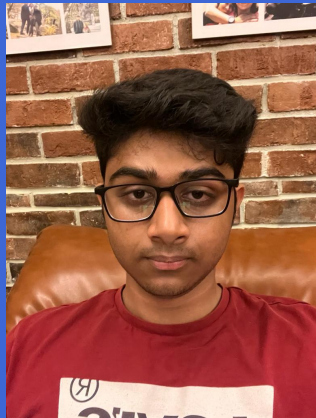


# ADDIQUIT

Aditya Sundar, Jayant Nagpal, Krishn Gupta and Vivin Anand.



**SUMMER APPATHON**

# OVERVIEW

- **App Name:** AddiQuit
- **App Description:** A de-addiction goal tracker for users with any sort of addiction. The goals are created based on a prompt template and are unique for every addiction, no matter how bizarre it may sound, since it makes use of Chat GPT to generate content.
- **Track:** Youth Team
- **Category:** Mental Health and Wellbeing



# THEME

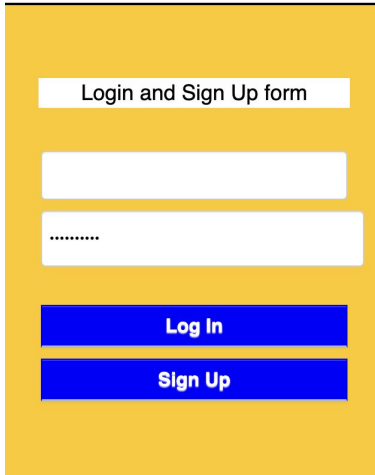
**In 100 words or less, describe the problem that you chose to address, and why you were interested in solving it. Please note that this portion of your submission will be published if you are selected as a finalist or winner.**

We chose to tackle the pervasive issue of addiction that grips individuals physically or mentally dependent on substances or behaviours. Inspired by the struggles of our loved ones and those around us, we decided to confront this problem head-on. Witnessing the pain of addiction, we aimed to instil hope and let them know they are not alone in their battle for de-addiction. By connecting people to the path of recovery, we aspire to gamify sobriety to make a positive difference in their lives, offering hope for a brighter, addiction-free future.



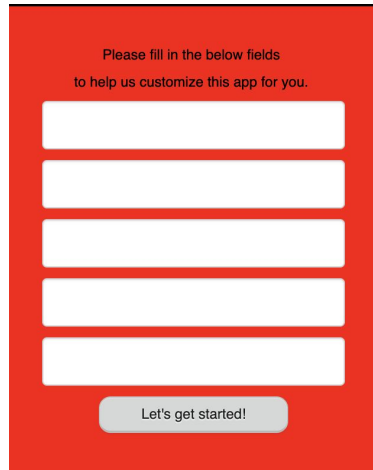
# INSTRUCTIONS

Please provide step-by-step instructions for using your app, along with high-quality screenshots of the app. Feel free to add as many slides as needed.



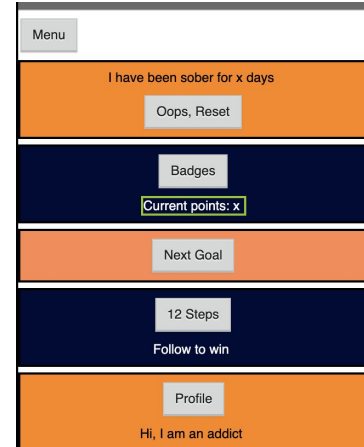
A yellow rectangular screen with a white header bar containing the text "Login and Sign Up form". Below the header are two white input fields: the first is for a username and the second is for a password, indicated by a series of dots. At the bottom of the screen are two blue buttons with white text: "Log In" and "Sign Up".

Step 1: Make an account by entering your username and a desired password.



A red rectangular screen with white text at the top: "Please fill in the below fields to help us customize this app for you." Below this text are five white input fields stacked vertically. At the bottom center is a white button with a grey border and the text "Let's get started!".

Step 2: Create your profile, by entering details about yourself and the addiction you wish to combat.

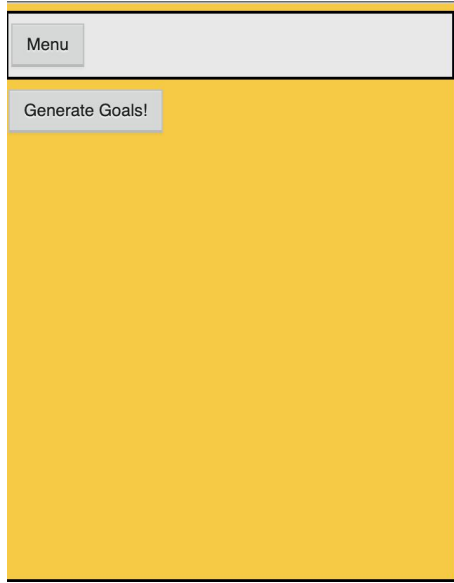


A vertical stack of colored rectangular sections. At the top is a grey "Menu" button. The first section is orange and contains the text "I have been sober for x days" and a grey button labeled "Oops, Reset". The second section is dark blue and contains a grey "Badges" button and a yellow box with the text "Current points: x". The third section is orange and contains a grey "Next Goal" button. The fourth section is dark blue and contains a grey "12 Steps" button and the text "Follow to win". The final section is orange and contains a grey "Profile" button and the text "Hi, I am an addict".

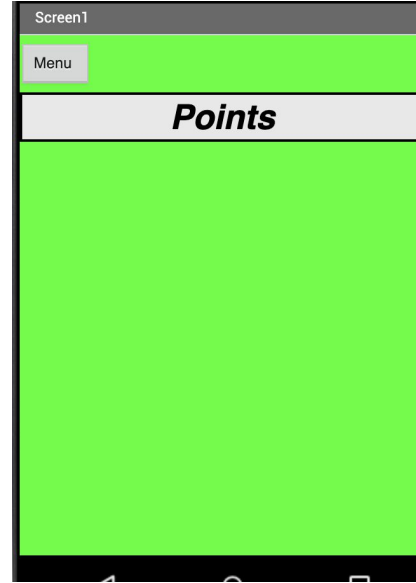
Step 3: Visit the home page and go through your details



# INSTRUCTIONS



Step 5: The most important part of the app - the goal tracker. Open the goals screen to view your goals for the week. These goals are personally curated for you, based solely on your profile details



Step 6: Visit the rewards screen to view how many points you have won in your time of sobriety.



# LIMITATIONS

**In 100 words or less, describe the limitations of your app and what people should carefully consider when using it.**

- Our app is highly based on the experimental Chat GPT module on MIT App Inventor which, we have noticed, tends to give completely different and unexpected responses a lot of the time. Since we expect certain punctuation separators between weeks and months, the goal retrieval may not even work out in the end if the ChatBot feature doesn't return a valid and expected response.
- While goals have been incentivized, the app cannot hold users accountable for not achieving them in time.



# ACKNOWLEDGEMENTS

**Please list the names of anyone who helped you with developing your app, and describe what type of help they provided.**

- Om Mehta: (Was our first third party user, he gave us feedback which helped us improve the app)
- Chetnya Dhawan: (Features in our project video as one of the addicts, to help us present the app)





# APPENDIX

If you have any supplementary information you wish to include, feel free to add it to the Appendix. **This section is entirely optional.**

It is recommended to add materials to the Appendix if you submitted a hardware project (e.g. with schematics, flow diagrams) or if your project included significant programming components outside of the MIT App Inventor platform.

Please be aware that judges reserve the right to exercise their discretion in reviewing materials within the Appendix, and they may not review its entirety if they consider it excessively lengthy.