Cindy Fan, Rick Huang, Maggie Liu, Ethan Zhang
October 17, 2014
2e: Task Review

Tracking Liquid Intake Over Time - Easy Task

Albert is a software developer in his late 20's, working for a tech company at Fremont. Recently, Albert has begun to pay more attention to his health, and tries to live a healthier life. He learned that drinking 8 glasses of water each day is a good way to keep himself hydrated and healthy. Now, he is trying to record all the liquid he takes in a day to see how much coffee, soda, water, and other beverages he consumes. Albert has notebook and pen that he carries with him everyday to record important things for work. Also, he has an iPhone for personal use and an htc phone for work purposes. Albert does not want to spend too much time recording his liquid intake, and is looking for a quick and efficient solution so he can keep track of his liquid intake for a long-period of time and see any trends or patterns in his drinking.

Education on Hydration - Easy Task

Briana is a junior student at University of Washington. She lives with a roommate in an apartment in the U-district. Briana carries her laptop and Samsung S5 with her to school on most days. She also brings a 16 oz water bottle with her whenever she goes to school or to the IMA to exercise. Brianna cares a lot about her body and goes to IMA regularly to stay fit. On Facebook, she saw a before-after photo of someone who drank one gallon of water a day for three months and was amazed by the body transformation. Brianna wants to drink more water to keep herself fit and slim, but she is not sure about when the best time to drink water is, and what the best amount for her to drink in a day is, since she feels that one gallon a day is too much for her. Brianna is looking for information and tips about drinking water occasionally, and does not want to spend too much time researching and reading articles online to learn everything she wants to know.

Convenient Reminders to Drink Water - Moderate Task

Charlie is always busy with classes and occasionally needs to refill his water bottle or drink at water fountains. Charlie is a senior student in the CS department at University of Washington. He is super busy with his last year, attending career fairs, taking classes, doing homework, and working in a research program. Sometimes, Charlie will bring a water bottle with him, but most of the time, he will just drink at water fountains when he feels thirsty. Charlie wishes that there is something that can remind him to drink water at different

times during the day, especially when he is conveniently close to a water fountain or a water bottle refill machine on the UW campus. Charlie wants a friendly reminder that would not interrupt him too much since he already has enough outside interruptions.

Smart Beverage Suggestions - Moderate Task

Daniel is a freshman student in Lakeside high school. Daniel is 14 years old and lives with his parents in Capitol Hill. He is one of the top players on his high school football team and spends two hours training with the team after school and with his dad every morning. During the game season, Daniel's training becomes even more intense. He always brings a water bottle with him to school, and would drink sports drinks during training or games. Daniel feels like his water consumption varies significantly depending on the time of his training, and the current weather. Thomas would like to know how much water he should consume to keep himself hydrated depending on the activities he has and the weather (temperature, humidity, etc.).

Finding Motivation for Proper Hydration - Hard Task

Elliot is a finance analyst working for Symetra in downtown Bellevue. Elliot is in his late 30's, living with his wife in Redmond. His work schedule is very busy and stressful. He drinks at least three cups of Starbucks coffee during the day to stay reactive and sharp. Elliot knows that he is sometimes dehydrated and needs to drink more clean water than coffee and other beverages. He really wants to drink more water in the day to stay healthy, but always feels a lack of motivation to do so. He wants to find a way to keep himself motivated to drink more water that works best for him.

Accurate Dehydration Detection - Hard Task

Frank is a product manager working in downtown Seattle and trail running and biking are some of his favorite leisure activities. He always goes on a 4-mile run every Saturday morning and a 15-mile biking route on Sunday afternoons. Although he tries very hard to keep himself well hydrated during these activities, sometimes he too immerses in the activities and forgets to pay attention to his body's hydration level. Frank wants something that can quickly detect his hydration level and gives him suggestions of what to do or drink according to his current state of dehydration.