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Built in react native and Adobe Spark

I Shouldn't

1 thing phones are known for? Distracting people from worries and keeping them entertained. So why not use this super ability of the device to keep users distracted from their daily temptations.

Anything which can't be measured, can't be controlled.

App will enable users to mention goals they want to avoid and record how they feel during the day, creating an emotional log.

Reward is the biggest motivation.

It's rewarding for users to see that they were able to control their temptations, which motivates them.
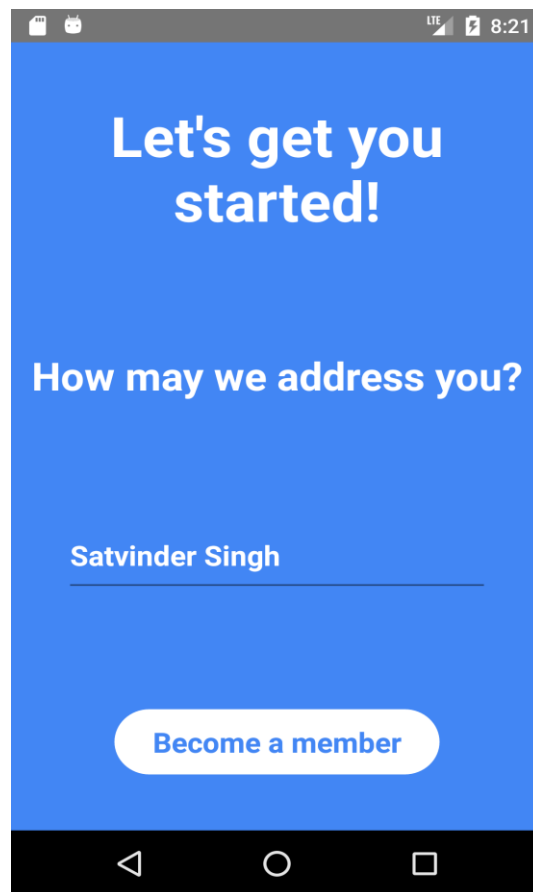
Screenshots:
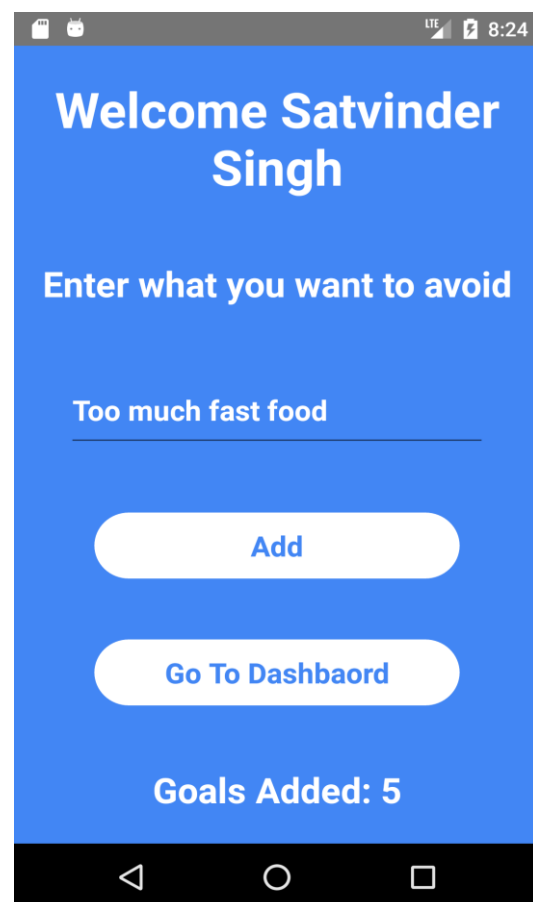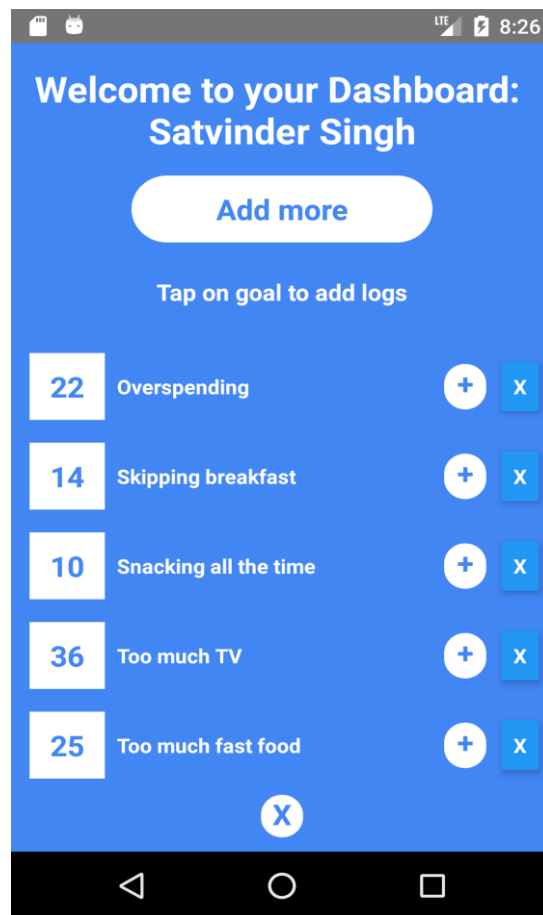

Fig: Welcome Screen

Fig: Account Setup
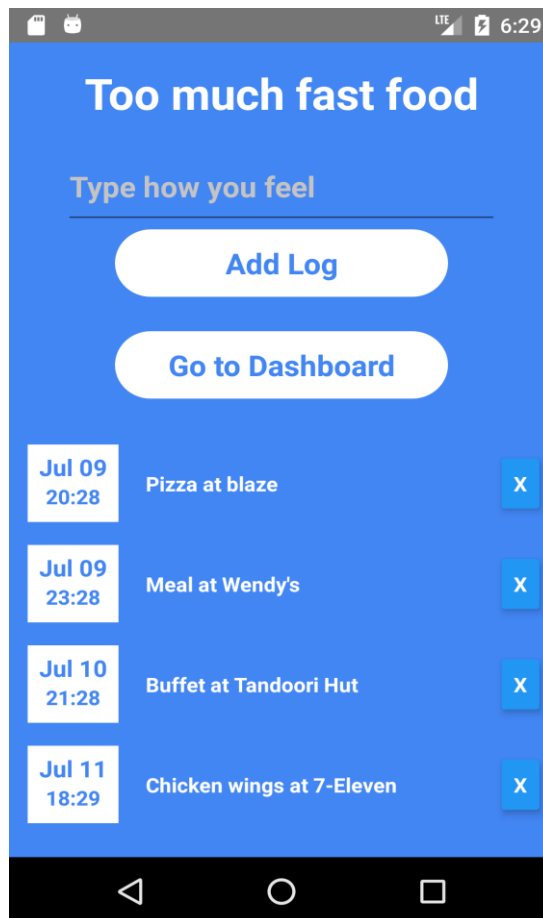

Fig: Adding Goals

Fig: Dashboard

Fig: Logs