

H2GETHER USER MANUAL

Android Mobile Application



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1. General Information

The General Information section explains in general terms the H2gether Android application overview and the sections of the user manual.

1.1 Application Overview

The H2gether project is an Android app that promotes healthy water consumption habits by providing real-time reminders and tracking water intake. It aims to address the impact of climate change and rising temperatures, particularly in the Philippines, by empowering users to stay adequately hydrated and prevent dehydration. The target audience includes health-conscious adults, individuals in high-temperature areas, athletes, outdoor enthusiasts, and those with physically demanding occupations.

1.2 Organization of the Manual

The user manual consists of the following four sections

1. The **General Information** section explains in general terms the H2gether application overview and the sections of the user manual.
2. The **Hardware and Software Requirements** section explains the hardware and software requirements for accessing the H2gether application.
3. The **How to Download the Application** section explains the download and installation process of the H2gether Android application on your mobile.
4. The **Features** section provides a detailed description of the functionalities of the H2gether application.

2. Hardware and Software Requirements

- Requires a smart phone with Android operating system (OS).
- Requires Android 5 (Lollipop) or above versions to run properly.
- To download and use the functionalities of H2gether mobile app, users must have an internet connection on their mobile.

3. How to Download the Application

Downloading the APK file from the H2gether GitHub repository

Step 1: Access GitHub Repository

Open your web browser and go to the GitHub repository website (<https://github.com/irishmicoletcando/h2gether-mobile-app>).

Step 2: Navigate to the Releases Section

Once you've found the repository, navigate to the "Releases" section. Usually, it can be found by clicking on the "Releases" tab at the top of the repository page.

Step 3: Find the APK Release

In the "Releases" section, you will find a list of releases for the repository. Look for the specific release that contains the APK file you wish to download. Each release is usually tagged with a version number.

Step 4: Download the APK

Once you've located the desired release, click on the APK file to start the download. Depending on your browser settings, the APK file may automatically start downloading or prompt you to save it in a specific location.

Step 5: Verify the APK

Before installing the APK on your Android device, it's essential to verify its authenticity and source. If the APK comes from a trusted and reputable repository, like the official developer's GitHub page, you can proceed with the installation.

Installing the APK on Android Device

After successfully downloading the APK file, you can install it on your Android device using the following steps:

Step 1: Allow APK Installation

On your Android device, go to "Settings" > "Security" (or "Privacy" on some devices) and enable the "Unknown Sources" option. This allows you to install apps from sources other than the Google Play Store.

Step 2: Locate the APK File

Use the file manager on your Android device to navigate to the location where you downloaded the APK file.

Step 3: Install the APK

Tap on the APK file to begin the installation process. Follow the on-screen instructions to complete the installation.

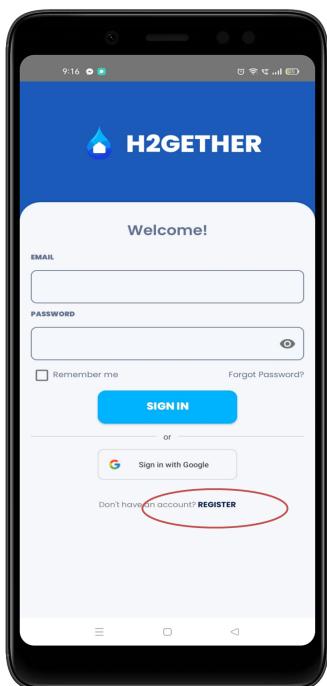
Step 4: Launch the H2gether App

Once the installation is complete, you can find and launch the app from your device's app drawer or home screen.

