

Using A Mobile Application to Help Build Healthy Habits

Introduction

Forming healthy habits is very difficult, especially when one lacks other people to keep them accountable.

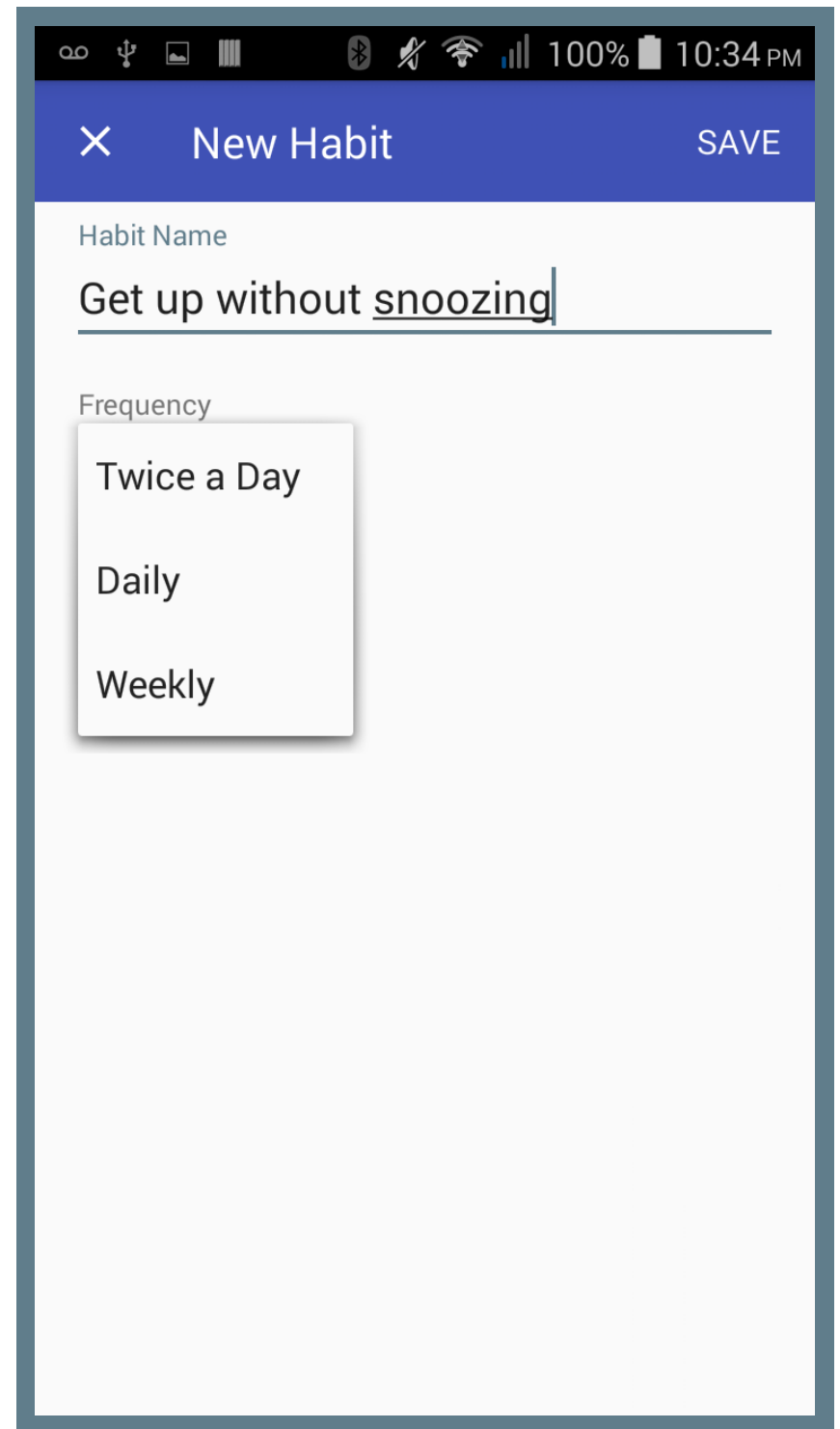
