



WHITEPAPER



[WATER]

WATER REMINDER APP



Did you know that your body needs at least 8 glasses of water a day? So do you drink enough water every day?

Don't forget to drink water during the busy day with Water Drink Reminder! At the times you set, it will remind you to drink water by sending notifications to reach the goal you set. Thus, you will be able to drink enough water during the day and keep track of the water you drink.

Water Drink Reminder will remind you to drink water regularly, show your drinking history, and facilitate water tracking with live/monthly/yearly reports. In this way, you will get a habit of drinking water and you will have a healthy life.

Drinking water regularly will speed up your metabolism and help you lose weight. Take the first step to a healthy life with Water Drinking Reminder, which has a simple, simple and useful design. The Water Drink reminder serves people of all ages with its easy use.

With the Water Drink Reminder, you won't have to stick "Drink Water!" notes on your desk or refrigerator.

To use the app, enter your name, choose your gender and sport status, then accept the goal set for you.

If you want, you can set different goals according to yourself. You can set how often the reminder notifies you.

You can choose the most suitable one for you among the drinking bowls or add your own drinking bowl.

You can see your drinking history from the history section and delete the wrong entries.

You can follow your drinking habits through the reports.

You can choose the sound you want for water drinking notifications, set it to vibrate or silent.

It determines your daily goal specifically for height, weight and gender, reminds you to drink water at regular intervals and reports your drinking history. All this in one app, completely free.



And now comes the best!

we reward you for doing your body good by drinking enough water.
link your wallet to our APP and get rewarded for your performance in the form of [W-R] tokens.
You get the reward by drinking at least 8 glasses of water a day and confirming this in the app.
after that we will automatically credit you with the amount in [W-R] tokens.
If you have saved at least 5000 [W-R] tokens, you can simply have them paid out.

Series:

1 day = 100 [W-R] tokens
1 week = 1,000 [W-R] tokens
1 month = 5,000 [W-R] tokens
1 year = 100,000 [W-R] tokens

General features:

- It has a simple and appealing design.
- Easy to use, appeals to users of all ages.
- It looks beautiful with dark design.
- Don't forget to drink water with regular and smart notifications.
- You can customize the notification times and intervals.
- Enter your personal details and choose your recommended goal for your health.
- Track your water drinking habits with history and reports. We have prepared stylish and simple graphics for you.
- Choose the most suitable for you with the attached water drinking bowl options.
- If you wish, add your own drinking bowl.
- Use all these features for free and get into the habit of drinking water regularly.

Benefits of drinking water regularly:

- * Protects your skin health,
- * Prevents the formation of kidney stones and makes it easier to drop,
- * Regulates your blood pressure,
- * Regulates your mood,
- * Reduces your cancer risk,
- * Makes you look young
- * Relieves your tiredness during the day,
- * Helps protect you from diseases and strengthens your immune system,
- * Helps you lose weight.

Get a healthy habit and do your body a favor with Water Drinking Reminder. Healthy life is not far away.



This is a final project for the water reminder APP. Our group was assigned a project to discover and formulate a problem for a disability or community problem that could be solved through engineering design. We were to design, build, evaluate, and explain the engineering solution to help people be more aware of the problem. The problem our group chose to focus on was to inform students that they need to drink more water and stay hydrated.

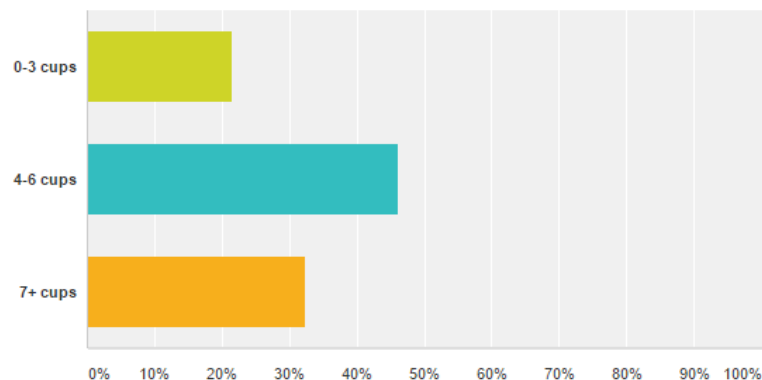
We had to decide on a problem to address. Our project group was inspired to focus on a topic that had to do with health and wellness. After several meetings we managed to narrow down the scope of our problem from general health to hydration; more specifically ways to increase students water intake on our campus. We chose this due to the large amount of readily available research on proper hydration.

