

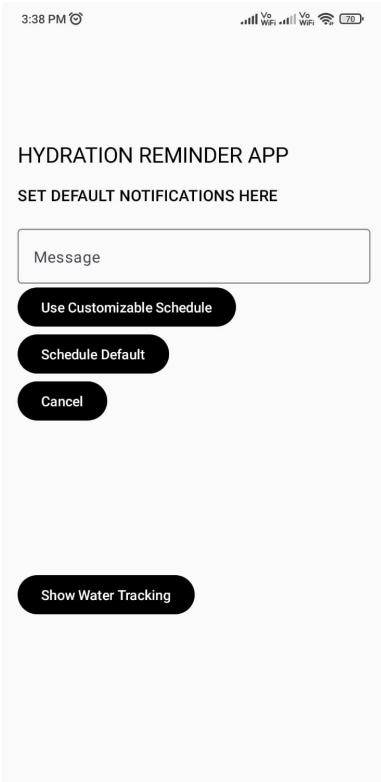
Hydration Reminder App

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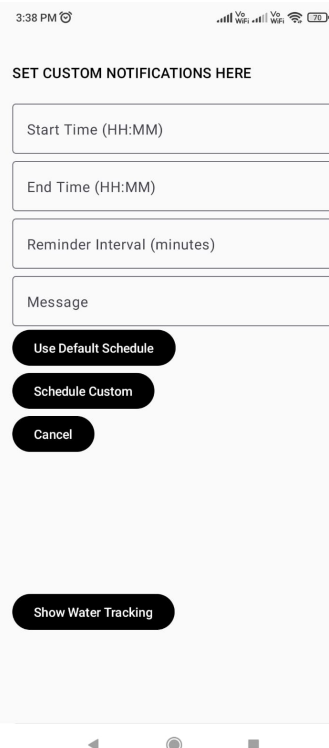
Features Implemented

1. **Reminder Schedule:** The app alerts the user every two hours from 8 AM to 8PM to drink water. These reminders help users maintain regular water intake without having to manually set reminders throughout the day.
2. **User Interaction:** Implemented a simple and intuitive interface through which user can start or stop the hydration reminders. This feature allows users flexibility depending on their daily needs and activities.
3. **Notification System:** The app utilizes Android's built-in notification system to alert users at the specified times. Each notification will encourage the user to drink a glass of water, thus aiding in better hydration habits.
4. **Customizable Reminder Schedule:** The user can set their own reminder intervals (e.g., every hour, every three hours) and start/end times based on their personal hydration needs or lifestyle along with a message they'd like to be shown in the notification.
5. **Hydration Tracker:** Users can log the amount of water they drink throughout the day.
6. **Hydration Goal Setting:** The app suggest daily water intake goals based on their body weight, but users can also set their own daily water intake goals.
7. **Local Data Storage:** I used local data storage (shared preferences) to save whether the reminder is active or not, to track how much water they drank, and also to save their water intake goals (suggested based on weight and their own personal goals). This ensures that the app remembers the user's preferences and operates accordingly, even after the app is closed or the device is restarted.

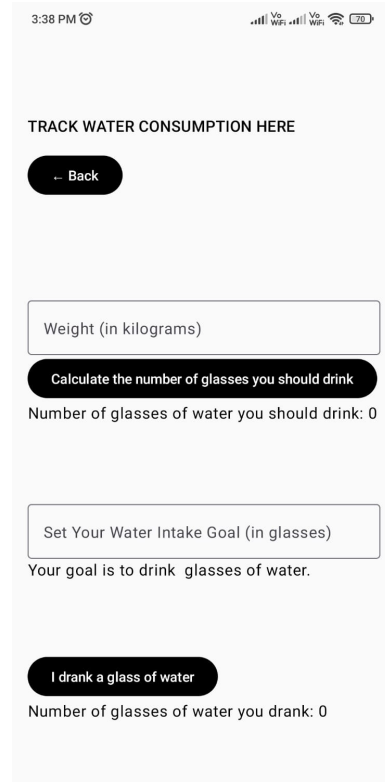
Basic Screens present in my app



The opening page - has options to start/stop the default notifications and give a message along with these notifications. Click on "Schedule Default" to schedule the default notifications. Click on "Cancel" to cancel the previously scheduled default notifications. Click on "Use Customizable Schedule" to go to the custom notifications page. Click on "Show Water Tracking" to go to the water tracking page.