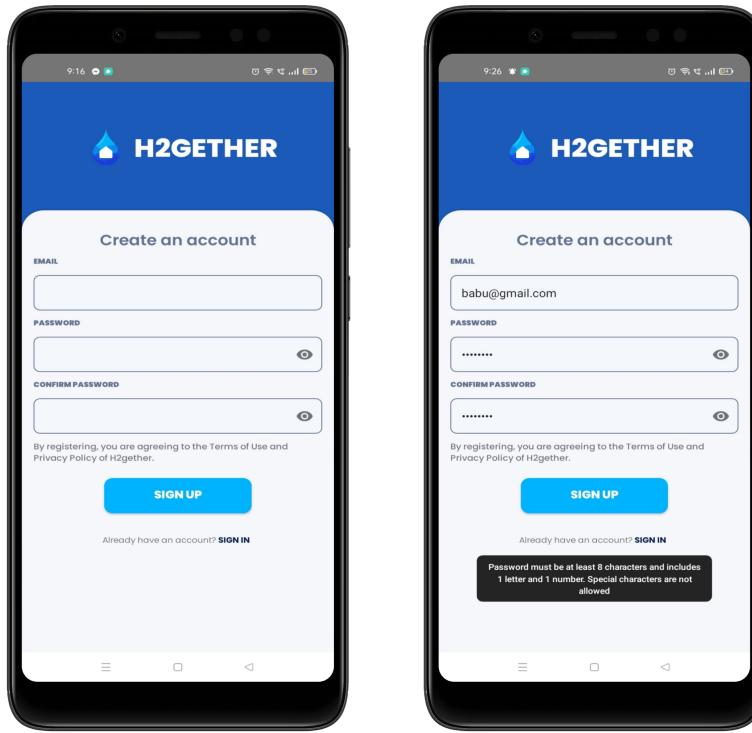
4. Features

The operations and navigation of the services offered by H2gether are discussed below.

4.1 Create account

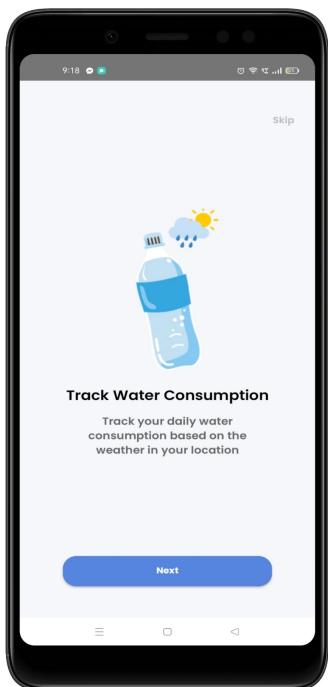


At the start of the application the user will be prompted to log in to their H2gether account. If the user doesn't have a registered account, click the Register text in the lowermost part of the frame as indicated by the red circle.



Upon clicking the register text, the user will be directed to the sign up page where they will be asked for inputs to create an account such as email and password. The application validates the password and provides an alert message accordingly.

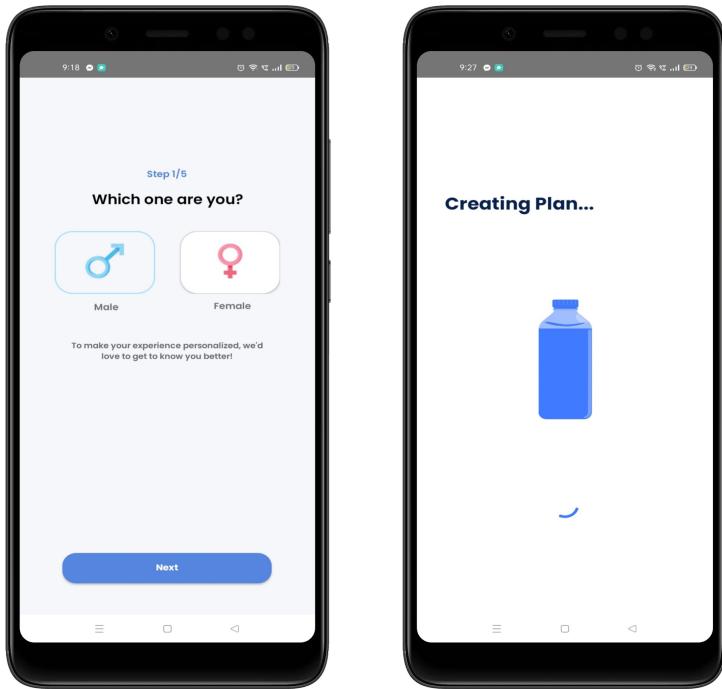
Note: Passwords must be at least 8 characters and include 1 letter. Special characters are not allowed.



Upon clicking the Sign Up button and all user validations are met, the user will be directed to a brief introduction of the application including its features and uses.

The next button will direct users to the next page, while the skip button will immediately direct users to the user configuration page.