With the problem narrowed down to increasing students water intake, we decided to do some research on what barriers people had to drinking water. Was it the taste? Were people afraid of dirty water fountains or tap water pollutants? Or did people just prefer other drinks/not care? So we set up a survey to try and find out what people here at Turkey thought.

Q1

On a daily basis, how much water do you drink?

Answered: 65 Skipped: 1



Answer Choices	Responses
0-3 cups	21.54% 14
4-6 cups	46.15% 30
7+ cups	32.31% 21
Total	65



After completing the survey we got the following results that stood out as a group.

- 1) A majority of the people do not like the taste of the water.
- 2) They have to rely on the tap water out of the water fountains and they do not like the taste of that water.
- 3) We found that people tend to be drinking over 4 cups of water a day. Here are the numbers for each of the different amounts of water they were able to drink:
 - 46% Drink 4-6 glasses of water a day,
 - 32% Drink at least 7 or more glasses.
 - 22% of respondents drank 0-3 cups.

Evidence for drinking 8 glasses of water each day

It's hard to pinpoint exactly where and when the "eight glasses per day" rule originated. There are theories that it may be based on a fluid intake of 1 ml per calorie of food consumed.

For someone eating a diet of 2,000 calories per day, this adds up to 2,000 ml (roughly 64 ounces), or eight 8-ounce glasses.

However, a growing body of research suggests that this broad recommendation may actually be too much water for some people and not enough for others.

While there are certainly circumstances in which water needs increase, healthy people generally don't need to be consuming water in such large quantities.

On the other hand, not drinking enough water can cause mild dehydration, defined as the loss of 1–2% of body weight due to fluid loss. In this state, you may experience fatigue, headache, and impaired mood (1Trusted Source).

But in order to stay hydrated and avoid mild dehydration, you don't need to rigorously follow the eight glasses rule — simply follow your thirst.

SUMMARY

There is no scientific evidence to support the 8×8 rule. Water needs vary by individual, and you should let thirst guide your intake.



Foods and beverages other than water can contribute to hydration

It's not just plain water that supplies your body with water. Other beverages, like milk and fruit juice, count as well.

Contrary to popular belief, caffeinated beverages and mild alcoholic drinks such as beer may also contribute to fluid intake, at least when they're consumed in moderation (2Trusted Source, 3Trusted Source, 4Trusted Source).

Many of the foods you eat also contain significant amounts of water.

How much water you get from food depends on the amount of water-rich foods you eat. Fruits and vegetables are particularly rich in water, and foods like meat, fish, and eggs also have a relatively high water content.

For example, watermelon is 91% water, and eggs are 76% water (5Trusted Source, 6Trusted Source).

Lastly, small amounts of water are produced within your body when you metabolize nutrients. This is referred to as metabolic water (7Trusted Source).

People who don't get much water from foods need to drink more than those who eat more water-rich foods.

SUMMARY

Besides water, other foods and beverages you ingest also contribute to your overall daily intake of fluids and help keep you hydrated. Some water is also created within your body through metabolism.

Drinking enough water has some health benefits

You need to drink enough water to stay optimally hydrated. Generally speaking, that means replacing the water you lose through breath, sweat, urine, and feces.

Drinking enough water may offer health benefits, including:

Weight loss. Drinking enough water may help you burn more calories, reducing appetite if consumed before a meal and lowering the risk of long-term weight gain (8Trusted Source).
Better physical performance. Modest dehydration may impair physical performance. Losing only 2% of your body's water content during exercise may increase fatigue and reduce motivation (9).



