# Main Idea: Smart Hydration for Runners(HydraPal)

## Concept

HydraPal is a wearable hydration monitoring system integrated into a smartwatch or wearable band, paired with a mobile app. It provides real-time hydration tracking, customized reminders, and actionable insights based on Pierre's unique running patterns, physical needs, and environment.

## Value for Pierre

- Safety and Health: By ensuring Pierre stays hydrated, HydraPal helps him prevent dehydration-related health risks like fatigue and overheating.
- Performance Optimization: Proper hydration enhances Pierre's running performance, allowing him to enjoy his routine with better endurance.
- Convenience: The wearable and app's user-friendly design provides hassle-free tracking, allowing Pierre to focus on running without distraction.
- Data-Driven Improvement: With insights from his hydration patterns, Pierre can make adjustments that will improve his running experience over time.

**User Journey Example: Pierre's Race Day with HydraPal**

1. Pre-Race Preparation
   - Morning Reminder: HydraPal sends a reminder in the morning to encourage Pierre to drink water before the run.
   - Environmental Adjustment: Analyzes weather data for that day, adjusting hydration reminders to match expected temperature and humidity.
2. During the Run
   - Real-Time Tracking: Monitors hydration levels continuously, providing gentle reminders when it's time to drink.
   - Adaptive Alerts: If Pierre is running in a high-heat zone, the reminders become slightly more frequent, ensuring he stays on track without interruption.
3. Post-Race Recovery
   - Rehydration Suggestions: After the race, HydraPal suggests how much water and electrolyte solution Pierre should drink for optimal recovery.
   - Progress Tracking: Provides feedback on how well Pierre adhered to his hydration plan, helping him understand areas for improvement.