



**Quit
Smoking**

Background/ Problem Statement

Nine out of ten lung cancer deaths are attributable to smoking. Annually, lung cancer claims the lives of more women than breast cancer. Eight out of ten deaths from the chronic obstructive pulmonary disease are attributable to smoking. Smoking cigarettes raises a person's risk of dying from any cause in both men and women.

Aim

The main goal of this project is to let the human race stop smoking and spread awareness in society with the help of mobile applications as nowadays, everyone has a smartphone. It is a small step to do some social work.

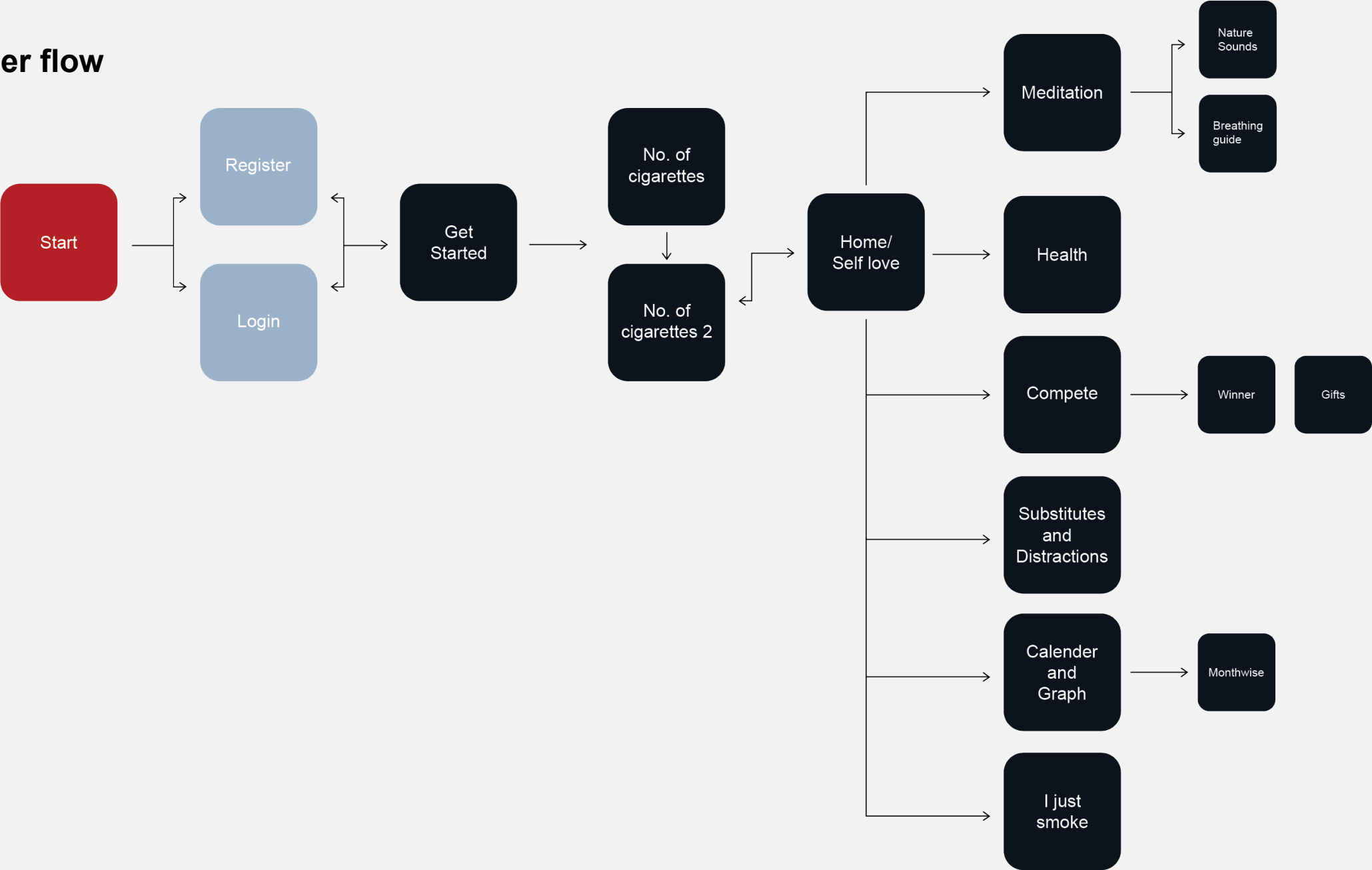
Working on the Project

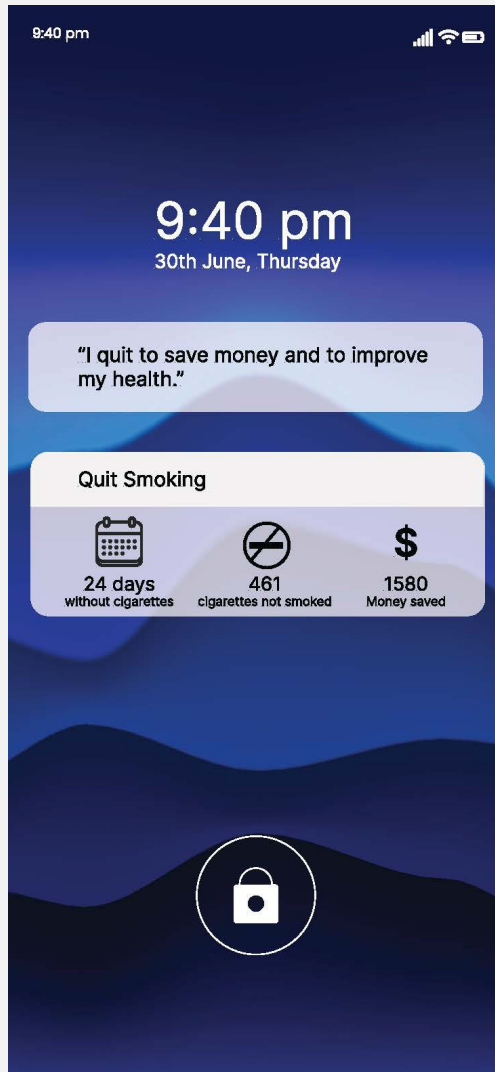
This mobile application is intended for people who want to quit smoking. Additionally, this application to quit smoking has a three-month, or 90-day, duration. After quitting smoking, they can use this app to track the changes in their body over the course of a day, a week, a month, or even a year. how many of them will be able to regain their hearts, minds, and lungs' health.

The user can see how much money they were able to save by not purchasing cigarettes during this time. See how much money they saved by quitting smoking by watching their pockets fill up. Additionally, the top of the list or winner will receive some sort of reward at the conclusion or end of the target period. It also contains some recommendations for users, including information on why quitting is difficult, the benefits of stopping, and other helpful articles.

Moreover, The guided breathing and meditation section, where users choose a meditation song and begin to breathe in accordance with the circles that the app displays for inhaling and exhaling, is the one feature that can be particularly helpful for users.

