

User manual

1. To begin, open the application and you will be greeted with a user login page. New users will have to register a new account with a valid email and provide a password(minimum of 6 characters) that they will use to login to their account. Otherwise, simply log in with your previously created log-in and password.
2. Upon first login, you will be greeted with the home page with a navigation bar on the bottom. You will be using the navigation bar to navigate between the different tabs on our application
3. If you want a curated water recommendation amount, you will be able to navigate via the navigation bar on the bottom of the app to the settings page and tap on the profile button in order to input your own information. Upon reaching the profile page, you can enter your name, age, and weight and then press the “save” button to save your information. (You must enter all fields in order to save) Once done, you will be lead you back to the home page.
4. On the home page, you can press the add drink button to log an amount of water that you have drank. You will be prompted with a pop-up box, where you will be able to select an amount of water you want to log. (Select amount of water you want to log and click the “Add Drink” button) You will see the progress bar and current fractional amount update automatically.
5. If you would like to set up hydration reminders, you can click the “Set Time” button on the homepage to set them up. After clicking the button, the app will ask you how many minutes later you would like to be reminded. These reminders will be sent as a push

notification and will keep repeating every x minutes (where x is the user inputted time frame) until the user either kills the application or clicks “Set Time” again and chooses to stop reminders. (Note: Reminders will only work while the app is open or open in the background.)

6. You can navigate to the history page by clicking the history icon on the bottom navigation bar. On the history page you are able to click on the spinner to select past dates. These dates will create a graph with the amount of water you have drank for those past seven days. The history page requires you to have seven days of logged data to use the spinner and graphs.