4.2 User configuration

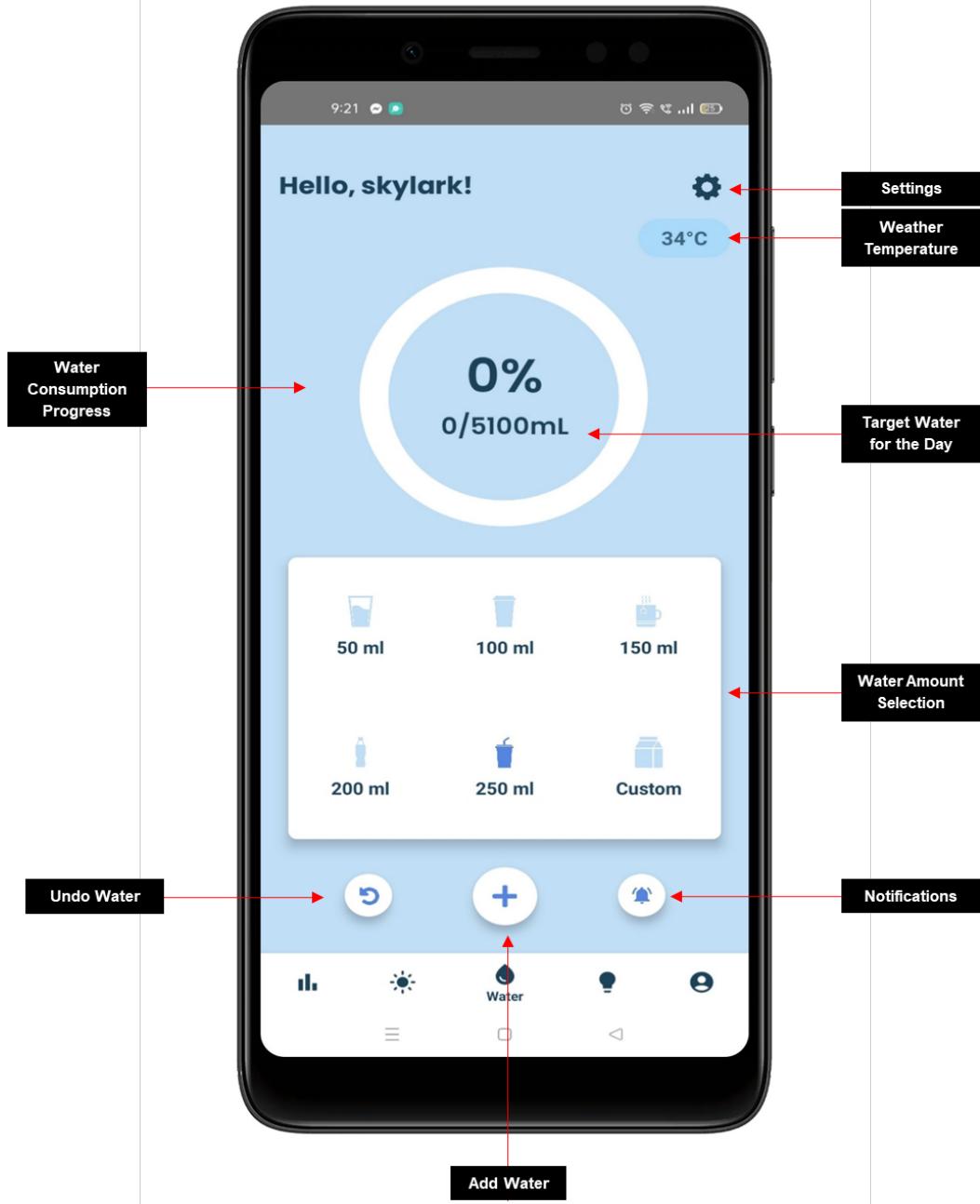


The user configuration page will ask users for its personal details such as sex, age, weight, height, and activity level. User inputs are either selected by clicking the options or through adjusting a range slider or seek bar.