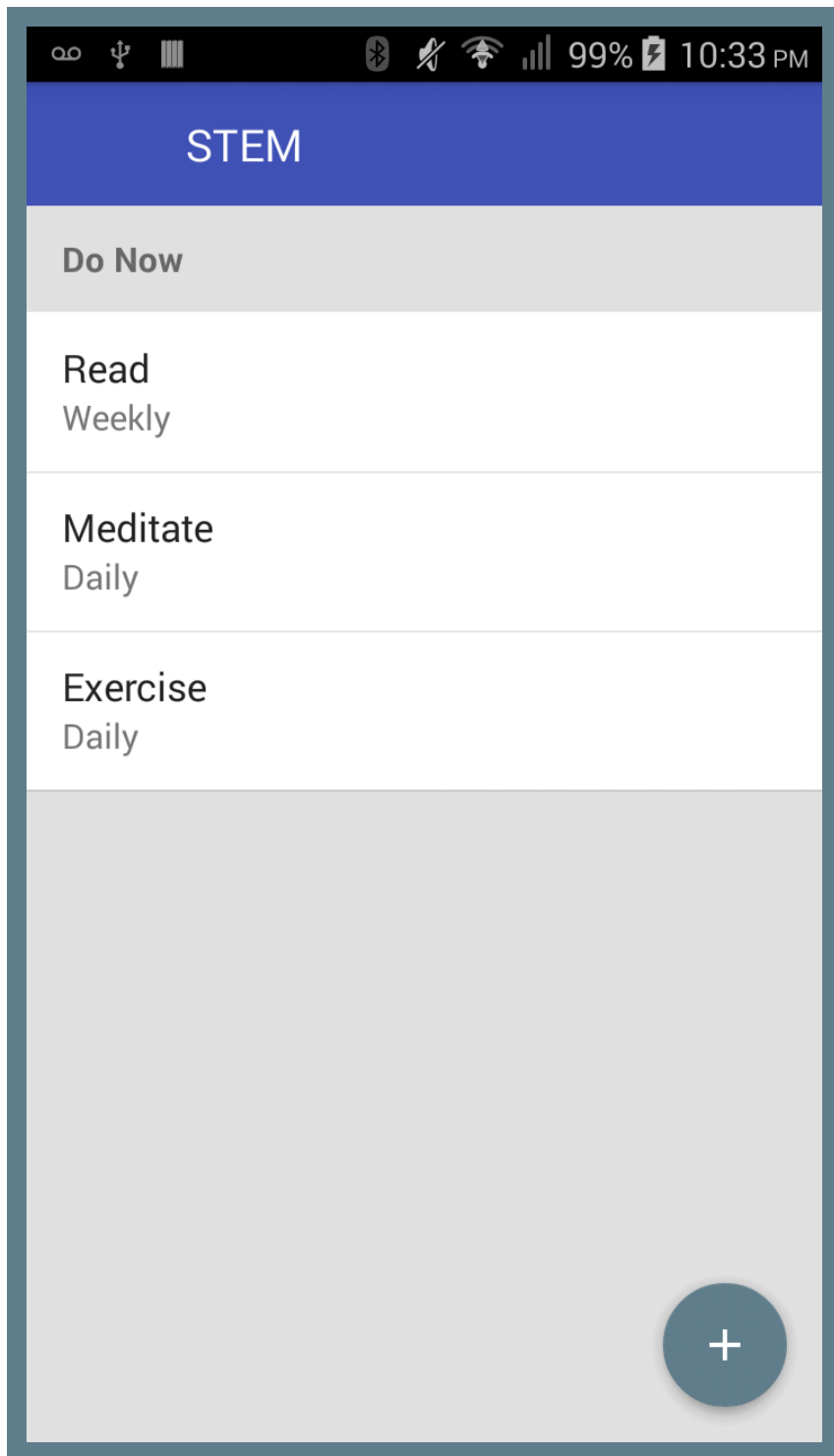
The goal is to develop an Android application that helps people build habits of their choosing by using notifications to remind users, and social media to hold users accountable.

