

Storyboard

Ilyass Afriad

07/10/2025

07 October 2025

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◆ Step 1 - The Day Before the Race

- Image/Drawing: Pierre packing his gear and wearing the hydration wristband.
- Thought: *"This will help me remember to drink regularly without overdoing it."*
- Emotion: 😊 *Confident*

◆ Step 2 - Morning of the Race

- Image: Wristband shows full green color (hydrated zone).
- Thought: *"Okay, still hydrated. I don't need to rush water now."*
- Emotion: 😊 *Calm and in control*

◆ Step 3 - Waiting at the Start Line

- Image: Band starts fading slightly – indicating it's time to sip water.
- Thought: *"A few sips now will keep me on track."*
- Emotion: 😊 *Focused*

◆ Step 4 - During the Race (5km)

- Image: Pierre sees the wristband is half faded.
- Thought: *"Time to hydrate, even if the next water station is crowded."*
- Emotion: 😊 *Slightly anxious but prepared*

◆ Step 5 - Mid-Race

- Image: Pierre pulls out a small soft bottle from his vest and drinks a small amount.
- Thought: *"Glad I didn't skip water again."*
- Emotion: 😊 *Relieved*

◆ Step 6 - Finish Line

- Image: Pierre looks happy and not overly tired.

- Thought: *"This time I nailed it – no stomach pain, no dehydration."*
- Emotion: 😊 *Proud*