Human-Computer Interaction (ICT 4049)

FISAC

Title of the Application: Water Reminder App

Sustainable Development Goal: SDG 6

SDG Addressed: Clean Water and Sanitation

Sub SDG: Promote Daily Hydration for Health and Well-being

Type of App: Android app Create Using Kotlin, Xml & Android studio

Team No: 10

Branch & Section: CCE-A

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Vaishnavi (200953025)

Adithya Rao Kalathur (200953015)

Brief Description of the app:

A water reminder app is a mobile application designed to help users establish and maintain healthy hydration habits by tracking and encouraging the consumption of an adequate amount of water daily. These apps offer a variety of features and functionalities to assist users in staying properly hydrated, which is essential for overall well-being and health.

One of the primary functions of a water reminder app is to allow users to set and customize their daily water intake goals. These goals can be personalized based on individual factors such as age, weight, activity level, and climate. Users can choose their preferred units of measurement, whether it's ounces, milliliters, or cups, to align with their preferences.

To ensure users meet their hydration goals, the app sends timely reminders and notifications throughout the day. Users can configure these reminders to suit their schedules and preferences. For example, they can set the frequency, timing, and type of reminders, such as gentle nudges or more urgent alerts.

As users consume water, they can easily log their intake in the app. The app keeps a record of the water consumed, helping users track their progress toward their daily hydration goal. Visual representations, such as charts, progress bars, or graphs, provide users with a clear overview of their daily water consumption patterns and help them gauge how close they are to reaching their goals.

In summary, a water reminder app is a comprehensive tool for promoting proper hydration, offering customization, education, gamification, integration with various devices, and community engagement. These features collectively aim to make the process of staying hydrated not only beneficial for health but also engaging and enjoyable for users.

Interface Design:

Ben Schneiderman's Golden Rule	Briefly describe the implementation. Reference on which screens it applies.
Strive for Consistency	The size of the text is same in all the pages and the text size and the contrast is same in all the pages.
Permit Easy Reversal of Actions	The users can give custom input if they are not satisfied with the set input values. They can also edit the weight, exercise duration and sleep duration whenever they want.
Offer Informative Feedback	Users have to turn on notification which will notify the user after a certain duration to drink water. Users can set a duration for the notification.
Design Dialogs to Yield Closure	When users select the amount of water they consumed and press enter a pop-up will show up at the bottom of the screen saying "your water intake was saved ..!!".
Offer Simple Error Handling	The app shows a pop-up notification saying please select an option when you try to press enter without selecting an option.
Enable Frequent Users to Use Shortcuts	Allow users to access all parts of the website with a minimum of clicks. The design is pretty simple and easy to use.
Reduce Short-Term Memory Load	Home page is very minimalistic and allows the user's attention to be focused on reaching the target water consumption goal.
Support Internal Locus of Control	Allows the user to turn on notifications or not, Water Reminder app lets us choose how much notification we want to see, by doing this, Water Reminder is giving freedom to the users and making them feel like they have control over what they will receive.

User Support for the app:

The implementation of user support in a water reminder app is crucial to ensure that users have a positive experience, stay engaged, and can effectively use the app to meet their hydration goals. Some of the user support that we implemented in our project are:

1.Personalized Recommendations: The app offers personalized hydration recommendations based on user input, such as age, gender, and activity level.

2.**Hydration Goal Setting:** Allow users to set their daily water intake goals based on factors like age, weight, and activity level.

3.Water Logging: Enable users to easily log their water consumption. Users can input the amount of water consumed, and the app tracks progress toward their daily goal.

4.Visual Progress Tracking: Provide visual representations of daily water consumption, such as charts or progress bars, so users can see how close they are to meeting their goals.

5.Hydration History: Maintain a history log of water intake to help users track their hydration patterns over time. This can help users identify trends and make adjustments.

6.Customizable Units: Allow users to choose between various units of measurement, such as ounces, milliliters, or cups, based on their preferences.

7.Educational Content: Provide informative articles, tips, and hydration facts to help users understand the importance of proper hydration and its health benefits.

8.Sync Across Devices: Enable users to sync their hydration data and settings across multiple devices, providing a seamless experience regardless of the device they use.

9.Multi-Platform Support: Develop the app for both iOS and Android platforms, ensuring that a broad range of users can access it.

10.User Support: Provide easy access to user support resources, including FAQs, a knowledge base, and a contact option for customer support.

