

Grit: The Intelligent Mental Coach to Improve the Mental Health of Athletes

GRADUATION
PROJECT
SHOWCASE 11
2025-2026

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Introduction

Athletic performance depends not only on physical ability but also on mental strength, focus, and emotional control, yet mental training is often overlooked, and support is limited. Grit is the first Arabic AI-driven digital mental coaching platform that integrates sports psychology to build athletes' mental resilience. It provides personalized assessments, customized training plans, interactive exercises, and real-time support through a Smart Mental Coach, while enabling coaches and sport organizations to monitor performance and manage athletes through a unified, data-driven system.

Gap Analysis



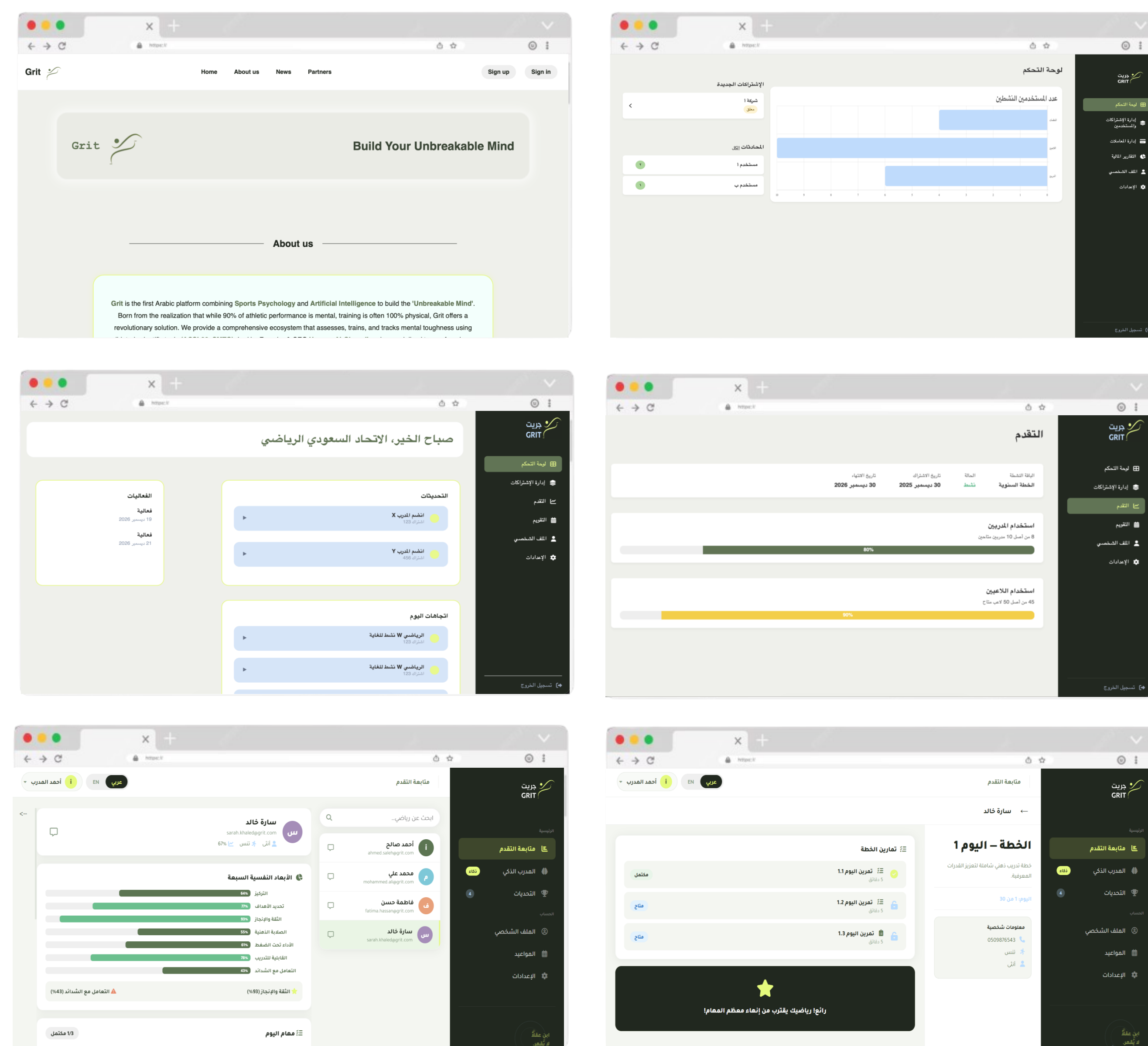
Targeted Users



Application

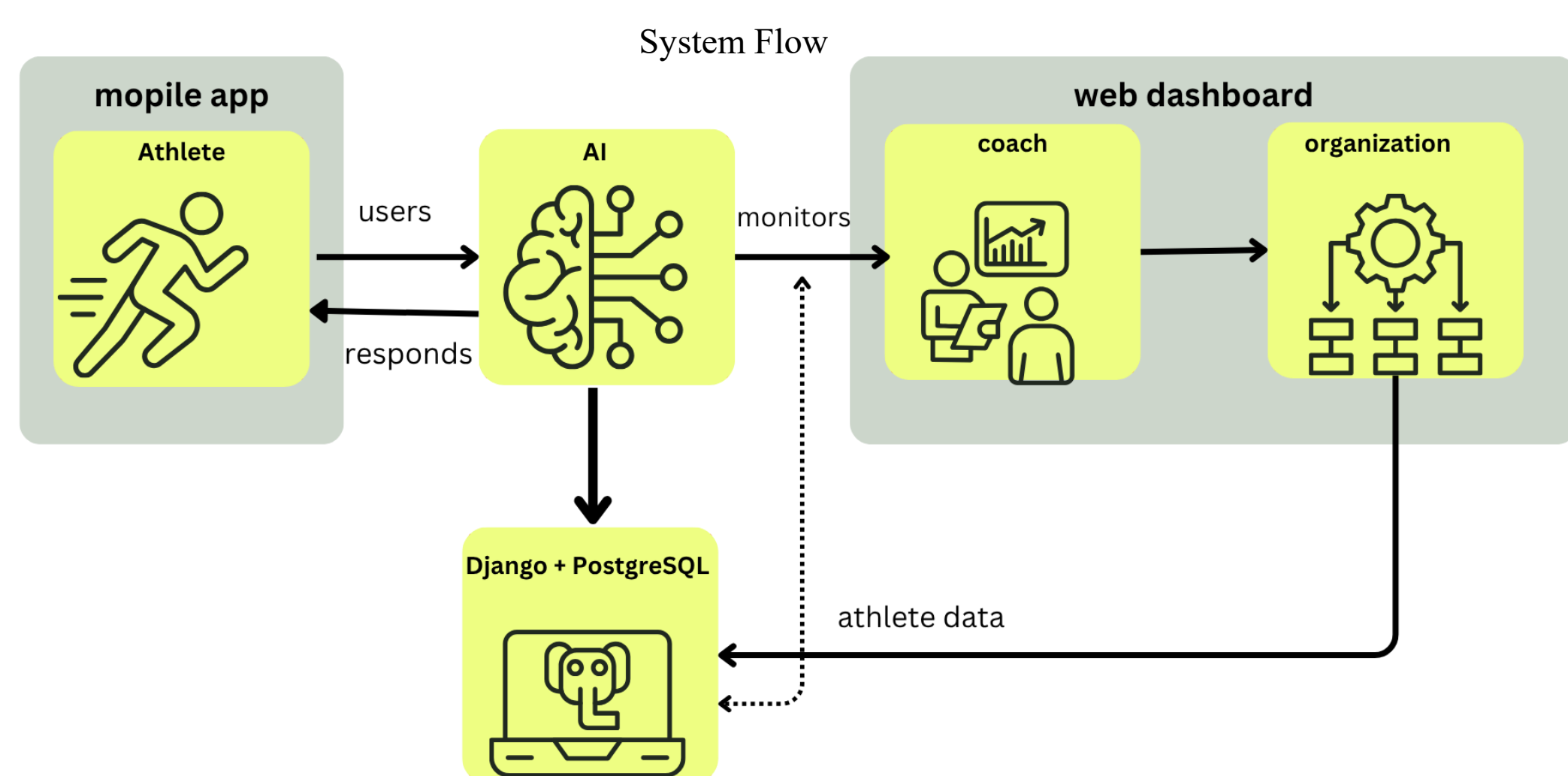


Website



Proposed Solution

GRIT is a mental performance platform that bridges the gap between athletes and sports psychologists. Athletes complete a psychological assessment across 7 dimensions. Based on the results, the system assigns a personalized training plan and connects them with an AI coach, which analyzes their data and provides tailored recommendations. Coaches monitor athlete progress through a web dashboard, while organizations manage their coaching staff, all backed by a Django REST API and PostgreSQL database.

