

**SoberUp**

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**CS 461**

**Victor Ochia**

# Background



LICENSE:

MIT

CONTACT INFO:

Victor Ochia

[vicochia@pdx.edu](mailto:vicochia@pdx.edu) - (503) 922 9251

APP:

Github: <https://github.com/vmannn/SoberUp>

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# Background



SoberUp is a software created for struggling alcoholics that want to get clean

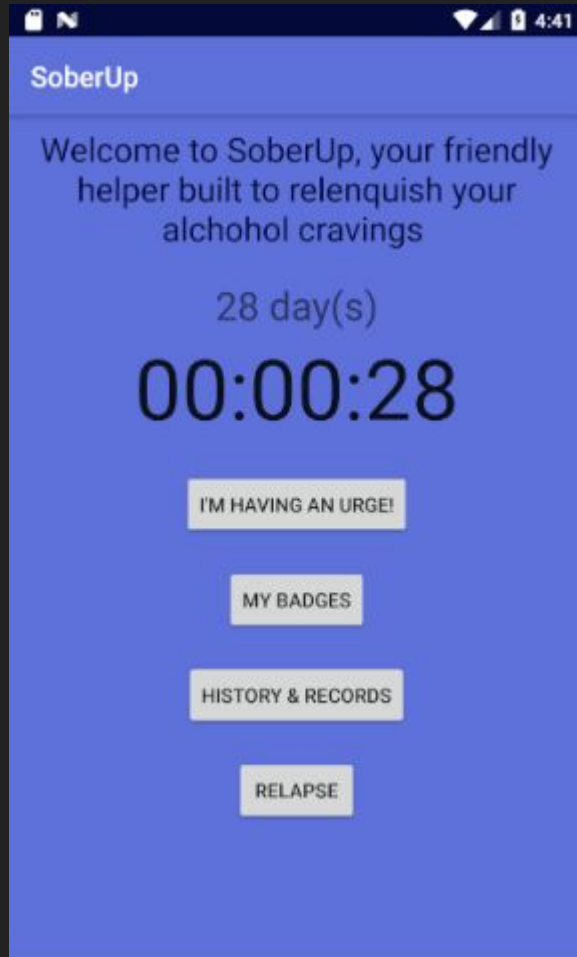
The app can be used for current or new alcoholics to help them achieve sobriety and track their progress

It is an app for those who are looking for a different alternative other than traditional methods

It can also be a preferred method for those who are not so “open” about their alcoholism