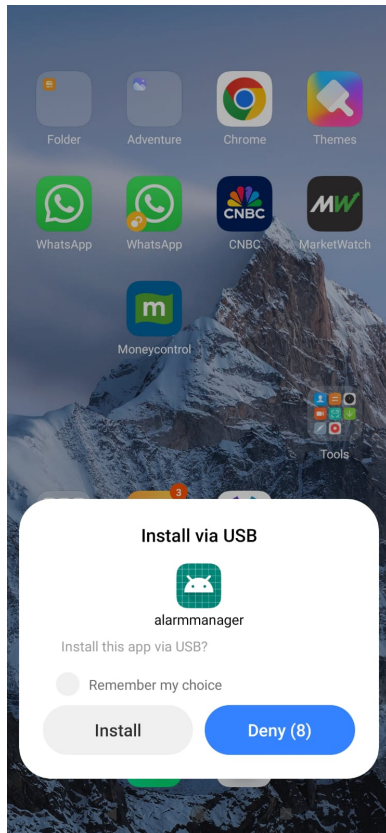


The custom notifications page has options to set custom notifications by specifying start time, stop time, reminder interval and a message. Click on "Schedule Custom" to schedule the custom notifications. Click on "Cancel" to cancel the previously scheduled custom notifications. Click on "Use Default Schedule" to go to the default notifications page. Click on "Show Water Tracking" to go to the water tracking page.

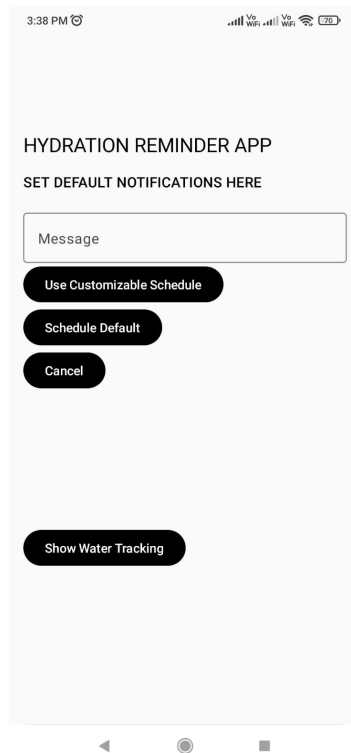


The page suggests amount of water that needs to be consumed based on their weight and also allows users to set their own goal and track their water consumption. They can enter their weight in kgs and by clicking on "Calculate the number of glasses you should drink", they will be suggested how much water they should drink based on their weight. They can also enter the amount of glasses they'd prefer to drink and set a personal goal. To log each glass they drink, they need to click on "I drank a glass of water".

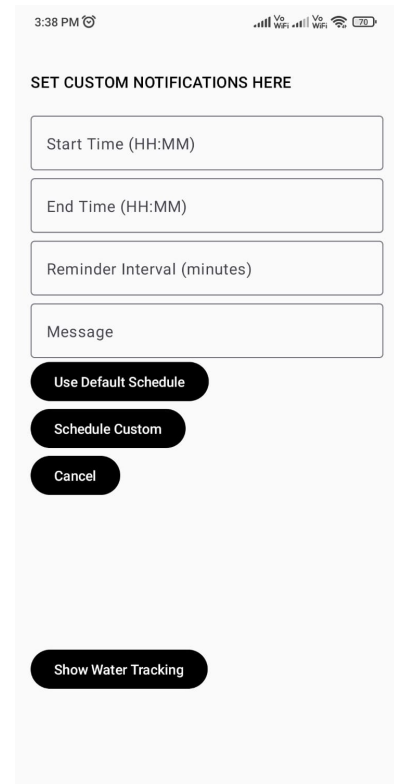
How my app works?