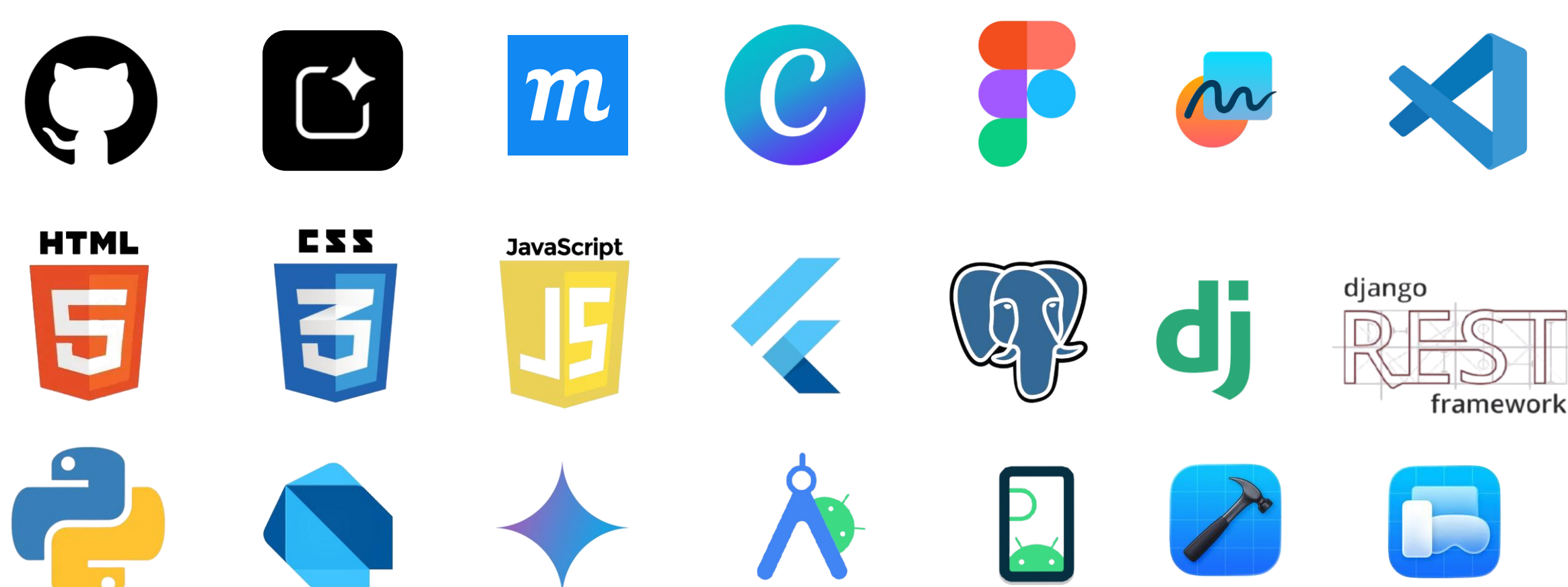


Results

The expected outcomes include:

- Improves focus, confidence, and emotional control while reducing stress and anxiety.
- Provides personalized, data-driven plans with continuous assessment and progress tracking.
- Enhances communication and insight sharing between athletes and coaches for better decisions.
- Delivers 24/7 AI support that is accessible and scalable for individuals and organizations.
- Increases psychological readiness, leading to better performance in training and competitions.

Tools



Conclusion & Future work

GRIT effectively addresses key gaps in athlete mental performance by combining AI-driven coaching with continuous assessment and real-time feedback. The platform provides a unified, data-driven environment that supports athletes in improving focus, resilience, and overall performance, while enabling more informed and efficient decision-making for coaches and organizations.