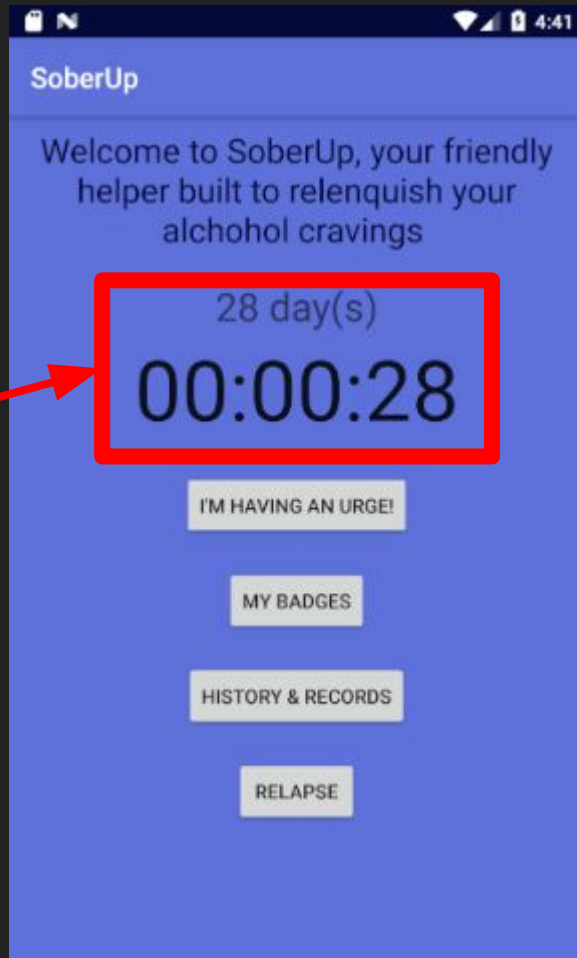
# SoberUp



# SoberUp

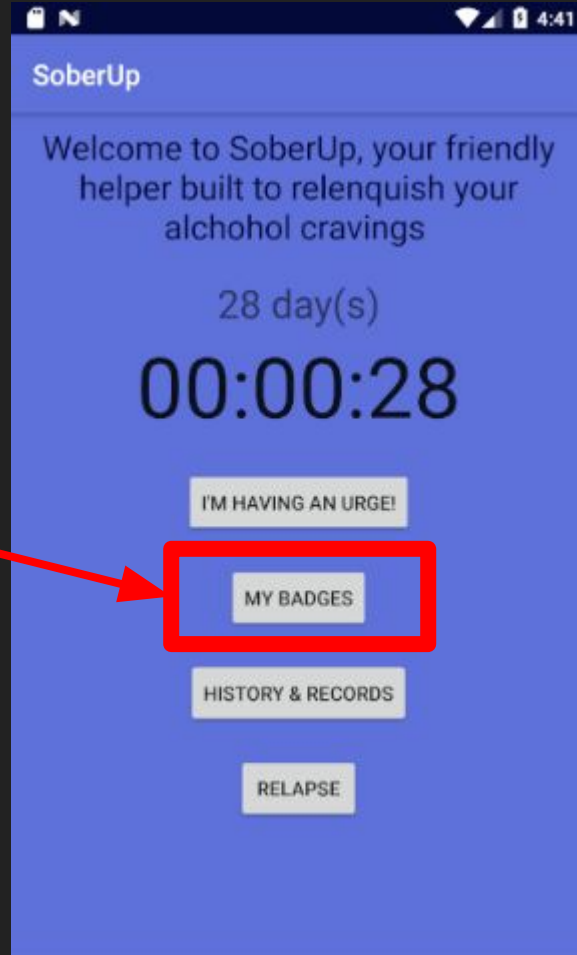
Time counter in  
hh:mm:ss format

Tracks day count of  
abstaining



# SoberUp

A reward system of badges helps users feel motivated to earn new badges.



# Badges



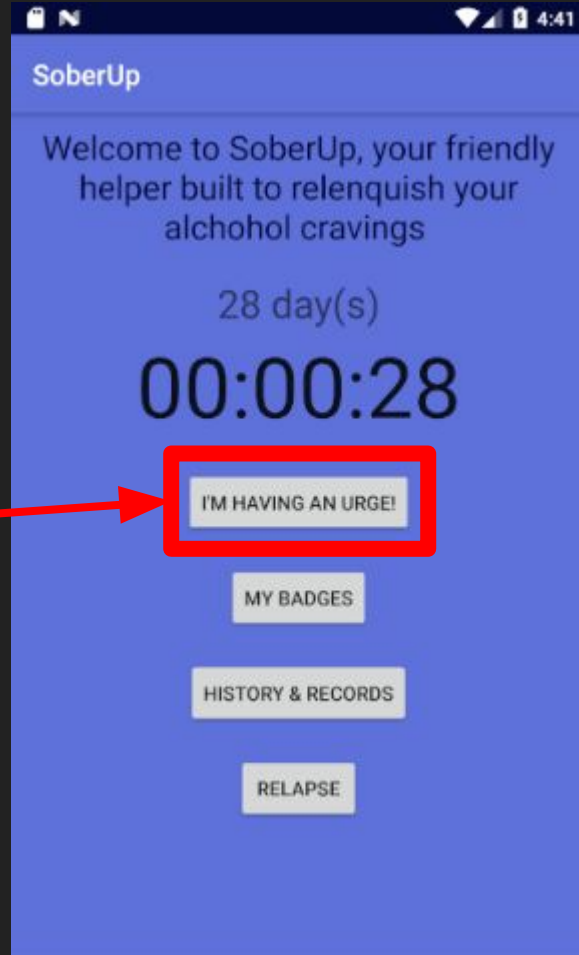
# Badges





# SoberUp

The urge button helps users block those urges. Motivational videos or quotes will come up when the button is used



