



Ember Project Proposal

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Advanced Mobile Application Development

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SUMMARY

Inspiration & Goals

As my father has been addicted to cigarettes the majority of his life between the ages of 18-55, I have seen him struggle through the ups and downs of trying to quit. According to the Centers for Disease Control and Prevention, "cigarette smoking is the leading cause of preventable disease and death in the United States, accounting for more than 480,000 deaths every year, or 1 of every 5 deaths." While there are a variety of social and economic factors that contribute to the number of people that turn to cigarettes, there are two main paths of direct preventative measure: education and tools for quitting. I want to build something that can help cigarette smokers feel more accomplished in their progress and visualize their goals and achievements. Those that have taken the steps toward quitting smoking, such as downloading an app, realize that it is unhealthy and need the motivation to continue persistent toward their goals. Although self-motivation comes from within, it can be discouraging not to see changes right away (as is true when trying to reach any goal). With an app, users can see their estimated health improvements, life regained, money saved, and cravings resisted.

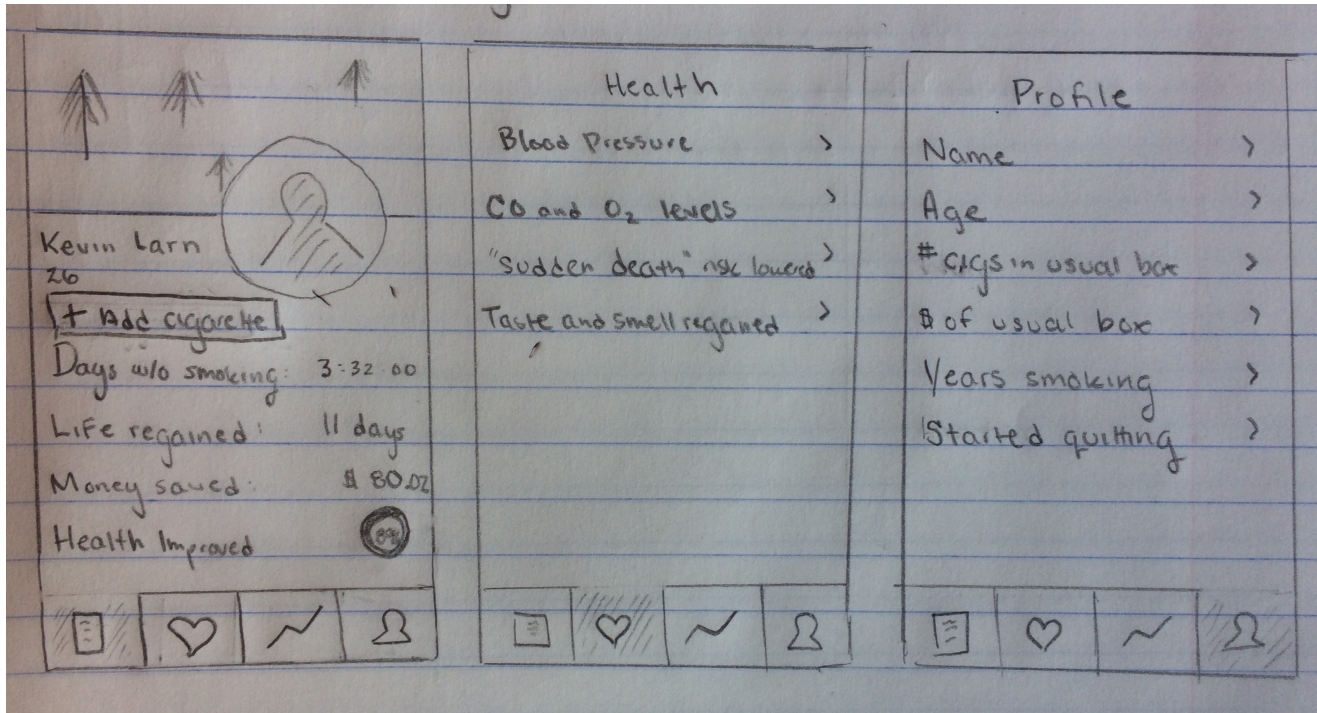
Description

Ember would provide evidence of progress toward users' goal to quit smoking cigarettes. It is not meant to make smokers feel bad about themselves, but rather encourage them to continue pursuing their goal by tracking the amount of time since your last cigarette, health improvements, life regained, money saved, and cravings resisted based on their day-to-day cigarette intake. Each day, users can track the number of cigarettes that they have smoked, changing the overall data revealed about their health improvements.

Intended Audience

Anyone addicted to smoking cigarettes that would like to quit.

VISUAL DESIGN



CONTENT & DATA

Cigarette Brands

This project could be done without using a cigarette brand API, however would become more accurate in its data if provided. Since we have not yet learned about APIs and Mobile Apps, I will not make this added feature a goal for the project, but rather a potential improvement.