Evaluation Process of the app:

To evaluate the app we created a Microsoft form, attached the link to the app and asked the users to answer questions based on their experience using the app. The users have to give a rating in the range of 1-5 based on their experience. We had a total of 14 responses. There were 5 questions in total and the questions that were asked for the evaluation are:
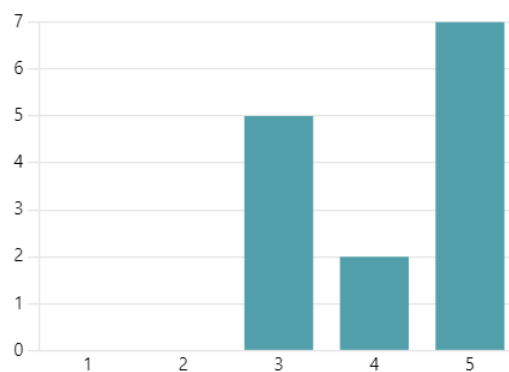
1. On a scale from 1 to 5, how well does "Water Reminder App" provide clear feedback on the status of your actions?

1. On a scale from 1 to 5, how well does "Water Reminder App" provide clear feedback on the status of your actions

More Details   Insights

4.14
Average Rating

Out of 14 responses 7 of them gave 5 rating, 2 gave 4 and 5 gave 3. So the average rating was 4.14. So based on the evaluation we can say that the app gave proper feedback on the status of the users action.
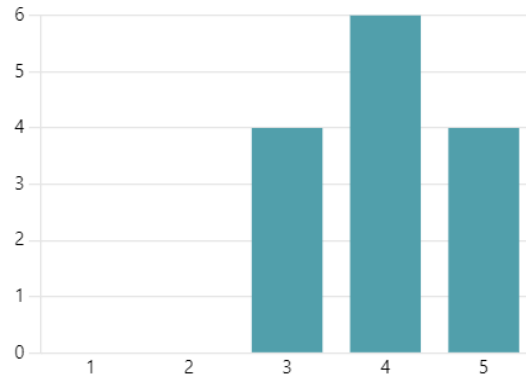
2. How intuitive is the language and terminology used in "Water Reminder App" on a scale of 1 to 5?

2. How intuitive is the language and terminology used in "Water Reminder App" on a scale of 1 to 5?

4.00
Average Rating

Out of 14 responses 4 of them gave 5 rating, 6 gave 4 and 4 gave 3. So the average rating was 4.00. So based on the evaluation we can say that the language and the terminology used to make the app was very intuitive.
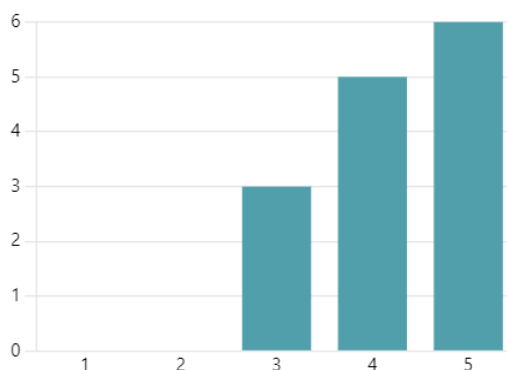
3. Rate the overall consistency in design elements and interaction patterns of "Water Reminder App" on a scale of 1 to 5, with 1 indicating inconsistency and 5 indicating high consistency.

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4.21
Average Rating

Out of 14 responses 6 of them gave 5 rating, 5 gave 4 and 3 gave 3. So the average rating was 4.21. So based on the evaluation we can say that the design of the

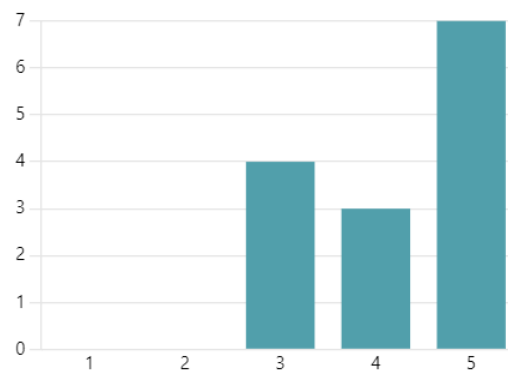app was very consistent and the interactive pattern of the app was also consistent.

