



Get Better

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Abstract

We all aspire to build positive habits, whether at work, in our hobbies, or in our personal lives. The only way to build good habits is to follow the 90/21 rule which requires you to stick to a personal (habit) goal for 21 days in a row. Three weeks later. Once you establish this habit, you will continue to do that goal for another 90 days. If you can maintain that goal for three weeks and then ninety days, the new habit becomes a normal lifestyle. Hence, we thought to create a program that helps people quit bad habit. This program relies on the 21/90 rule. Its goal is to track the person's progress and ensure his commitment for 90 days by providing daily tips within the application and through alerts urging him to continue and a page that enables him to track his progress and notice the improvement gradually, The program is able to track the status of the user by submitting short questions at the end of the day to ensure its continuity

Aims and Objectives

- Spreading awareness and education about bad habits.
- Ensuring that the user does not return to the habits (left or past)
- Improving the user's life by urging him to acquire new skills that benefit him.
- Suggest well-thought-out plans and urge them to be followed by the user to quit a bad habit and acquire a useful one.
- Reconnect ideas with good and different behavior

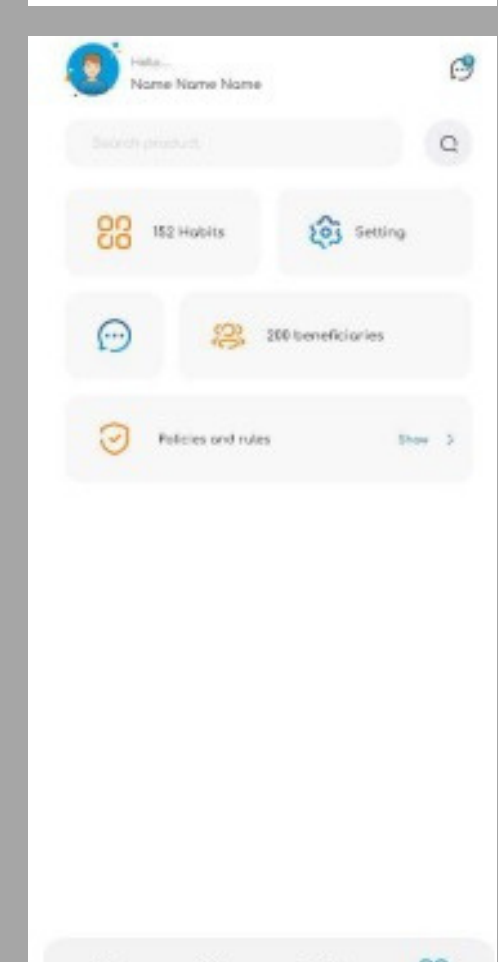
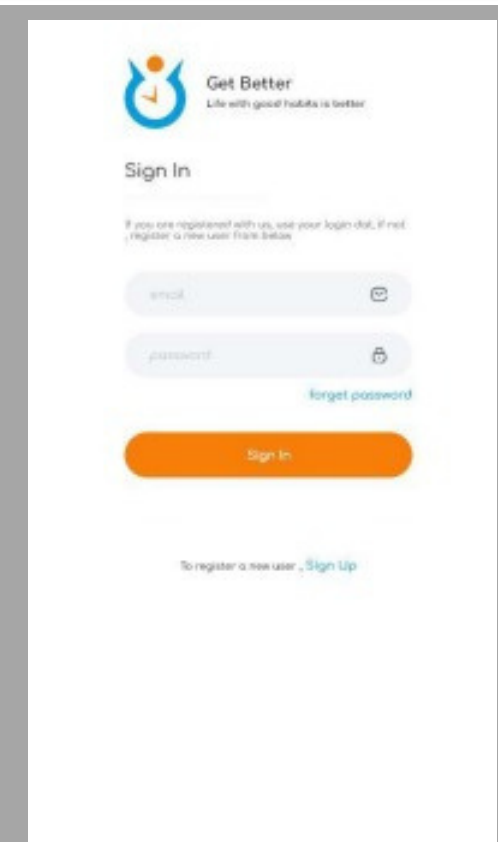
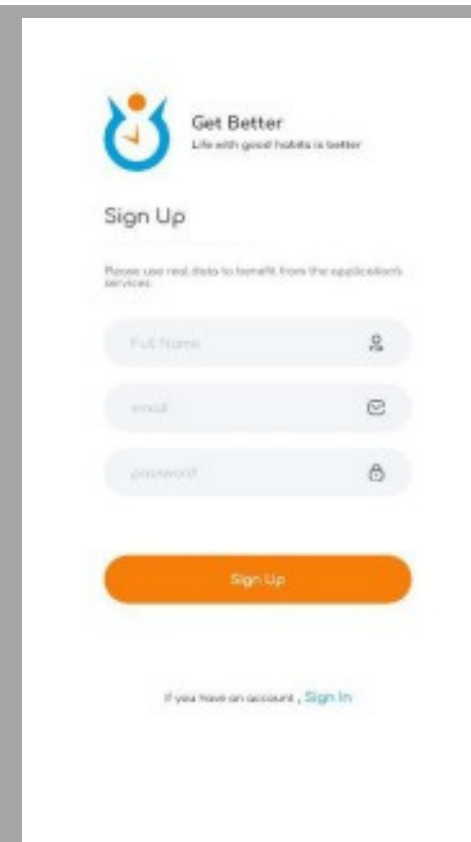
Purpose

- Notices of awareness and education about bad habits.
- Ensure that the user does not relapse into habits
- Improving the user's life by urging him to acquire new

TOOLS



APPLICATION INTERFACES



METHODOLOGY

We decided to implement our project using the waterfall model, shown in Figure, as it has some benefits as follows:

- Waterfall focuses most on a clear, defined set of steps.
- The waterfall is committing to an end product, goal, or deliverable at the beginning, and teams should avoid deviating from that commitment.
- The methodology emphasizes a clean transfer of information at each step.



CONCLUSION AND FUTURE WORK

We provide an excellent solution to get rid of bad or unwanted habits and acquire useful habits for a healthy lifestyle. Get Better is an application relies on the 21/90 rule which aims to help you quit unwanted habits and replace them with healthy habits by following your progress and motivating you to continue until you achieve your goal

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