Reduced severity of headaches. For those prone to headaches, drinking additional water may reduce the intensity and duration of episodes. In dehydrated people, water may help relieve headache symptoms (10Trusted Source, 11Trusted Source).

Constipation relief and prevention. In people who are dehydrated, drinking enough water may help prevent and relieve constipation. However, more research on this possible effect is needed (12Trusted Source).

Decreased risk of kidney stones. Although more research is needed, there is some evidence that increasing water consumption may help prevent recurrence of kidney stones in people with a tendency to form them (13Trusted Source, 14Trusted Source).

SUMMARY

Staying hydrated may aid in weight loss, help maximize physical performance, relieve constipation, and more.

How much water should you drink each day?

There is no single answer to this question.

However, the National Institute of Medicine has set an Adequate Intake (AI) level for total water and total beverages. The AI refers to a level that is assumed to meet the needs of most people.

The AI for total water (including water from food, beverages, and metabolism) and total beverages (including water and all other drinks) is (15):

	<u>Total water</u>	<u>Total beverages</u>
Males, ages 19–70	125 ounces (3,700 ml)	101 ounces (3,000 ml)
Females, ages 19–70	91 ounces (2,700 ml)	74 ounces (2,200 ml)

While this may certainly be used as a guideline, there are a number of factors, both inside your body and in your environment, that influence your need for water.

Body size, composition, and activity level vary greatly from person to person. If you're an athlete, live in a hot climate, or are currently breastfeeding, your water requirements increase (16Trusted Source).

Taking all this into account, it's clear that water needs are highly individual.

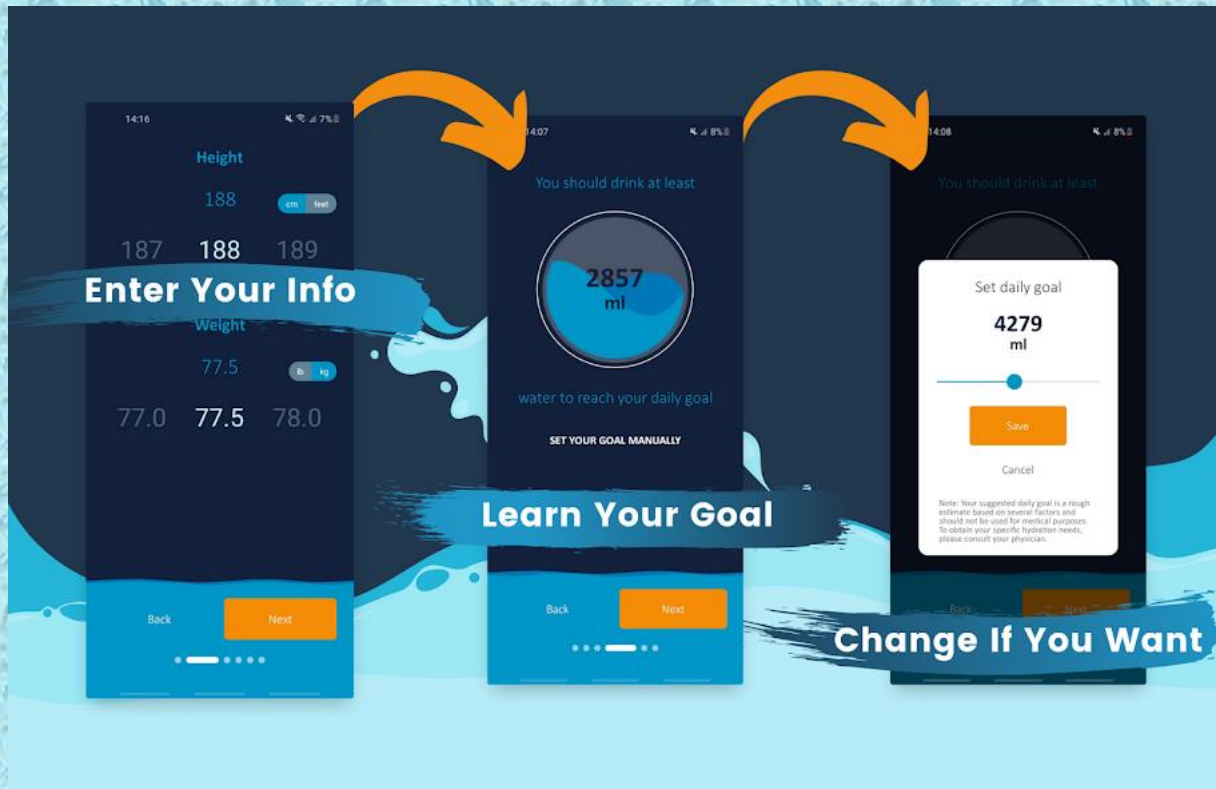
Eight glasses of water per day may be more than enough for some people, but it may be too little for others.