4. How well on a scale of 1 to 5 how well is the user support provided?

4. How well on a scale of 1 to 5 how well is the user support provided?

More Details   💡 Insights

4.21
Average Rating

Out of 14 responses 7 of them gave 5 rating, 3 gave 4 and 4 gave 3. So the average rating was 4.21. So based on the evaluation we can say that the app provides proper user support.
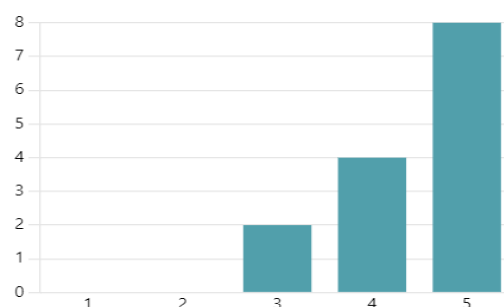
5. How well on a scale on 1 to 5 does it align with SDG (Clean Water and Sanitation,Promote Daily Hydration for Health and Well-being.)

5. How well on a scale on 1 to 5 does it align with SDG (Clean Water and Sanitation,Promote Daily Hydration for Health and Well-being.)

More Details   💡 Insights

4.43
Average Rating

Out of 14 responses 8 of them gave 5 rating, 4 gave 4 and 2 gave 3. So the average rating was 4.43. So based on the evaluation we can say that the app aligns properly with the SDG assigned that is Clean water and sanitation, promote daily hydration for health and well-being.

Based on these responses and evaluation we can say that the app is well defined, consistent, provides proper user support and follows the assigned SDG.

Additional implementations/concepts used in application:

1. Daily Water Intake Goal: Water reminder allows users to set their daily water intake goals. Users can customize their goals based on their individual needs and preferences. This feature provides a personalized approach to hydration management.

2. Reminders: One of the standout features of Water reminder is its reminder system. The app sends timely notifications to users, encouraging them to drink water at regular intervals throughout the day. Reminders can be customized to align with the user's schedule, ensuring that they never forget to hydrate.

3. Visual Representations: The app provides visual representations of daily water consumption. Users can view their progress in real-time, making it easy to see how well they are meeting their hydration goals. This feature offers a visual motivator to encourage users to stay on track.

4.Visual Progress Tracking: Provide visual representations of daily water consumption, such as charts or progress bars, so users can see how close they are to meeting their goals.

5.Hydration History: Maintain a history log of water intake to help users track their hydration patterns over time. This can help users identify trends and make adjustments.
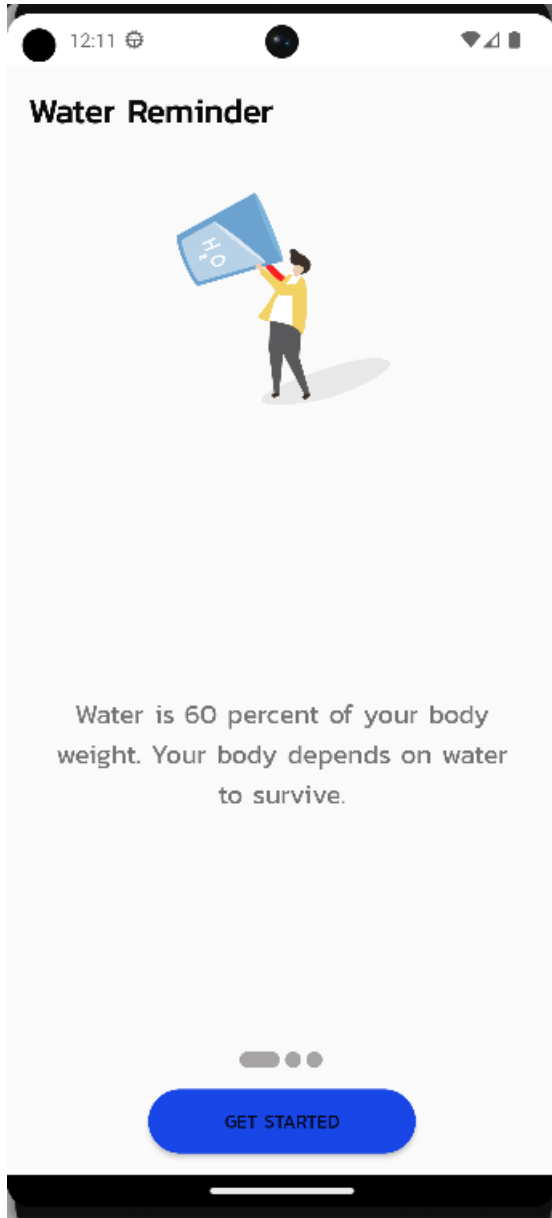
Appendix:

Screenshots of the application:
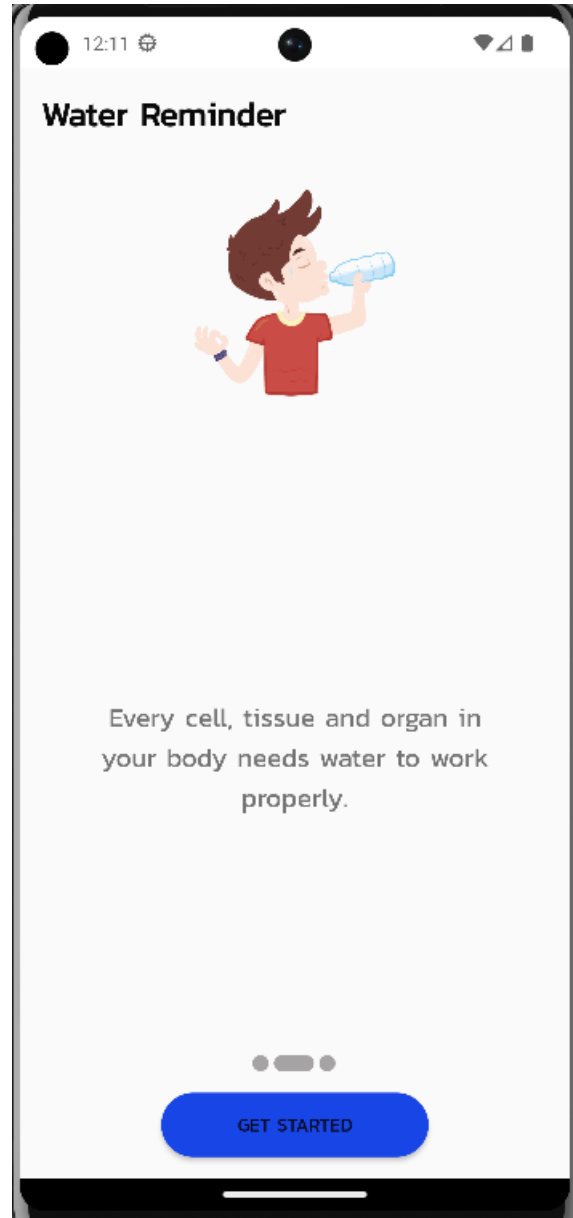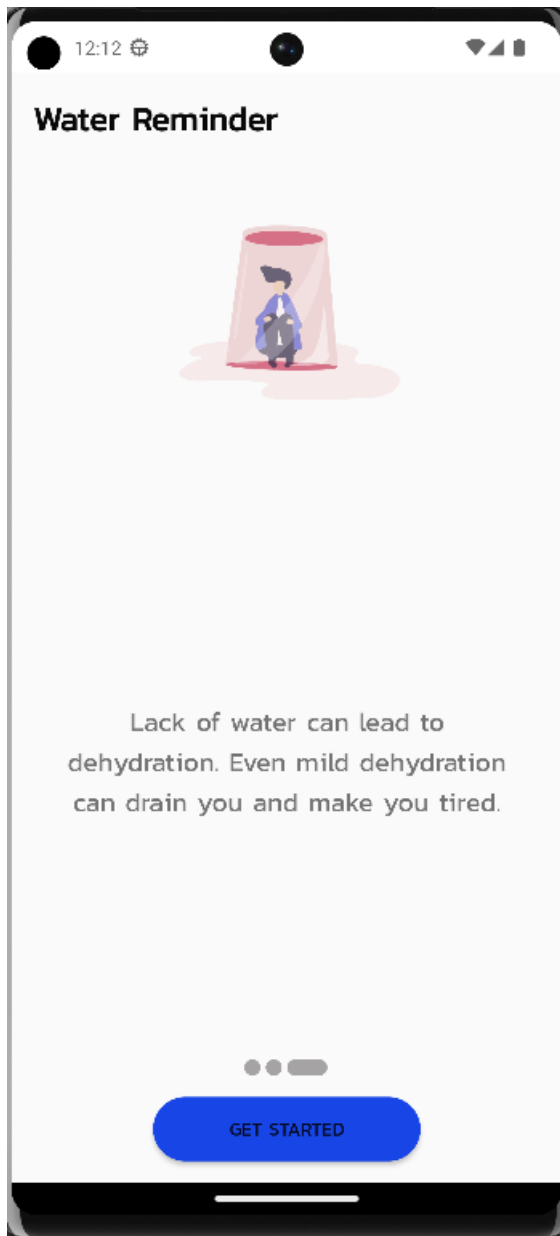