User flow

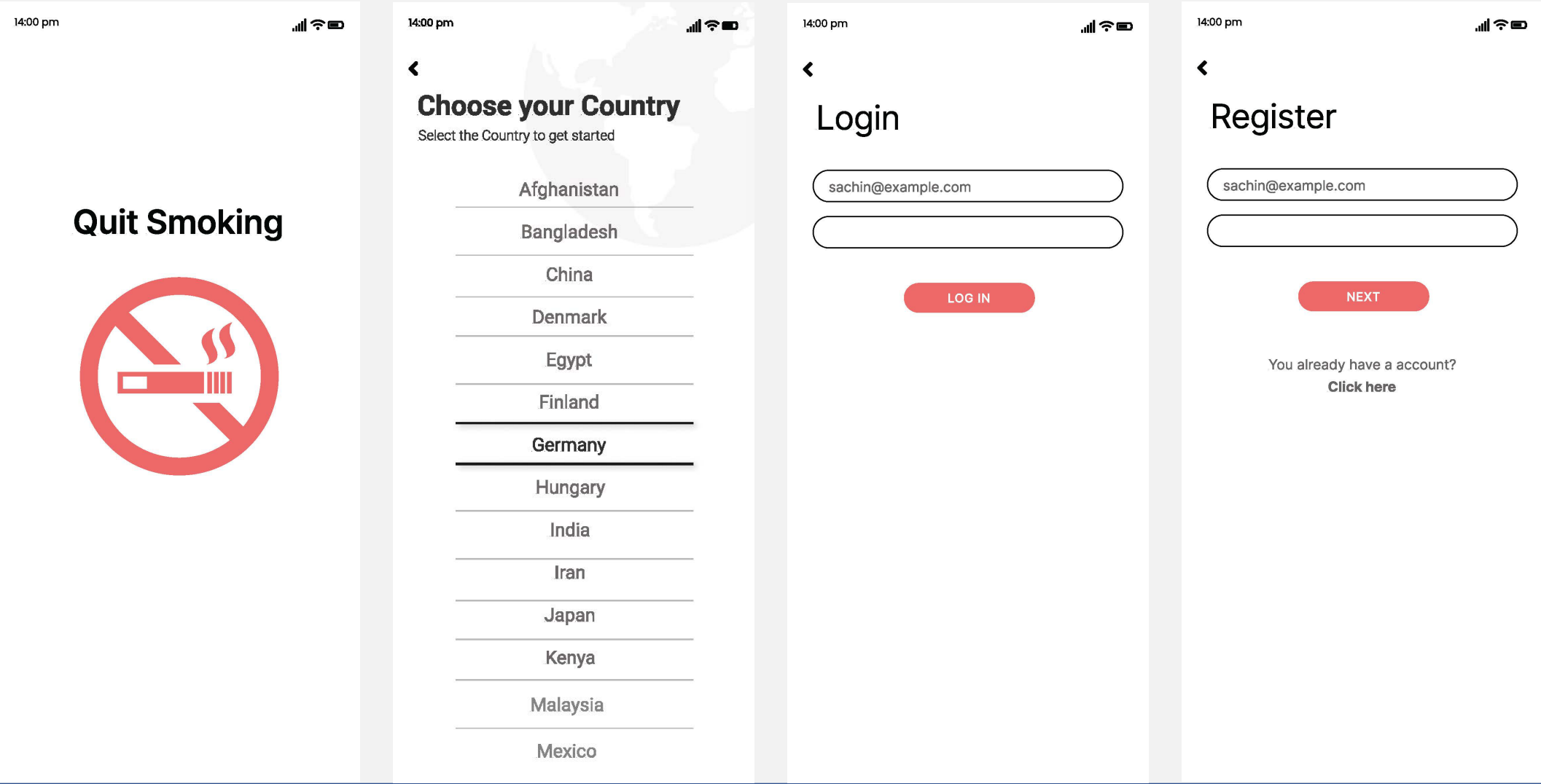




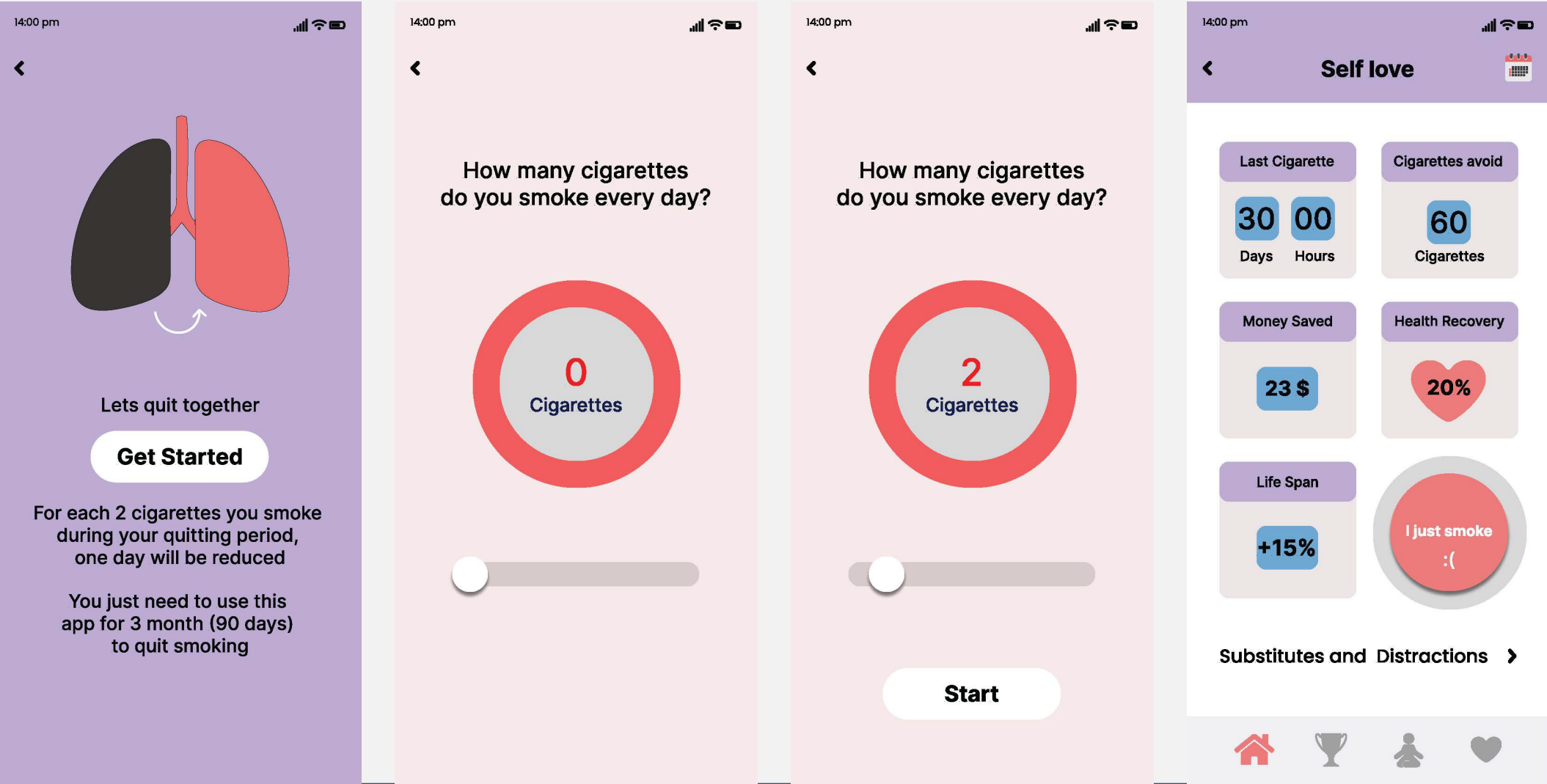
This is a mobile device lock screen where we may see notifications such as days