

MOMENTUM

Empowering Users to Build
and Maintain Healthy Habits

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App Concept & Purpose

- ❏ Android app designed to help users develop consistent daily habits
- ❏ Tracking of four core habits: exercise, reading, water intake, and studying
- ❏ Users can log daily progress, receive motivational support, and visualize habit-building journeys
- ❏ **Goal:** Help users stay consistent, build positive routines, and maintain momentum in personal growth

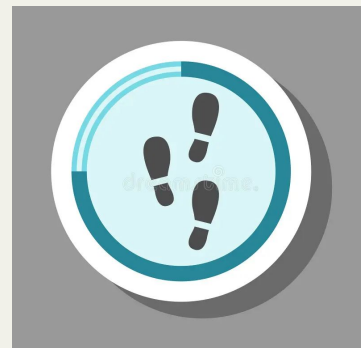
Core Features

- ❑ **Habit Creation & Tracking** - Log daily progress with an intuitive interface.
- ❑ **Progress Visualization** - View historical data with charts and insights.
- ❑ **Motivational Quote Integration** - Display a new inspiring quote on app launch.
- ❑ **Sensor-Based Monitoring** - Step counter for automatic tracking
- ❑ **Multi-Device Syncing** - Seamless usage across smartphones and smartwatches.

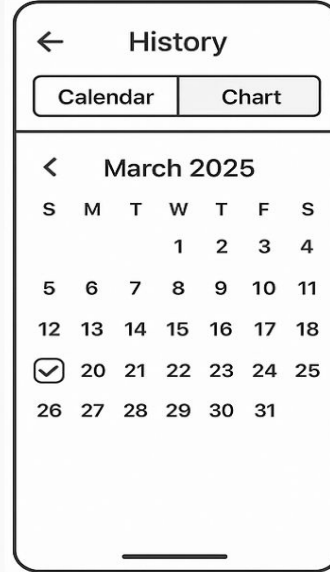
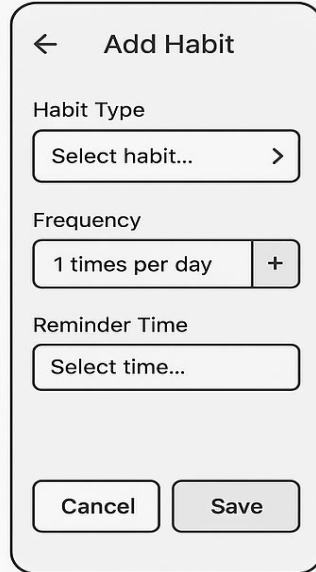
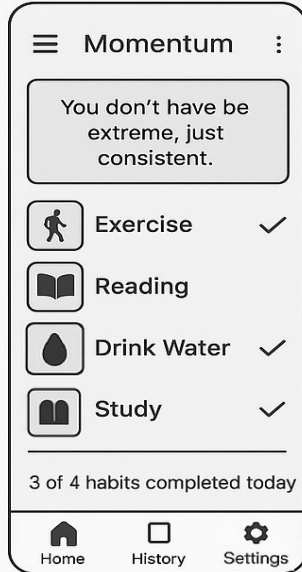


Tech Stack & Tools

- ❑ **Database:** Room Database for structured and scalable local data storage
- ❑ Supports full CRUD operations and integrates smoothly with Kotlin and Android Studio, making it ideal for our app architecture
- ❑ **API:** ZenQuotes API to fetch and display motivational quotes
- ❑ **Sensor:** TYPE_STEP_COUNTER for step tracking and effortless activity logging



Initial Wireframe



Implementation Challenges

- Technical Challenges
 - Battery optimization with continuous step counting
 - Solution: Adaptive polling frequency based on user activity
 - Cross-device data synchronization
- User Experience Challenges
 - Maintaining engagement during habit formation
 - Simplified smartwatch interaction
- Testing Approach
 - User acceptance testing with diverse demographic
 - Performance testing across multiple Android versions
 - Battery impact assessment



Timeline

❑ Sprint 1

- ❑ Core Architecture Setup - Room Database implementation for habit tracking storage - Habit entity structure and data relationships - CRUD operations for all habit categories - Initial UI Development: - Basic screens for habit creation and tracking - User input forms for the four core habits

❑ Sprint 2

- ❑ ZenQuotes API integration for daily inspiration - Quote display on app launch and dashboard - Caching mechanism for offline quote access - Cross-Device Development: - Initial Wear OS interface design - Responsive layouts - Data sync architecture between smartphone and smartwatch - Loading states - Error handling for network failures ❑ User feedback mechanisms

❑ Sprint 3

- ❑ Sensor Integration - Step Counter implementation - Activity tracking for exercise habits - Background service for continuous monitoring - Final UI Polishing - Animations for habit completion - Transitions between app sections - Progress visualization charts and graphs - Complete Testing - Final Deliverable on Github



Additional Opportunities

Social Features:

- Friend challenges and accountability partnerships
- Achievement sharing options

Advanced Analytics:

- Habit correlation insights
- Personalized recommendations

Extended Integrations:

- Calendar synchronization
- Health app data integration

Additional Habit Categories:

- Meditation
- Sleep tracking
- Custom habit creation



Thank you!
Any Questions?