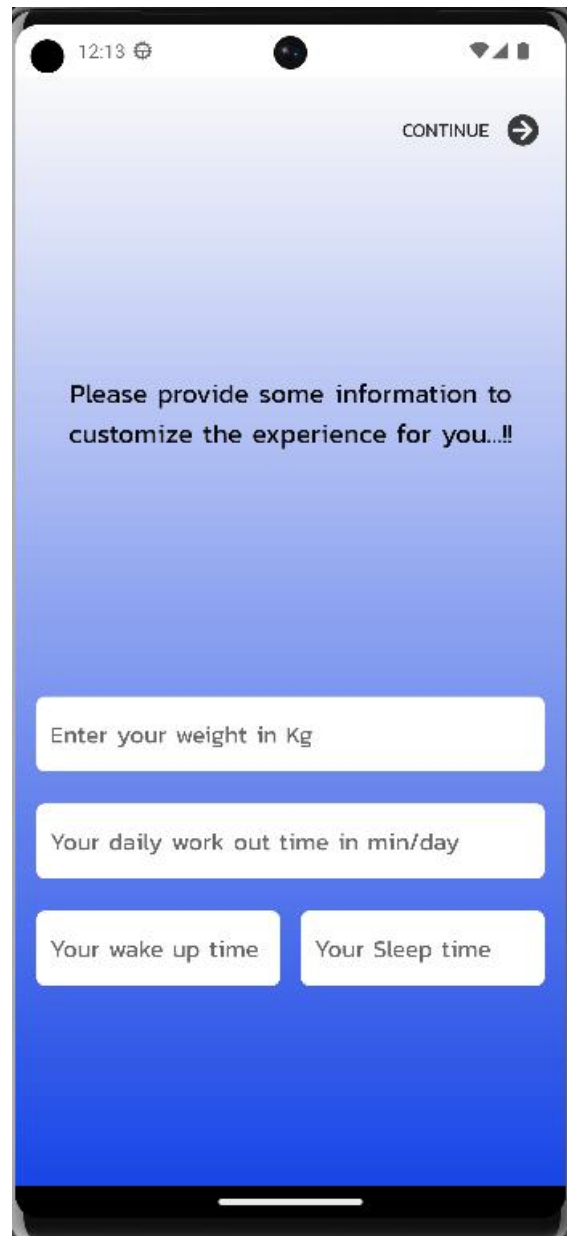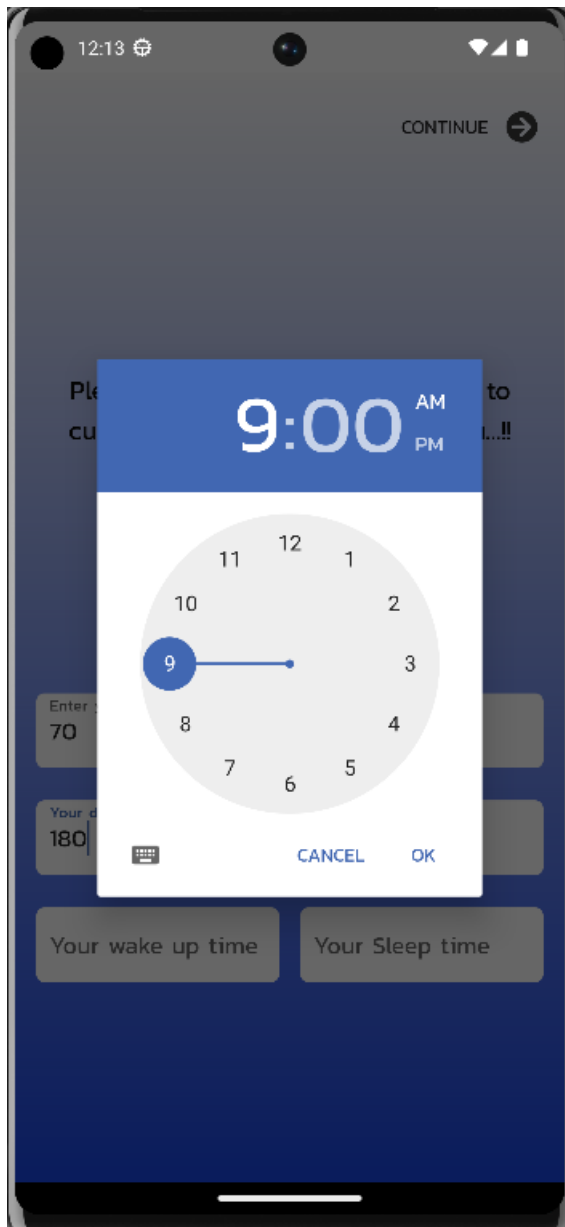