# SoberUp

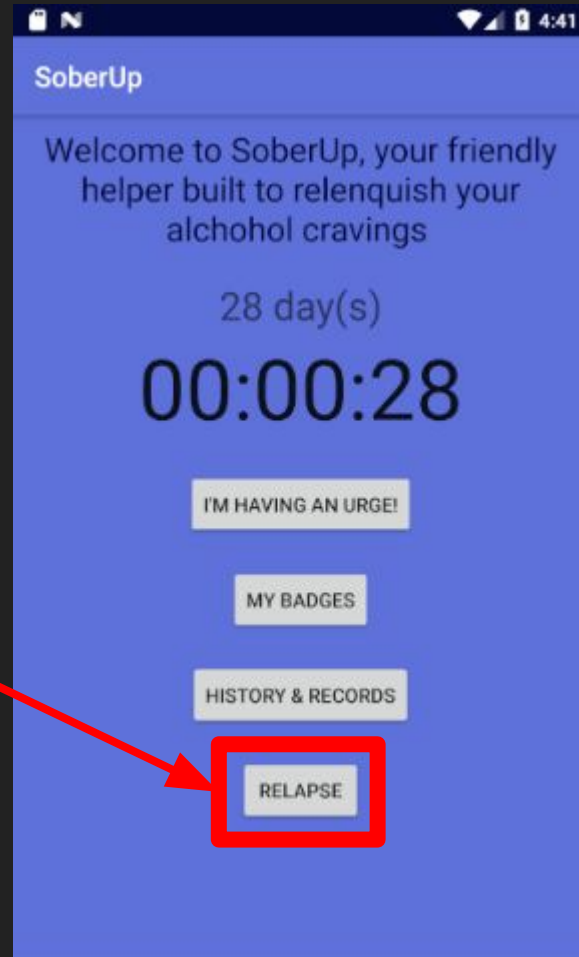
The urge button helps users block those urges. Motivational videos or quotes will come up when the button is used



# SoberUp

Time counter resets  
when "Relapse" button is  
used

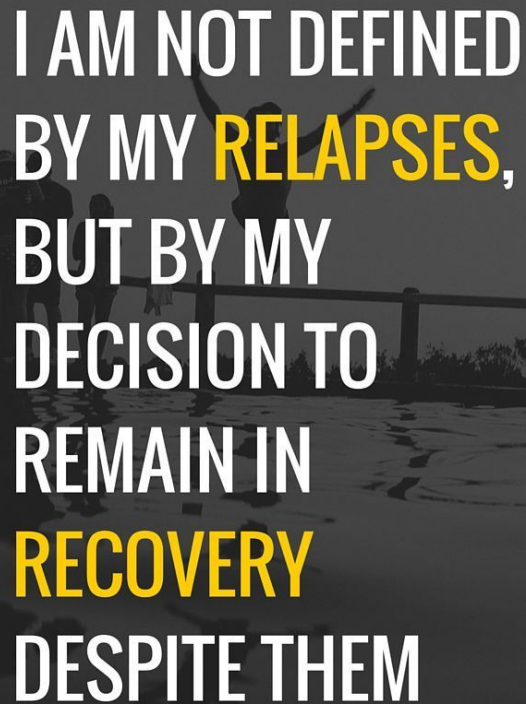
But shows a motivational  
quote to help users to  
continue and try again



