**Comparison of traditional versus mobile app self-monitoring of physical activity and dietary intake among overweight adults participating in an mHealth weight loss program**

The two key components of behavioral weight loss program are Self-monitoring of physical activity (PA) and dietary intake.

According to [Gabrielle.M, Turner-McGrievy](javascript:;),  [Michael W Beets](javascript:;),  [Justin B Moore](javascript:;) ,  [Andrew T Kaczynski](javascript:;), [Daheia J Barr-Anderson](javascript:;),& [Deborah F Tate](javascript:;). ( 2013) , “Self-monitoring of PA, which includes recording frequency, intensity, time, and type of activity can add to participant burden. Self-monitoring of diet requires daily recording of each food consumed and its energy content. Often must use a book listing the caloric values of common foods to assess the caloric value of their daily diets and this can also be onerous for participants. Self-monitoring is important, however, as it is associated with improved weight loss.”

In this study, they used paper journal methods, with the progress of mobile technologies; they started studying on electronic devices for self- monitoring, for dietary intake, as recording methods on paper can be time consuming and boring to the participants, using mobile devices for self-monitoring is promising to make self-monitoring easier and provides a current self-monitoring. After assess, results has configured that it is better using PA as an app out of using app or not, and diets as an app out of using app, website or paper journal.

According [Gabrielle.M](javascript:;)( 2013) “This study discovered an important relationship between the diet and self-monitoring method of the PA but we will need to explore whether mobile surveillance methods give advantages over the Internet or paper journal methods. In addition, research is needed to explore ways to provide people with a self-monitoring method that works best for them. In general, this study refers to some of the advantages of self-monitoring methods for both the diet and the PA. However, adherence to any form of monitoring in this self-study was low, so future studies should examine ways to make self-monitoring technology more attractive or less burdensome to increase commitment. Ways are also needed to predict the self-monitoring method that best results in individual performance.”

This study supports our idea to do it as an application for diet and PA as the user prefer to use (Availability to the user اis demands).