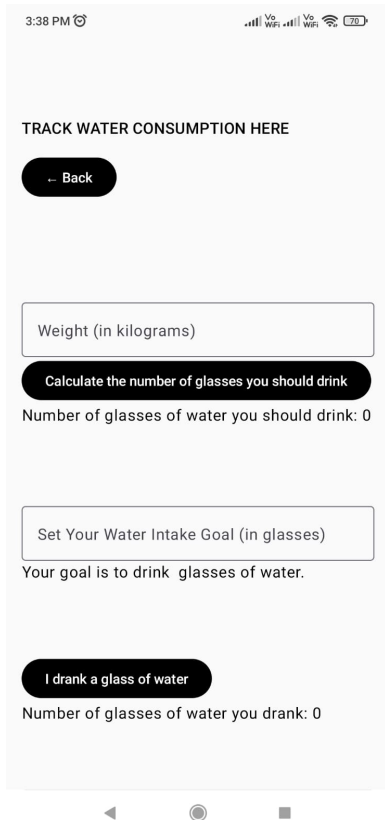
Downloading the app



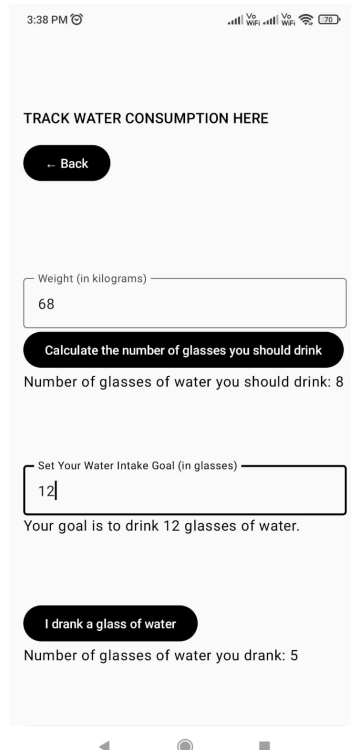
The opening page (has options to start/stop the default notifications and give a message along with the notifications)



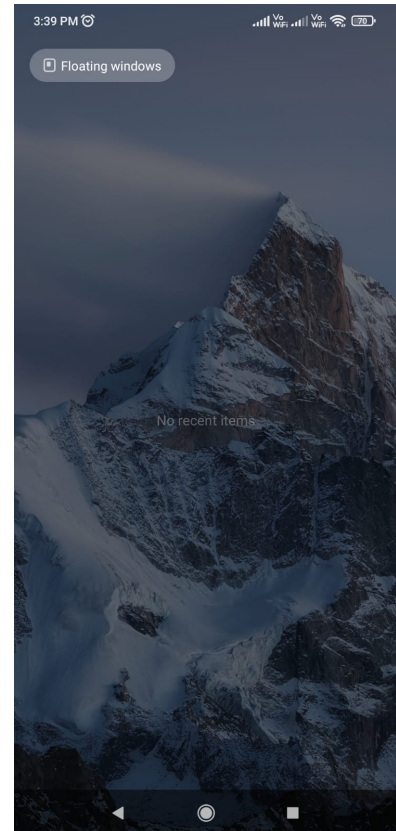
The custom notifications page (has options to set custom notifications - start time, stop time, reminder interval and message)



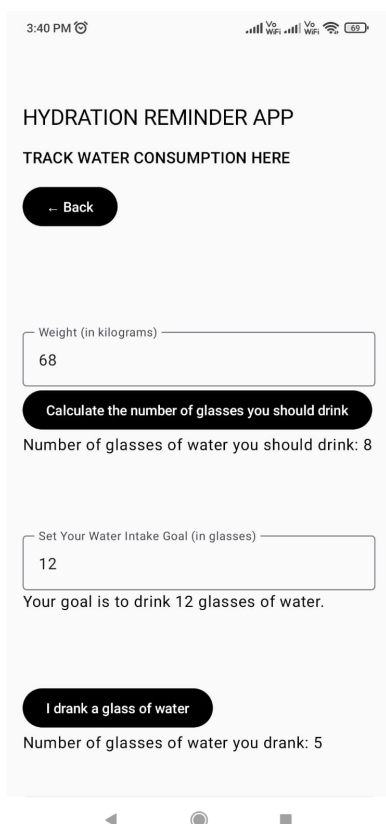
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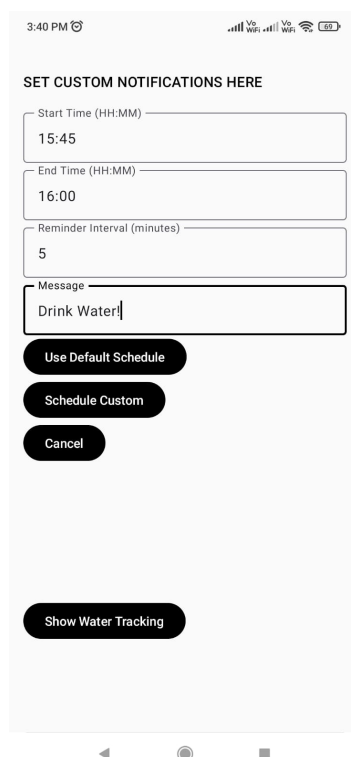
Here, I added 68 kgs as my weight, and the app suggests to drink 8 glasses of water. I set my personal goal as 12 glasses. And by clicking on the button I set the number of glasses I drank till now as 5.