Fig.1. Introduction page-1

Fig.2. Introduction page-2

Fig.3. Introduction page-3

Fig.4.   Adding in details

Fig.5. Setting sleep and wake up time
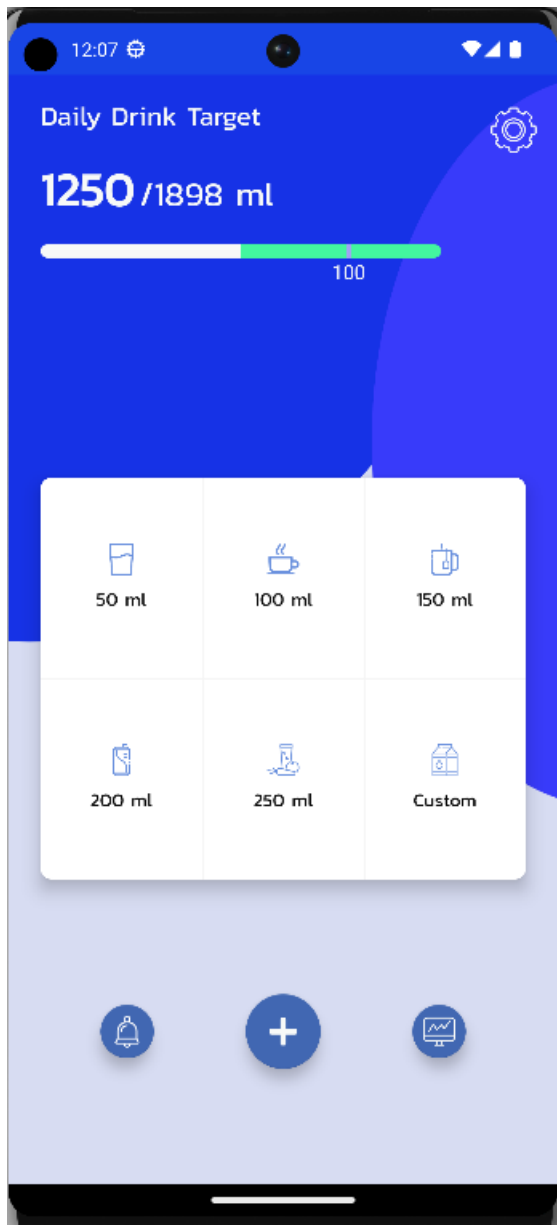

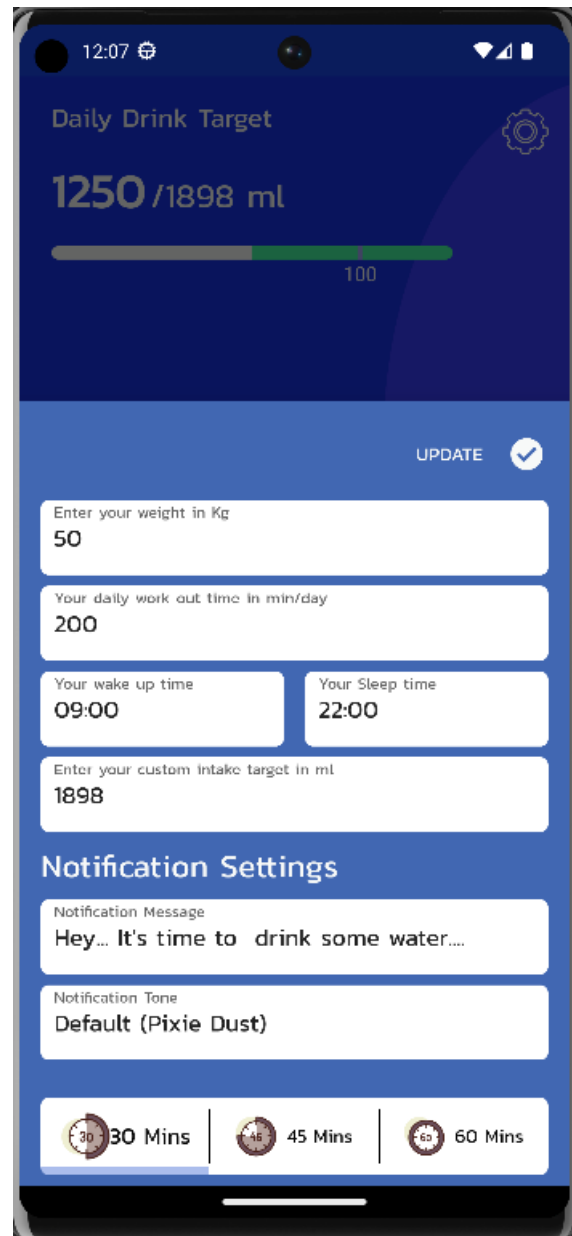**Fig.6. Adding weight and workout time**