If you want to keep things simple, just listen to your body and let thirst be your guide. Drink water when you're feeling thirsty. Stop when you're not thirsty anymore. Make up for fluid loss by drinking more during hot weather and exercise.

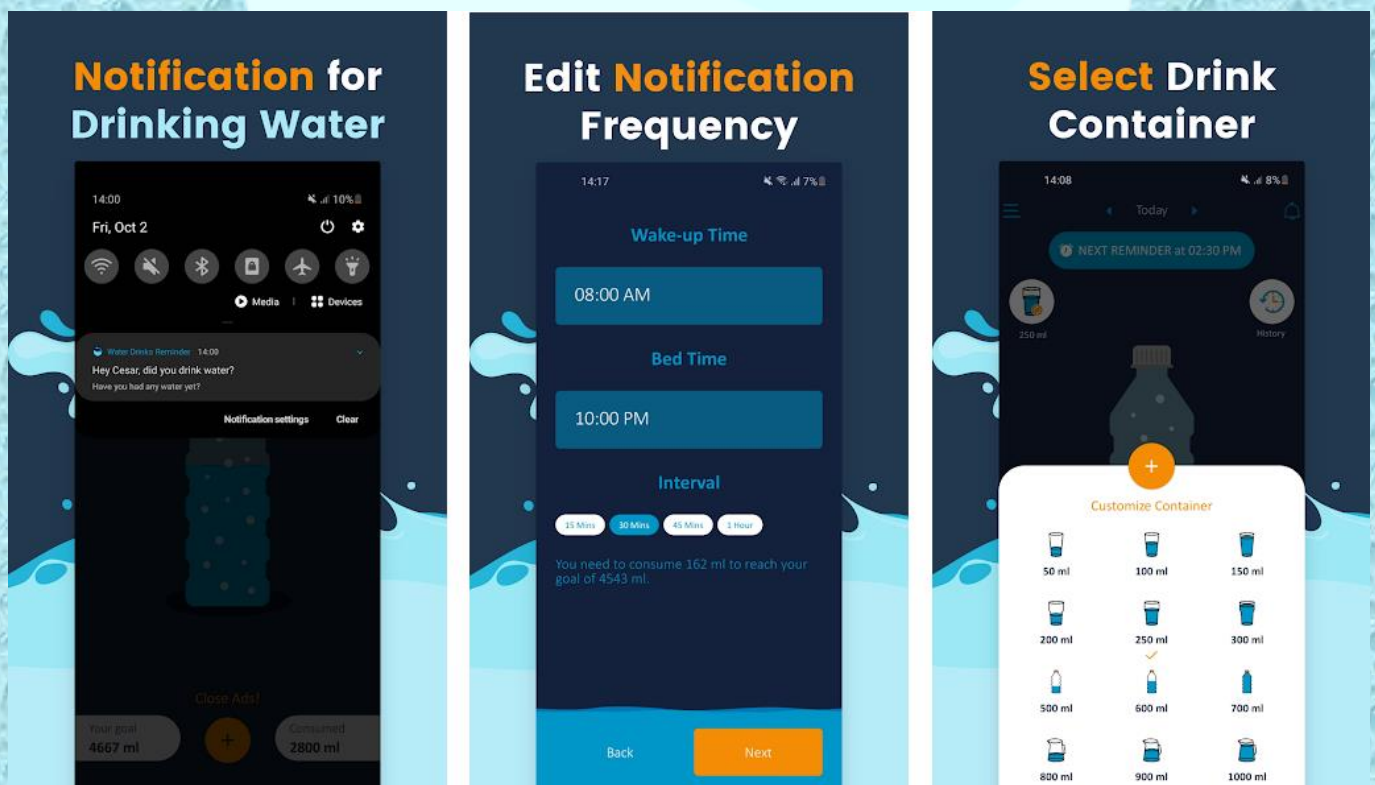
However, keep in mind that this does not apply to everyone. Some older adults, for example, may need to consciously remind themselves to drink water, because aging can reduce the sensation of thirst (17Trusted Source).