Background Information

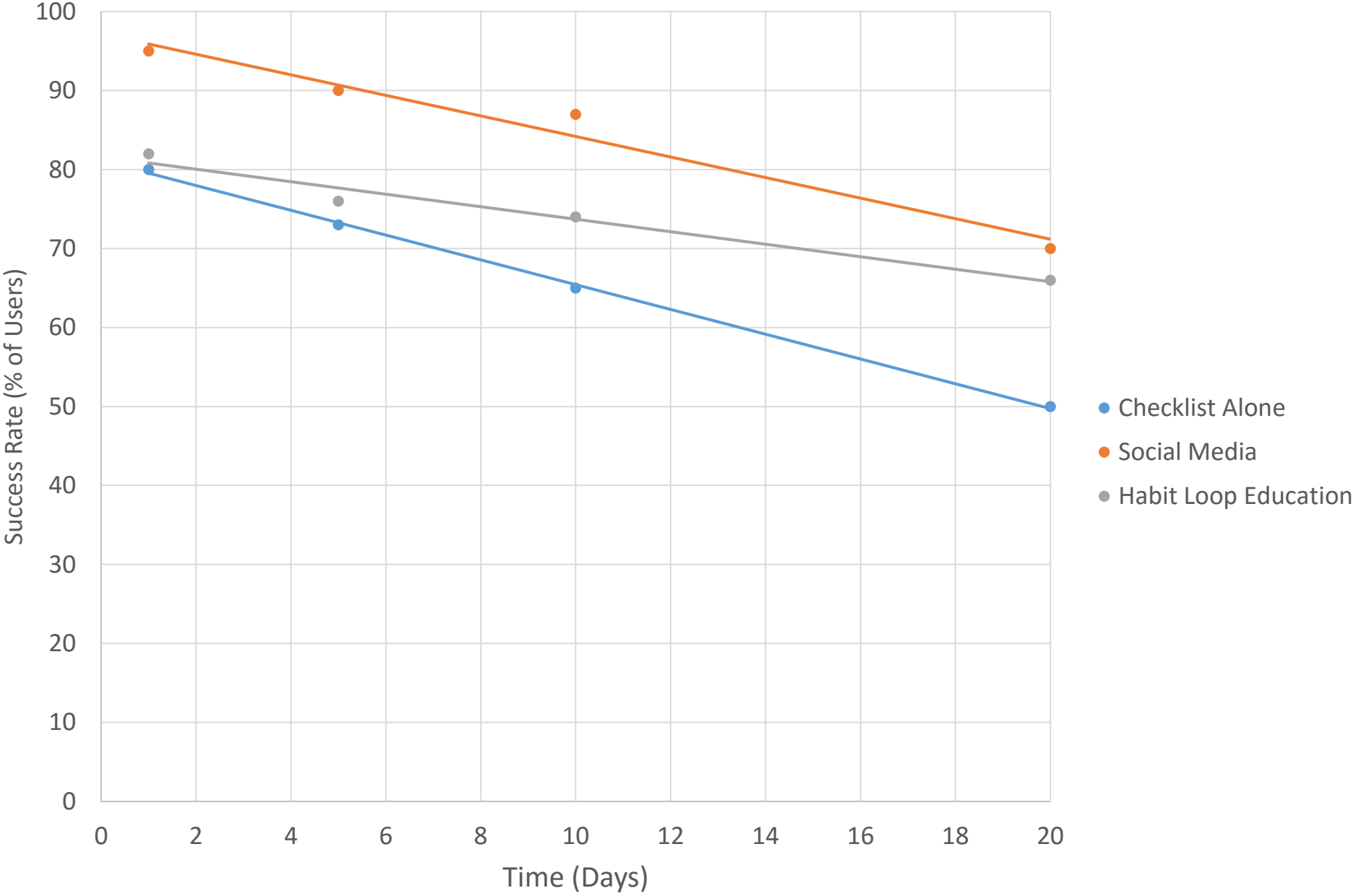
- Habit loops: cue, routine, reward
- Habits permanent but can be overridden by stronger habits
- Android app components: activity, service, content provider, broadcast receiver
- Notification area and drawer alert user
- Notification actions speed up user experience
- Facebook API makes logging in easier
- Facebook Graph API allows apps to access social data