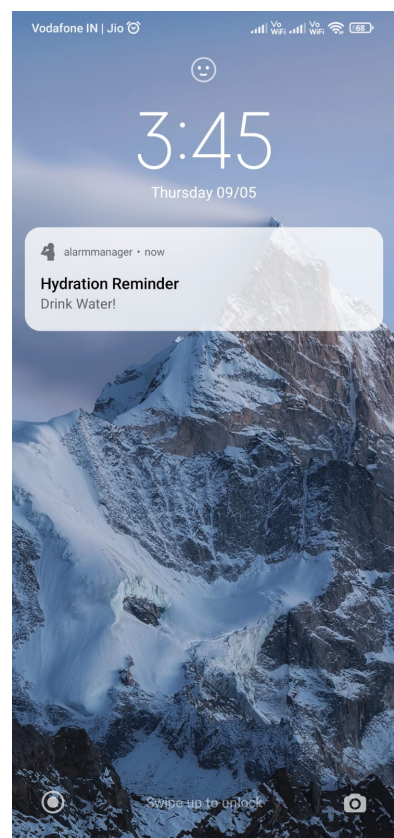
Here, I closed the app to later show that local storage is working.



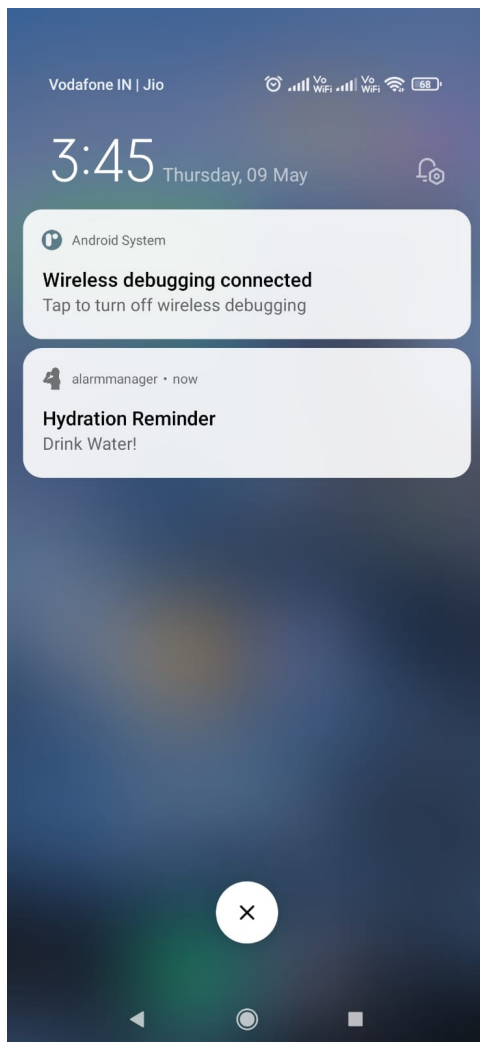
When I reopen the app the previous data is still saved. This is done using shared preferences.



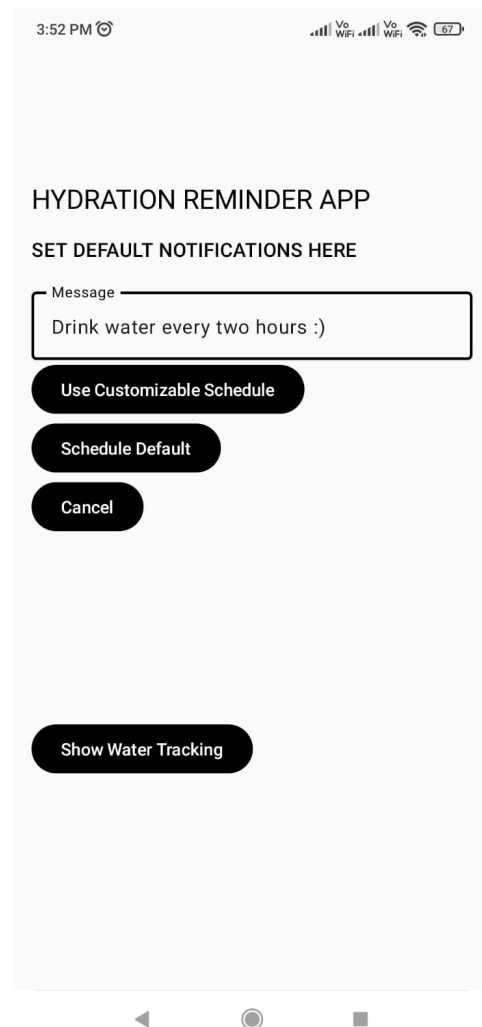
Here, I am setting reminders from 3:45 pm to 4 pm every 5 minutes. Here, I can later cancel these notifications by clicking on "Cancel".



Here, we can see that at 3:45 we get a notification to drink water.



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Here, I am setting the default notification with the message "Drink water every two hours :)". Along with all these the option to cancel notifications also works by clicking on "Cancel".