# SoberUp

Time counter resets  
when “Relapse” button is  
used

But shows a motivational  
quote to help users to  
continue and try again



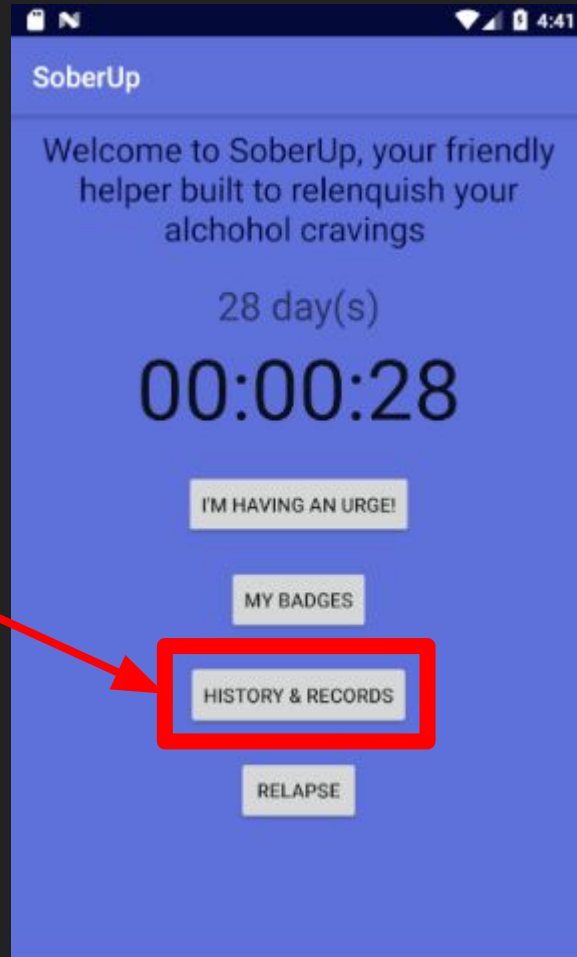
I AM NOT DEFINED  
BY MY **RELAPSES**,  
BUT BY MY  
DECISION TO  
REMAIN IN  
**RECOVERY**  
DESPITE THEM

RECOVERYEXPERTS.COM

# SoberUp

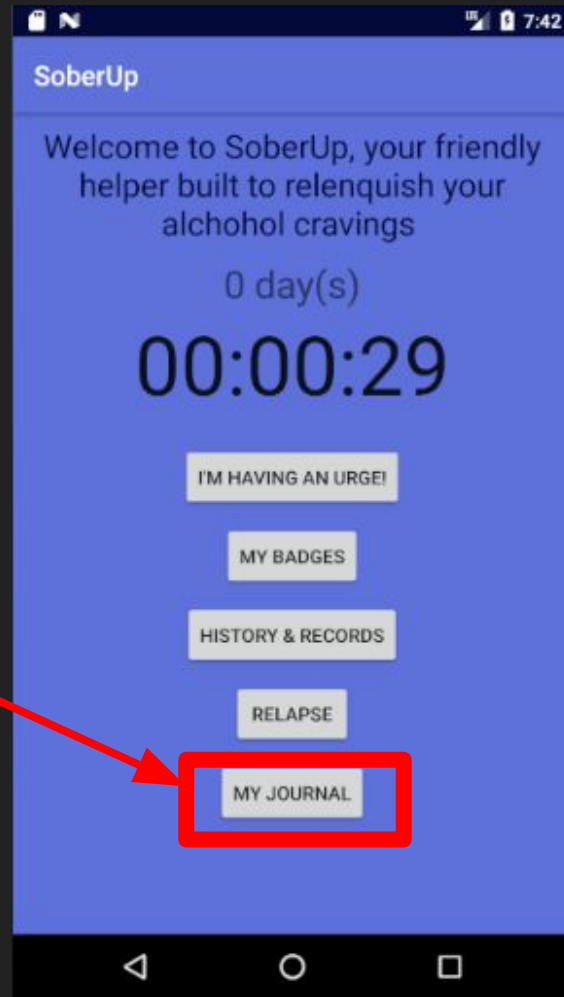
The "History & Records" button allows users to look at their progress while using the app

Records include: highest streaks, average of combined streaks, most recent streak, total streaks of time sober



# SoberUp

The My Journal button  
allows users to document  
their recovery!



# SoberUp

The My Journal button  
allows users to document  
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# Options



What alcoholics have now:

- Groups meeting (aa)
- Not doing it at all
- Documenting progress on paper
- Other Apps
  - Sparse reward functionality



# Process



What worked:

- Timer functionality to track progress
- Reward system
- Constant motivation even in event of failure
- Tracking history and past streaks
- Incremental development

# Process

What did not work:

- Time management
- Finding enough resources
- Finding open source additions
- Location API
- New to App development



# Improvement



## Future Implementations

- More Badges
- Day feature for veterans?
- Location API
- Forums
- Web Sponsors
- Alarm reminders for meetings
- Journal

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**Questions?**