Methodology

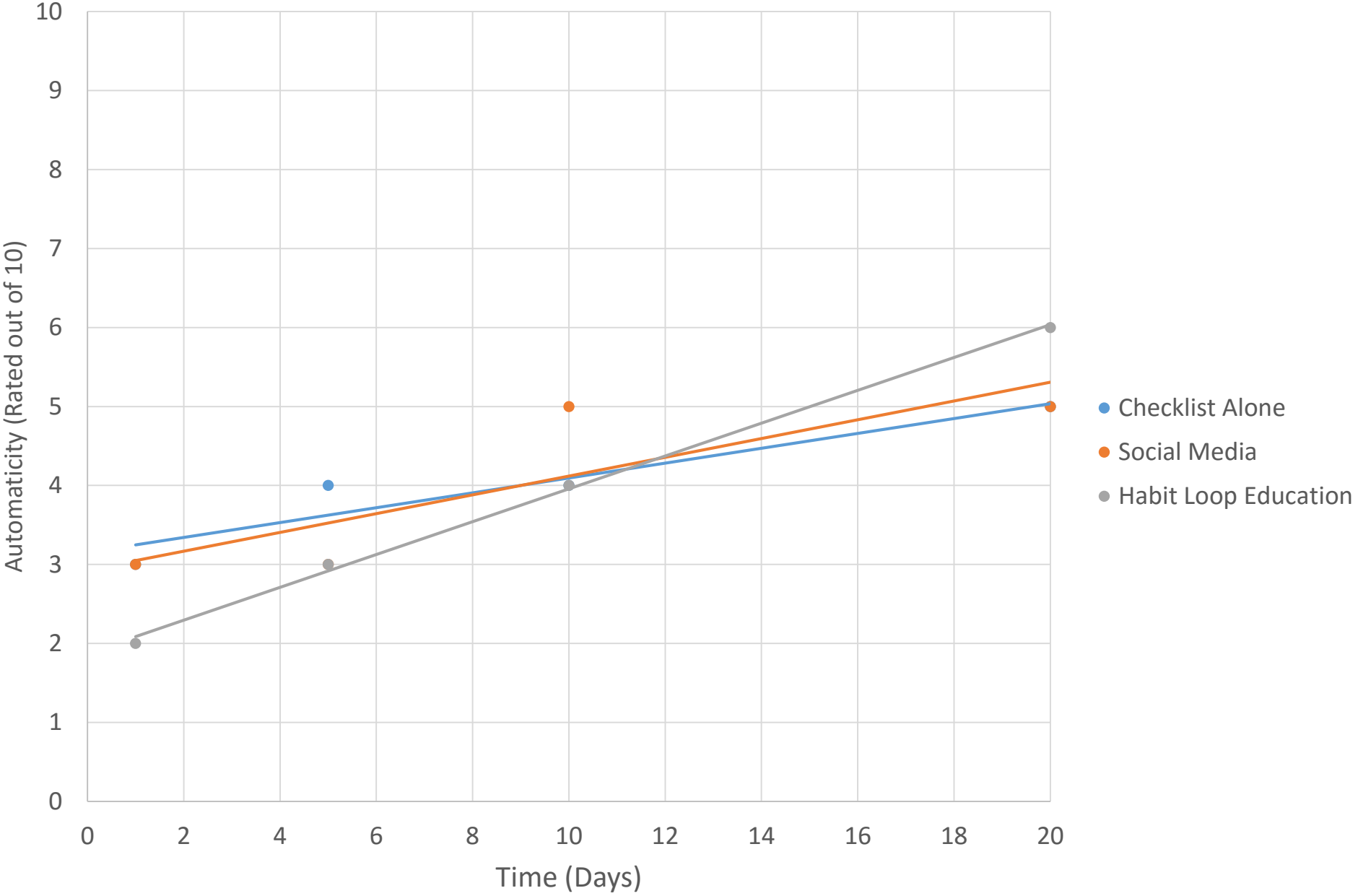
- Android Studio will be used to write the app
- GitHub will track every iteration of the app
- Beta testers will be found online anonymously
- The app will be given to testers through the Google Play Store's beta testing program
- Testers will each be given different versions, some with:
 - Checklist alone
 - Social media integration
 - Guidance on habit loops
- Google Analytics will be used to report anonymous usage and habit progression data



Habit Completion



Habit Automaticity



Results

Design Criteria

- Checklist
- Notifications
- Facebook Accountability Partners
- Habit Psychology Instruction
- Ease of Use
- Polished design

Screenshot of check list activity

Screenshot of activity for registering new habits

Future Extensions

- Google fit integration
- Data on cloud
- Cross-platform
- Template for commonly created habits