ECE Capstone program
Spring 2020
Project Abstract & Info

Please provide the following information to be shared with on capstone information exchange platform:

1. **Project number**: S20-66

2. **Project title (as will appear on the poster)**: Siyam – The Group Dieting App

3. **Team members**:
   - Wahhaj Zahedi (POC)
   - Salman Hashmi
   - Nada Ali
   - Omar Atieh
   - Shazim Chaudhary

4. **Adviser(s) name(s)**: Dr. Wade Trappe

5. **Up to 5 keywords that will help to classify the project scope**:
   - Health
   - Social
   - Mobile Application

6. **Project abstract (up to 250 words) to be shared with judges**:
   (General guidelines: The abstract should include: (a) A background review of the state of the art in the relevant field; (b) The problem addressed in the project; (c) Objective of the proposed projects; and (d) The adopted approach)

Currently as of 2020, there are hundreds of dieting applications on the market that all aim to help users control their diet by keeping track of what they eat. The top few market leaders incorporate a “social” aspect of being able to share what you eat and if you have reached your personal goals. The key that is missing from all the hundreds of mobile apps on the market, including the top market leaders, is the aspect of accountability. It is our hypothesis that if people are held accountable in a social setting for what they consume, then they are more likely to keep consistent throughout their personal dieting journeys. This is the problem with all those attempts at helping users keep a good diet. Alongside this, we believe that rewarding consistency and incentivizing users to continue their good dieting habits will play a huge part in transforming the current landscape of dieting apps. Our approach will be to allow users to create and join groups with whom they choose and meet a group streak depending on whether or not everyone in a group has met their goal for that day. Each personal goal is the typical goal you would see in any other app in terms of calories and micronutrition’s. The core of our approach with group streaks and incentives is an innovative take on the dieting world, that we think will improve three aspects of dieting: consistency, motivation, and accountability.