spent, cigarettes avoided, and money saved.

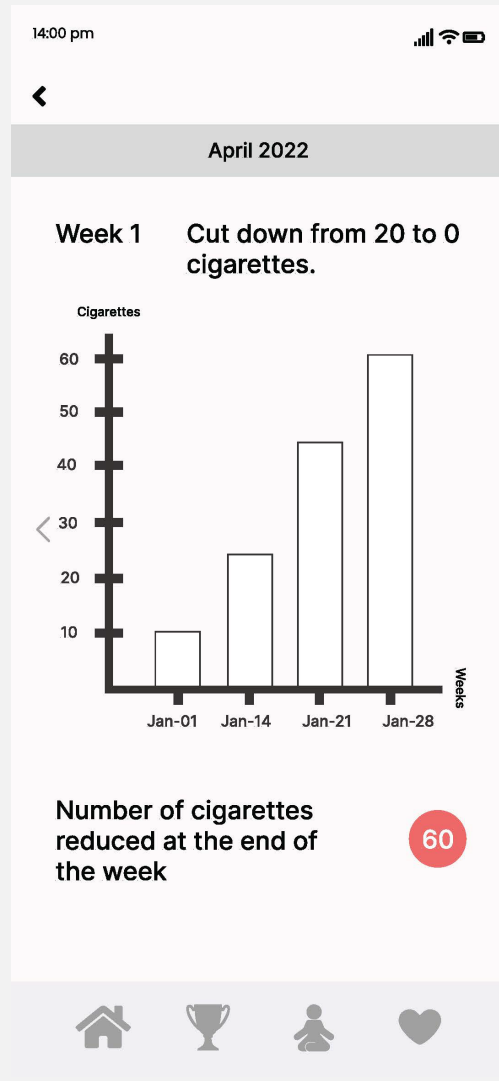
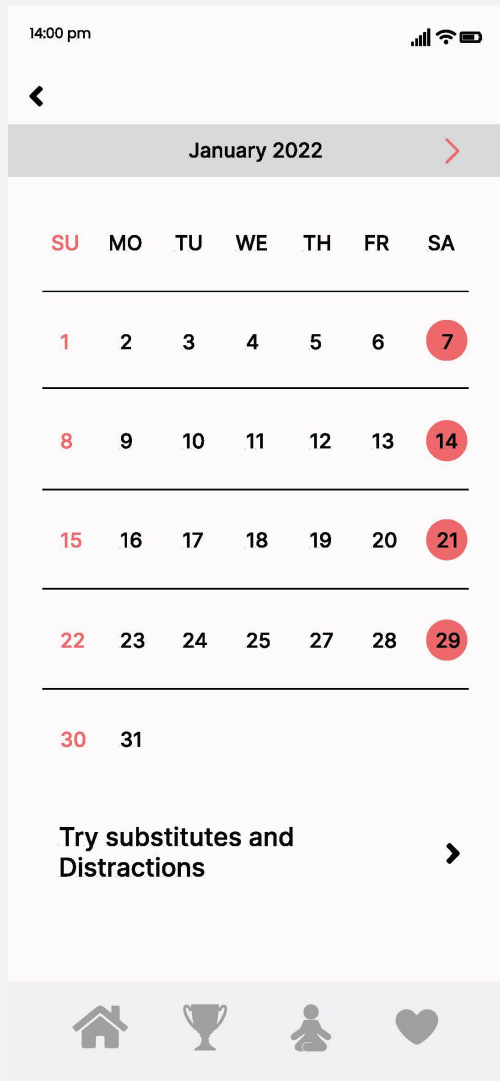
We no longer have enough time to view and examine the mobile application because we are too busy with our daily activities. I therefore considered sending out a notification so that we could simply check it and find some inspiration to stop smoking.

