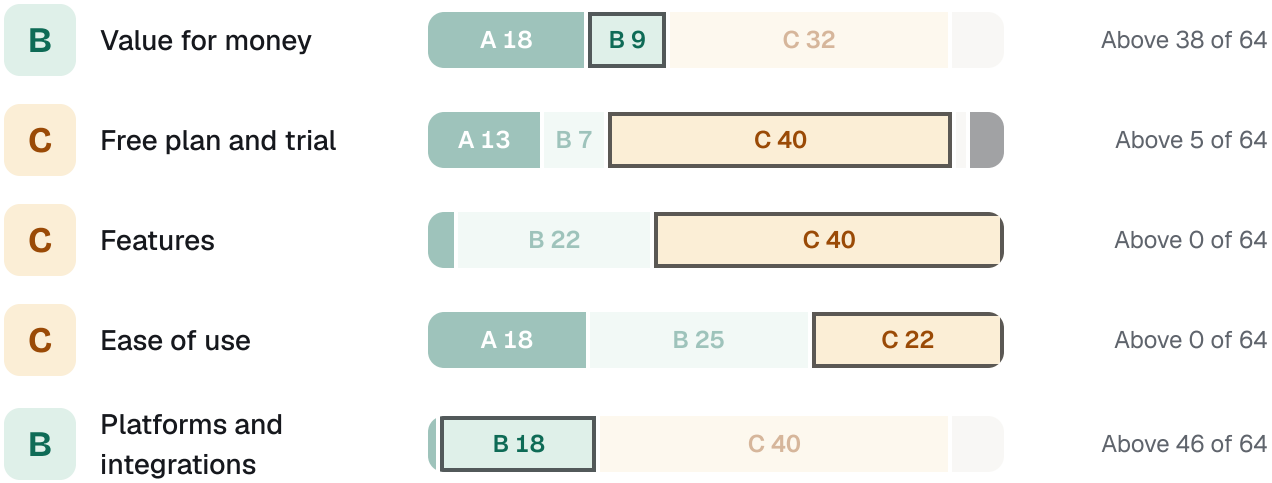
It stands best on platforms and integrations (B, above 46 of 64) and worst on features (C, above 0).

Its paid plans start at $2.42 a month when paid by the year, against a middle price of $3.33 for the category: 11 of the 38 others that charge start lower.

On features, ease of use and platforms it scores 2.3 out of 4. 7 tools score higher and cost less.

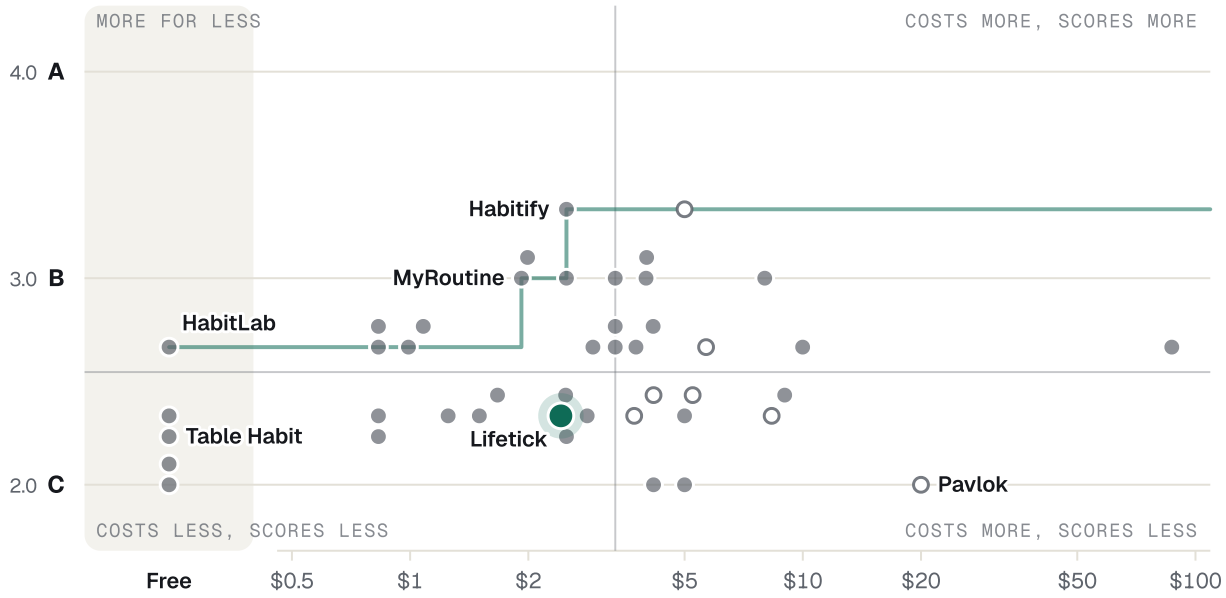
Each grade against the category

Every bar is all 65 habit trackers we grade, cut by the letter each got. Lifetick'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. Lifetick 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.