Use our APP to stay hydrogenated and earn also crypto rewards



Connect your wallet to get [WATER] as reward





Add a Custom Container

14:08

Today

NEXT REMINDER at 02:30 PM

Customize your drink

Capacity (ml)

350

Save

1 2 3 4 5 6 7 8 9 0 Done

Drinking History View & Edit

14:09

Drink History

02-10-2020 2600 ml

350 ml	02:08 PM
250 ml	02:08 PM
250 ml	02:08 PM
250 ml	02:08 PM
250 ml	02:08 PM
250 ml	02:08 PM
250 ml	02:08 PM
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Track Performance With Reports



- ✓ Regular Notifications
- ✓ Easy to Use
- ✓ Completely Free





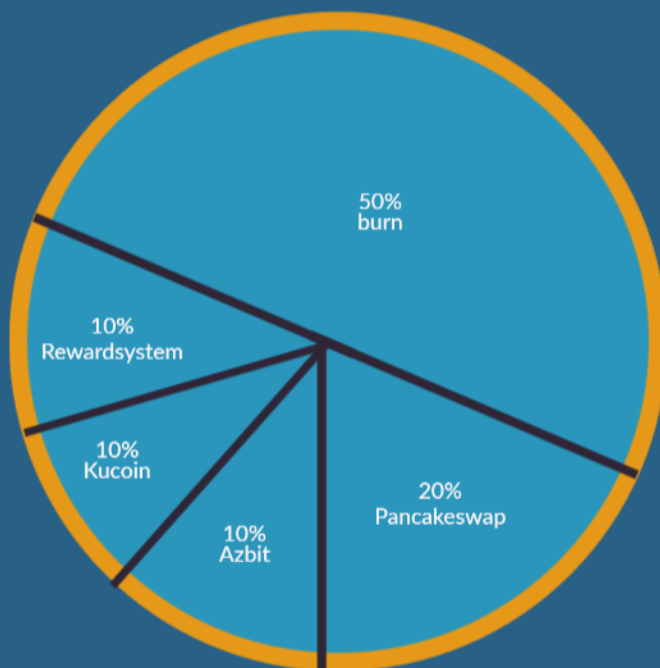
Contract

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TOKENOMIC'S Water Reminder

Did you know that your body needs at least 8 glasses of water a day? So do you drink enough water every day?



The bottom line

Although eight glasses of water per day is commonly touted as a science-based fluid recommendation, there's actually little evidence to support this claim.

Water needs are highly individualized, and you can get fluids from water, other beverages, and foods, as well as from nutrient metabolism.

As a general rule, drinking to quench your thirst is a good way to ensure that your fluid needs are being met.



Meet the Team behind WATER REMINDER



Accomplished entrepreneur with a strong track record of success

Master of client acquisition with a strong focus on cost-of-acquisition

Excels at developing lucrative, unique offers in the digital advertising world



Accomplished entrepreneur in the NFT & Crypto space with a strong creative vision

Strong knowledge of Web3 with smart contract coding knowledge

Creative director behind various large brand campaigns

Manager of different content creators 100m followers



Early adopter of blockchain technology, Co-Founder of Solidified.io

Globally sought-after technical advisor to a wide range of blockchain companies

Author of blockchain developer trainings in Ethereum, Hyperledger, and more

Maintains an ongoing blog focused on Solidity and smart contract design patterns