Here is the Quit Smoking welcome page, and the following pages are for logging in and registering. Before we can use the user's data for further processing and evaluation, we must first register the user by asking for their name, age, sex, and date of birth.



Once you get started, it will ask you the number of cigarettes you smoke every day. Then, it will take you to the home page. In home page you can see menus at the footer, calender, days, hours, number of cigarettes smoked, money saved, health recovery, life span and if you smoke, what will happen and all. Besides, you can see substitutes and distractions.



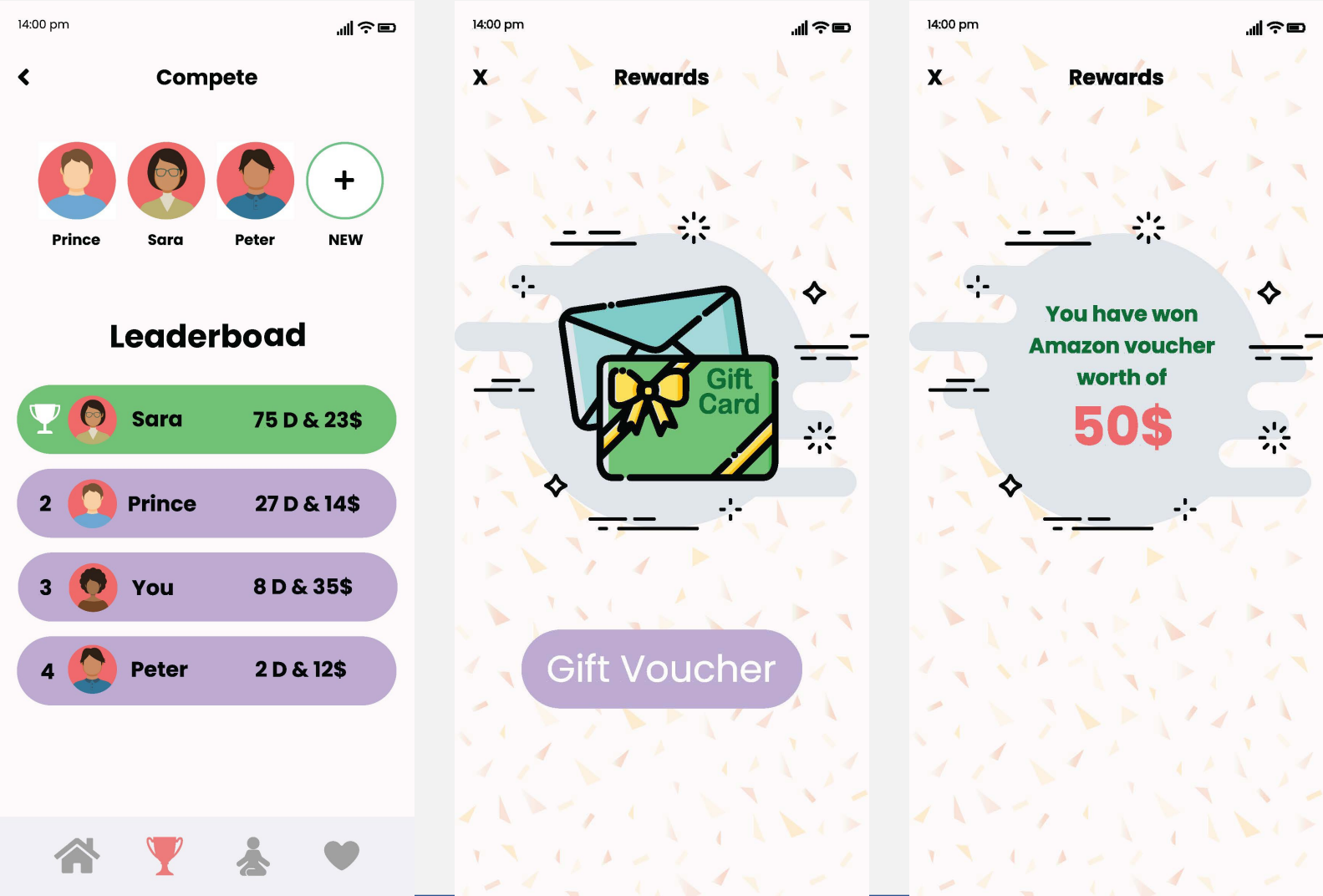


This slide contains a graph or chart that displays the number of cigarettes you gave up in three months or ninety days.

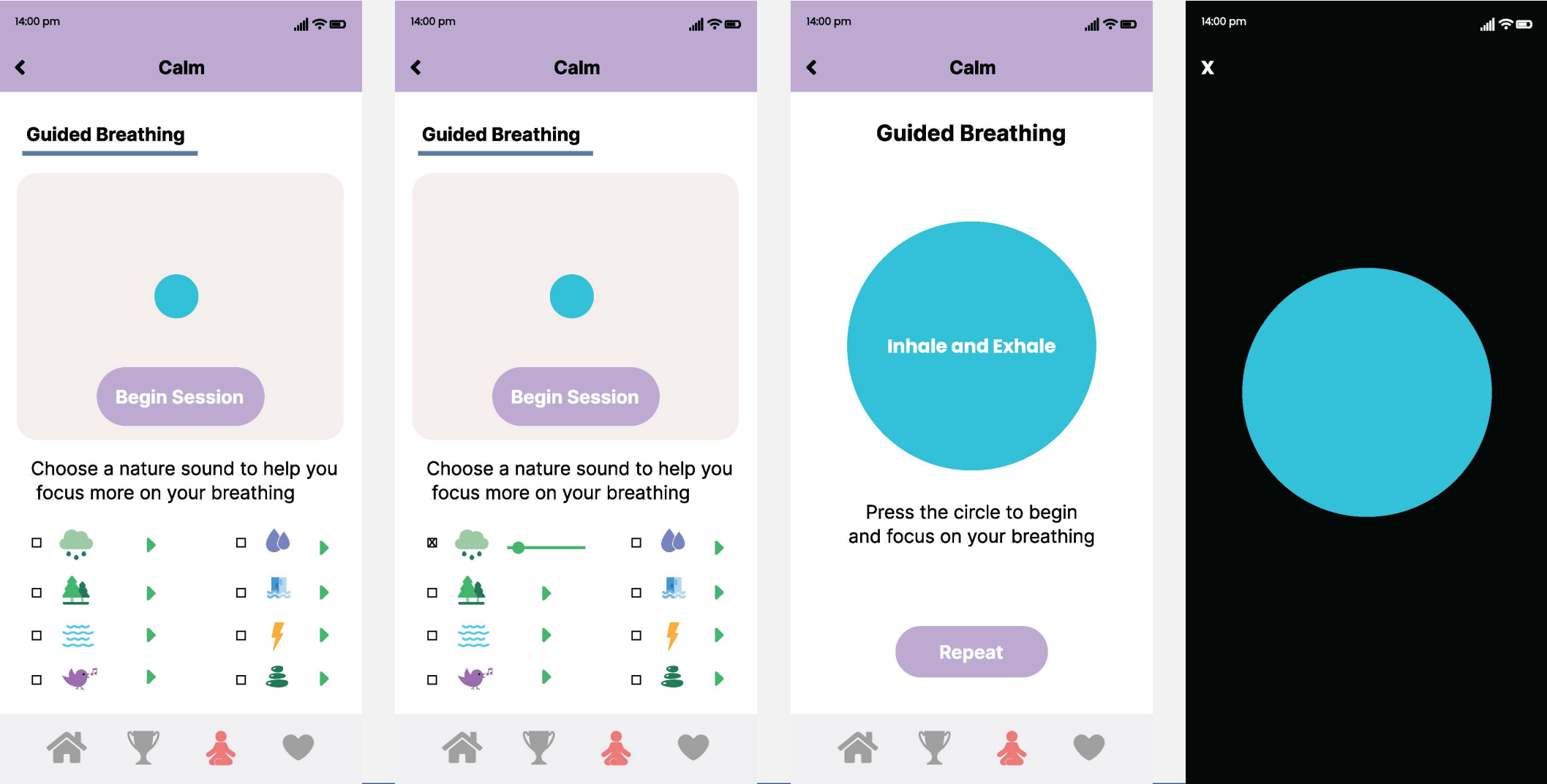
You can check the graph or chart at the end of each week to see how many smokes you've quit or avoided in a month. For instance, you departed the first week about 10; the following weeks, 25, 45, and 60.