Fig.7. Main UI of the app

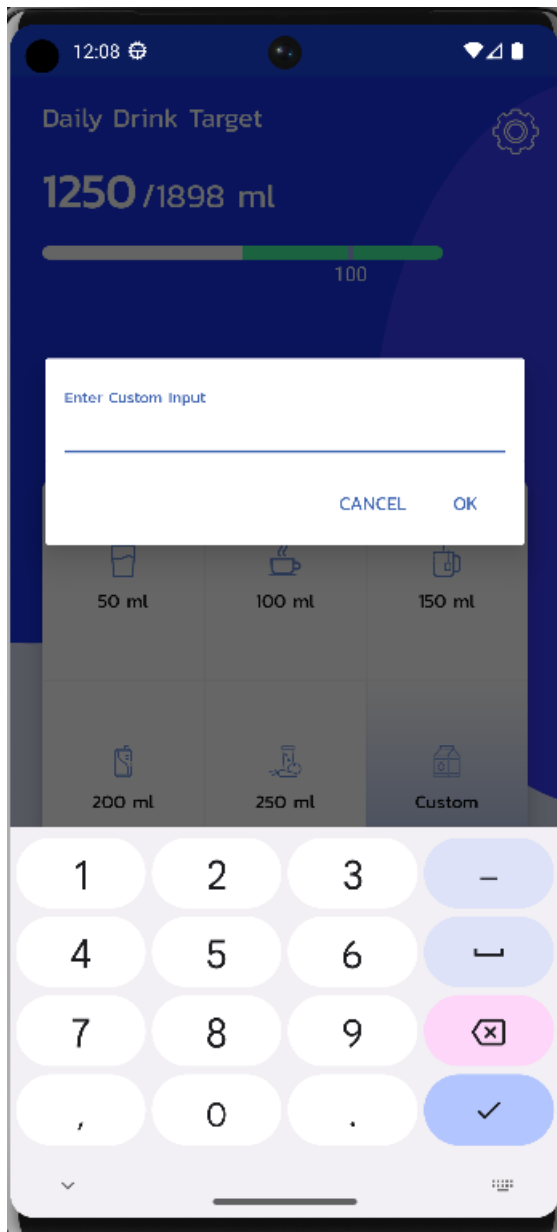**Fig.8. Updating of user details**
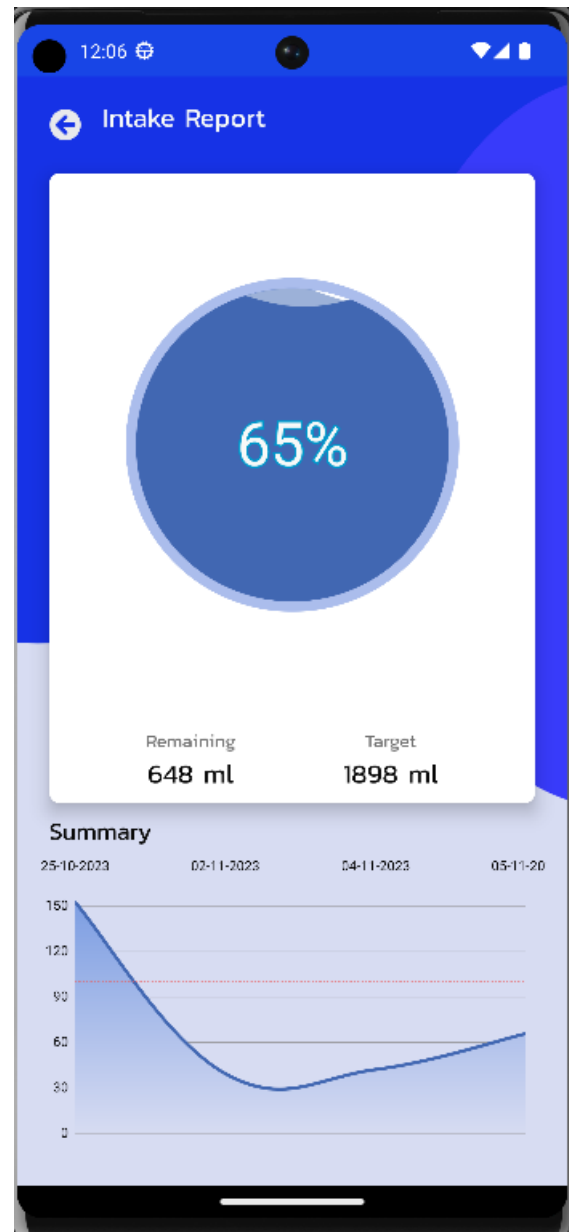
Fig.9. Adding custom input