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 Lifetick for yourself: goals, tasks, daily notes and reports. What you would give up is listed below. Whether that is worth the price is your call. At $29 a year it costs less than the weekend it would take to replace, which is the argument for keeping it.

What you could make

- Goals, tasks, daily notes and reports: an app builder makes these well.

What you could not

- A real app for iOS. Something home-made would be a web page.

What this rests on. Lifetick'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



GoalsOnTrack, Griply, Strides and Beeminder

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

2.0 GPA

GoalsOnTrack

From $68/yr

Web-based goal planner with habits, tasks and a journal.

- Lifetick has a free plan. GoalsOnTrack does not.
- Only Lifetick lists an iOS app.
- Lifetick also covers reports.

Lifetick and GoalsOnTrack compared in full

2.4 GPA

Griply

Free plan · from $4.16/mo

Goal planner that links goals to habits, tasks and time blocks.

- Only Griply lists macOS, Windows and Android apps.
- Lifetick also covers daily notes and reports.
- Griply also covers time blocking, calendar and habit tracking.

Lifetick and Griply compared in full



2.6
GPA

Strides

Free plan · from $4.99

Goal and habit tracker with four flexible tracker types.

- Only Lifetick lists a web app.
- Only Strides lists macOS and Android apps.
- Lifetick also covers daily notes, tasks and reports.

Lifetick and Strides compared in full



2.4
GPA

Beeminder

Free plan · from $8/mo

Goal tracker that charges you money when you fall behind.

- Only Beeminder lists an Android app.
- Lifetick also covers daily notes, tasks and reports.
- Beeminder also covers habit tracking.

Lifetick and Beeminder compared in full

PART 06 · QUESTIONS

Quick answers

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

12

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 Lifetick free?

Lifetick has a free plan. Two SMART goals with tasks and reminders, plus dreams, journal and reports.

How much does Lifetick cost?

Lifetick lists 5 plans. Free: $0.

What platforms does Lifetick work on?

Lifetick is available on Web and iOS.

Does Lifetick have an Android app?

No Android app was listed when its pages were read on Nov 12, 2026. Lifetick is listed for Web and iOS.

Does Lifetick have a Windows app?

No Windows app was listed when its pages were read on Nov 12, 2026. Lifetick is listed for Web and iOS.

Is Lifetick open source?

Lifetick is not described as open source on its own site, as read on Nov 12, 2026.

Does Lifetick have a free trial?

Yes. Team plan: free for the first two weeks, no card needed.

Who makes Lifetick?

Lifetick is made by Meridian 86 Pty. Ltd.

What are the alternatives to Lifetick?

The closest alternatives to Lifetick in our directory are GoalsOnTrack, Griply, Strides and Beeminder.

How does Lifetick compare with other habit trackers?

Lifetick's GPA of 2.4 is higher than 19 of the 64 other habit trackers we grade, and level with 14.

Is Lifetick good value for money?

ToolGPA grades Lifetick B for value for money. Its paid plans start at $2.42 a month when paid by the year, against a middle price of $3.33 for the category: 11 of the 38 others that charge start lower.

Could I make my own version of Lifetick?

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 Lifetick's own pages on Nov 12, 2026, and the grades were given on Nov 12, 2026. Graded from this listing, whose facts were read from Lifetick's own pages on 12 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 Meridian 86 Pty. Ltd. Prices change, so check lifetick.com before you buy.

lifetick.com/
lifetick.com/goal-setting-software.html

lifetick.com/pricing.html
apps.apple.com/us/app/lifetick-smart-goal-settin…

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

Lifetick, kept up to date

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

toolgpa.com/tools/lifetick

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, "Lifetick: The Insider's Guide",
checked Nov 12, 2026.
https://toolgpa.com/tools/lifetick
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Know someone choosing between habit trackers?

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

ToolGPA elsewhere: youtube.com/@toolgpa

See our other guides

The best-graded habit trackers after Lifetick, 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

ToolGPA

Choosing software? Every tool graded, every price dated.

Compare tools at toolgpa.com ›

Everything in this guide is ToolGPA's own summary of what Lifetick'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. Lifetick is a trademark of its owner, and this guide is not made, paid for or approved by Meridian 86 Pty. Ltd. Prices and plans change: check lifetick.com before you buy.