A DECADE OF DATA / INTERPRETIVE SUMMARY

Ten Years, 66,666 Tasks

What can a task manager tell us about a person's life?

The story began with a data-retention notice: Todoist is discontinuing the storage of some activity logs from before January 20, 2019. The requested export turned out to be more than a backup: it became an unusual map of nearly ten years of one person's life. Digital traces of work, everyday routines, learning, creative projects, habits, and major changes appeared side by side.

66,666
completed tasks
Todoist counter

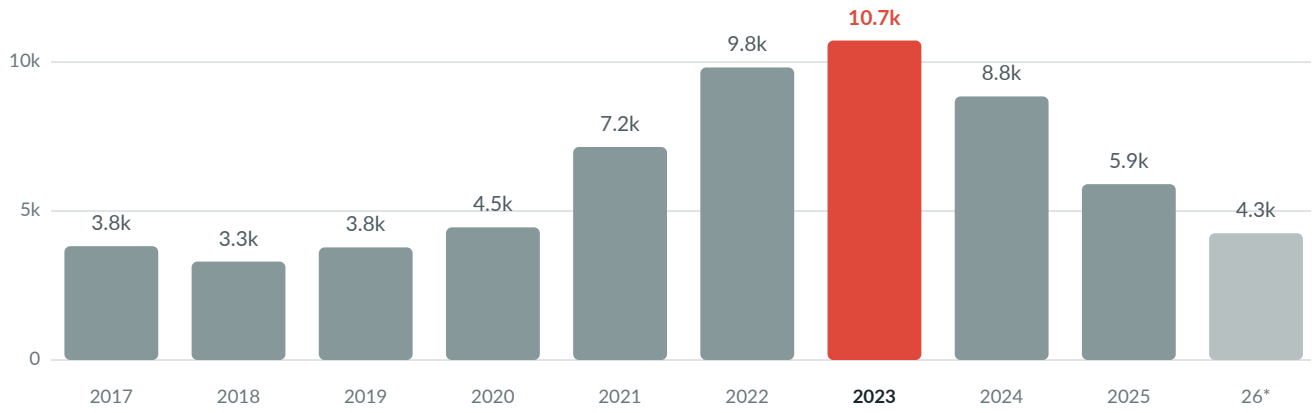
139,860
activity events
in the export

24,597
historical events
before Jan 20, 2019

The rhythm of the numbers

The activity log contains 62,613 completion events. Annual activity rose sharply from 2021 and peaked in 2023, with 10,724 completions, averaging 29.4 per day. Activity declined afterward. By mid-November 2026, the record shows 4,255 events for that year.

Completion events by year



* Through November 17, 2026. The yearly chart counts events, not working hours or distinct tasks.

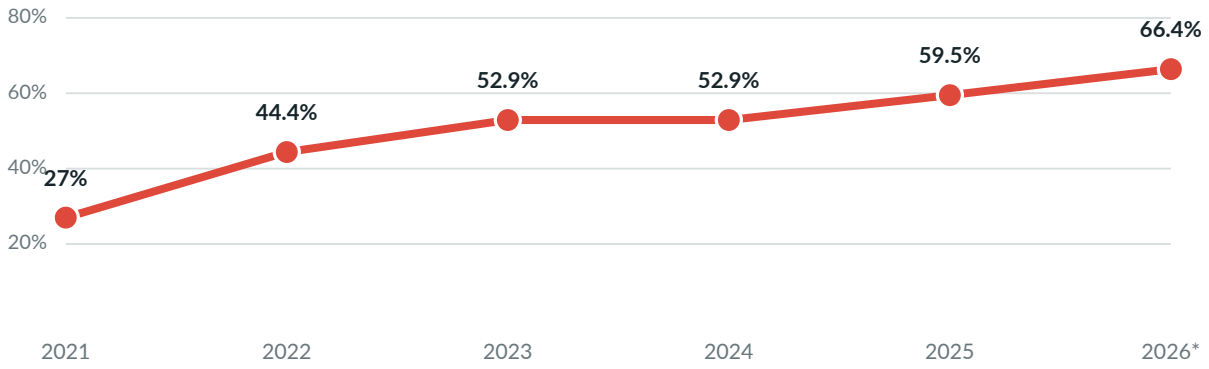
Fewer checkmarks do not necessarily mean less living

The raw count can be misleading. A daily habit, a corporate task, and a creative project spanning weeks can each appear as a single checkmark. Falling activity therefore does not prove a decline in achievement. A more plausible explanation is that the kinds of activities worth tracking have changed. The data point to a reorganization over several years, rather than a transformation at one particular moment.

From a to-do list to a life journey

The most striking change lies not in the number of tasks, but in their composition.

Share of frequently repeated tasks



Share of each year's completion events associated with task IDs completed at least 30 times overall. This is a custom analytical category, not an official Todoist statistic.

In 2021, 27% of completion events were linked to these frequently repeated tasks. By 2026, that share had reached 66.4%. The task manager increasingly became a home for habits: language learning, reading, exercise, meditation, and other personal routines acquired a permanent place. The system was no longer just about what still needed doing, but also about what someone wanted to return to, again and again.

Traces of change

Alongside household and organizational tasks that were common in earlier years, activities related to photography, blog posts, and videos gradually gained prominence. Moving toward a life of travel did not erase the old system; it gave it new content. Interestingly, this transformation had already begun before the journey itself. The pattern suggests priorities being gradually rearranged, rather than a sudden turning point.

The streak that ended

The archive also reveals an unbroken streak of achieving a daily goal for almost four years. The streak finally ended on a day that became an important turning point in the person's life story. From Todoist's perspective, it was a missed daily goal. From the perspective of a life, it may have marked the beginning of a new direction. A statistical "failure" and a genuine turning point can fall on the very same day.

What the database cannot tell us

A task log can show precisely when a box was checked. It cannot reveal why a particular day mattered, what insight emerged, what a decision cost, what joy it brought, or what freedom it opened up. Ten years of data begin to become a story only when they meet human memory.

For ten years, Todoist recorded what someone did. The more intriguing question is who that person became along the way.

A note on interpreting the data: The 66,666 completed tasks shown in the app and the 62,613 completion events identified in the export are not the same measure. The annual figures and habit statistics were calculated from activity-log events. Preserving the 24,597 events from before January 20, 2019 matters because the original service provider announced plans to delete them. Identifying personal details have deliberately been excluded from this analysis.