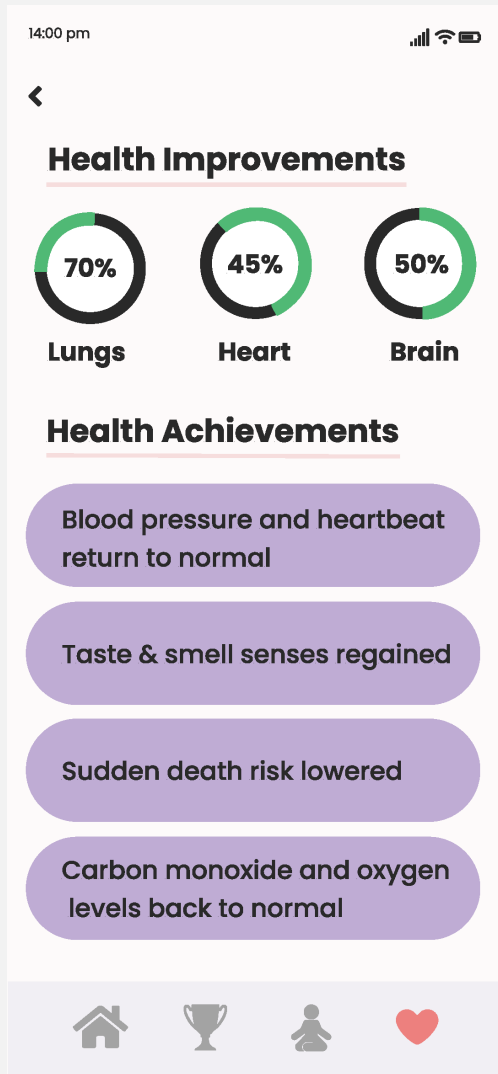
Thus, every end of the week in a month you can check your progress and follow accordingly.

In this section, you can see the leaderboard, where you can see the first four leaders, and after completing 90 days leader of the board will get some kind of a gift voucher.



You can choose Start Session in this part, choose your favorite sound from the list, and start. Upon starting, a black screen with a circle will appear. In order to relax and feel better, you must breathe in and out while doing this. I think It is a good exercise to quit smoking.





The section on health improvements follows, where you can examine how your heart, lungs, and brain are doing. Additionally, the heartbeat and blood pressure return to normal, test and smell senses are returned, and the risk of sudden death is decreased.

In addition, it will show you additional alternatives to quitting smoking if you choose diversions and substitutes. As an illustration, you could chew gum, nibble on carrots or almonds, drink water, eat snacks or fruits, phone friends or family members as a diversion, walk or exercise, listen to music, and watch movies, etc.