Notes

The use of mobile applications for monitoring health and lifestyle information has been increasing with each year. These applications can act as a significant support in maintaining an individual’s healthy habits and raise awareness of their behavioral patterns and lifestyle choices. Mobile applications are being used for monitoring a growing number of lifestyle factors, such as grocery shopping, eating habits, physical activity, mental health, and sleep management. This increasing interest in lifestyle applications is due to a global awareness of health and wellness, as more and more data and statistics reveal high obesity rates, sedentary lifestyles, and how these issues can be prevented. \*pandemic?\*

There are multiple factors that make these applications so appealing to the average user, such as convenience, motivation, accountability, and a structured method for improving their habits.

Various studies show that mobile applications can be effective in supporting long-term health behavior changes. For instance, by using data from over 35,000 users of a commercial weight-loss application, a study published in JMIR mHealth and uHealth has discovered that regular use of features like meal logging and weigh-ins was highly associated with positive results [1].