Fig.10. User intake report

Type of user:

Details of the users who tested the app are:

1. SUSHANT RAJ (200953062, sushant.raj@learner.manipal.edu)

2. SHREYANSH GOYAL (200929142, shreyansh.goyal@learner.manipal.edu)

3. AKHIL RAHMAN (200953061, akhil.rahman@learner.manipal.edu)

4. GEORGE PAULSON (200907128, george.paulson@learner.manipal.edu)

5. JALADI HARSHITH SAI (200953252, jaladi.sai@learner.manipal.edu)

6. KILLANA PRANEETH CHAND BABA (200911072, killana.baba@learner.manipal.edu)

7. RANJAN SATISH (200953202, ranjan.satish@learner.manipal.edu)

8. DIGHE PRANEET ATUL (200953057, dighe.atul@learner.manipal.edu)

9. RAUNAK KUMAR MISHRA (200953178, raunak.mishra@learner.manipal.edu)

10. SAKETH TULASI (200953138, saketh.tulasi@learner.manipal.edu)

11. JACOB SAJU (200953047, jacob.saju@learner.manipal.edu)

12. PUNEETH S (200929056, puneeth.s@learner.manipal.edu)

13. PARTH KHOKHAR (200909018, parth.khokhar@learner.manipal.edu)

14. AEKANK ANKUR PATEL (200929246, aekank.patel@learner.manipal.edu)

ID	Start time	Completion time	Email	Name	Last modified time	On a scale from 1 to	How intuitive is the	Rate the overall con	How well on a scale	How well on a scale
1	11-5-23 13:26:43	11-5-23 13:26:52	sushant.raj@learner.m	SUSHANT RAJ 200953062		4	3	4	5	4
2	11-5-23 13:38:17	11-5-23 13:38:46	shreyansh.goyal@learn	SHREYANSH GOYAL 200929142		5	5	5	5	5
3	11-5-23 13:43:07	11-5-23 13:43:42	akhil.rahman@learner.	AKHIL RAHMAN 200953061		5	4	5	5	4
4	11-5-23 13:54:02	11-5-23 13:54:13	george.paulson@learn	GEORGE PAULSON 200907128		5	5	5	5	5
5	11-5-23 19:22:06	11-5-23 19:22:21	jaladi.sai@learner.mar	JALADI HARSHITH SAI 200953252		4	4	4	5	5
6	11-6-23 0:22:19	11-6-23 0:22:40	killana.baba@learner.r	KILLANA PRANEETH CHAND BABA 200911072		5	5	5	5	5
7	11-6-23 11:23:45	11-6-23 11:23:52	ranjan.satish@learner.	RANJAN SATISH 200953202		5	4	4	4	5
8	11-6-23 11:27:42	11-6-23 11:28:36	dighe.atul@learner.ma	DIGHE PRANEET ATUL 200953057		5	4	4	4	5
9	11-6-23 11:32:41	11-6-23 11:38:58	raunak.mishra@learne	RAUNAK KUMAR MISHRA 200953178		3	3	3	3	3
10	11-6-23 12:27:22	11-6-23 12:27:39	saketh.tulasi@learner.	SAKETH TULASI 200953138		3	4	3	4	4
11	11-6-23 13:54:49	11-6-23 13:55:07	jacob.saju@learner.ma	JACOB SAJU 200953047		3	3	3	3	3
12	11-6-23 13:55:39	11-6-23 13:57:34	puneeth.s@learner.ma	PUNEETH S 200929056		3	4	5	3	4
13	11-6-23 14:14:41	11-6-23 14:15:20	parth.khokhar@learne	PARTH KHOKHAR 200909018		3	3	4	3	5
14	11-6-23 14:26:20	11-6-23 14:26:53	aekank.patel@learner.	AEKANK ANKUR PATEL 200929246		5	5	5	5	5

Individual contribution:

Team	Reg No	Name	Branch and Section	Individual Contribution
10	200953014	Suhas Srinivas Gowda	CCE-A	Helped in making the report and the app design. Also helped In getting user response for evaluation.
	200953025	Vaishnavi	CCE-A	Helped in making the report and the app design. Helped in recording the video of the UI design.
	200953015	Adithya Rao Kalathur	CCE-A	Helped in making the report and the app design. Helped In getting user response for evaluation. Also helped in recording the video of the UI design.