

# Athlete-Keep-Hydrated: Problem Statement

**How might we help Pierre effectively manage his hydration needs throughout his running journey, from pre-race preparation to post-run recovery?**

## Context

Pierre struggles with maintaining proper hydration despite being aware of its importance. Before a run, he is uncertain about how much to drink before a run. During the run, he has difficulty carrying water or relying on inconsistent water stations. After the run, he lacks a structured approach to hydration. Proper hydration is crucial for Pierre's performance, enjoyment, and safety during runs, especially in varying weather conditions and different race lengths.