

# If you want to live and work more scientific, use this application on Android

There are many applications on the phone that help you keep track of your daily habits. However, a new application not only helps you keep track but also motivates work and helps you lead a healthier life. Read the article below for more details.

There are a variety of applications on the phone that help you keep track of your daily habits. These applications help you record what you have done like the things you try to accomplish each day, how to reduce stress or how to help eat more. However, they are not effective for all users. If you lose focus and don't keep up with the information on the application, they will no longer be useful.

1. 8 simple habits of happy people
2. Domino effects and simple ways to build good habits

Those who are forgetful type should consider **Fabulous** application on Android, it will soon appear on iOS. Instead of forcing users to list a series of plans during the week, Fabulous helps you access science, refine your spirit and inspire yourself to accomplish your goals well. With a holistic approach, Fabulous becomes a professional coach instead of just helping you keep track of what you do every day.

This app focuses on health goals such as reminders that help users get more energy, sleep better, have a higher concentration and lose weight. It starts by creating morning routines that help you succeed. Later, when observing your habits, Fabulous will give you helpful advice to help you achieve your goals. For example, if you want a better sleep, Fabulous will tell you when to turn off digital devices before going to bed.

If you are focusing on a specific goal, Fabulous also has quick exercises to boost your spirits throughout the day. Effective exercise methods will help you lead a healthier life. Methods and research that are founded on a scientific basis are another plus for this application. In addition to the wonderful function Fabulous brings, it is also designed with a user-friendly interface. The app is proud to receive 4.6 / 5 stars on average from over 140,000 reviews.

Try the app and see if it can help you rebuild your life routine. If tracking habits is not enough, Fabulous's way of reminding daily activities will probably not make you hesitate to download. For more information, check out the auto health monitoring for a healthier life.

Have you ever used Fabulous or a similar application to rebuild your habits? Let us know the small activities that help you lead a healthy life!

You finished reading the article "**If you want to live and work more scientific, use this application on Android**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.

