

Problem and motivation

In the modern society, people are so busy and their schedules are so tight. Although most people care about health and know perfectly well that water is important and necessary for human bodies and their health, sometimes they forget to drink water occasionally, and don't drink enough amount of water by the end of the day. According to CBS, "up to 75 percent of the American population fall short of the 10 daily cups prescribed by the Institute of Medicine which means that most people in the U.S are functioning in a chronic state of dehydration." Based on this report, we can realize how important it is to drink enough water in a day for our health and the necessity to solve this problem.

Analyze the problem



Figure 1: Water bottle marked with time points. Source: <http://jewelpie.com/wp-content/uploads/2013/03/waterbottlemarkedwithtime.jpg>

However, there is still a lot of space we can improve. We all know that water is the key for our health, but time to consume water in a day is also important and can optimize the health benefits. And also, almost everyone needs to drink water with different amount based on his or her body and environment situation, like people with different age, height, weight and work they do everyday. So it's better if we can solve this problem in a smarter way that tracks water drinking details specifically for you and reminds you to drink enough water at the correct time to maximize its effectiveness on the human body.

Figure 2: Drinking water at correct time. Source: <http://www.lifehack.org/articles/lifestyle/timing-water-consumption-for-optimal-benefits.html>

For good health and better life, some people have already figured out some ways to track their daily water intake and make sure that they achieve their daily water requirement. Like marking water bottle with time elapses. So the marking serves as a visual reminder that encourages you to drink water and allow you to see your progress. And if you follow that, you will get 8 glasses of water for a day.

DRINKING WATER

at the correct time
maximizes its effectiveness
on the human body

- 2 GLASSES AFTER WAKING UP
helps activate internal organs
- 1 GLASS 30 MINS BEFORE A MEAL
helps digestion
- 1 GLASS BEFORE TAKING A BATH
helps lower blood pressure
- 1 GLASS BEFORE GOING TO BED
avoid stroke & heart attack

Live life, Love life
- Yunny Versace