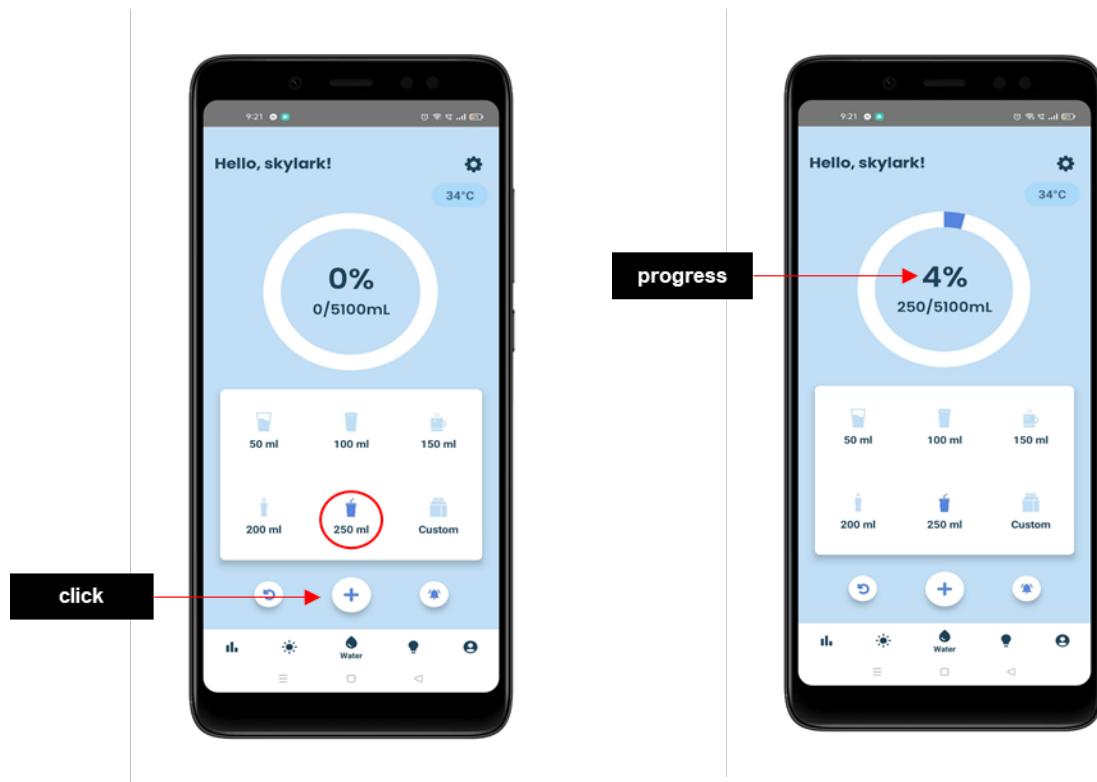
This information will be used to personalise the users' unique water plan.

4.3 Track water intake

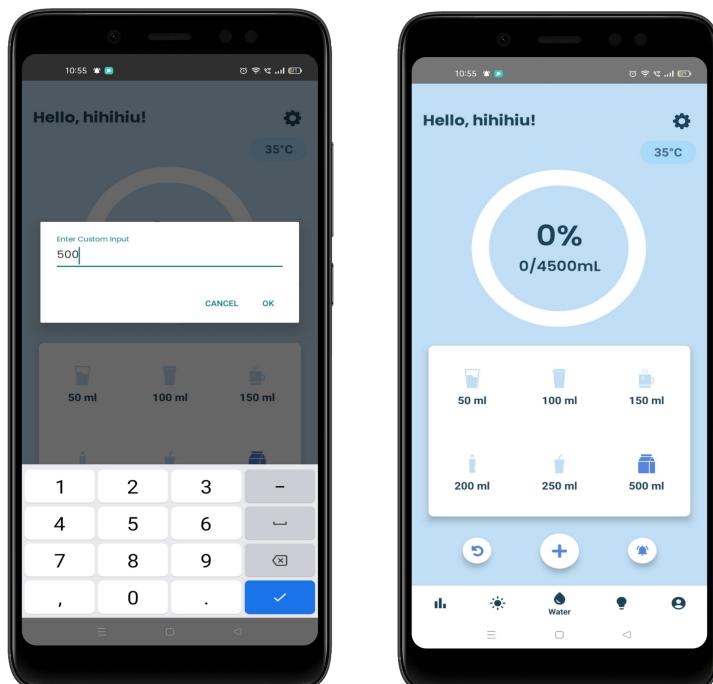
After configuring personal details for the user and creating the water plan, the frame will be directed to the homepage where target water for the day based on the user configurations and the weather is specified. The temperature index and water consumption progress are indicated as well.



The navigation bar below the frame indicates the specific page for each feature such as: Statistics, Weather, Water, Tips, and Profile.

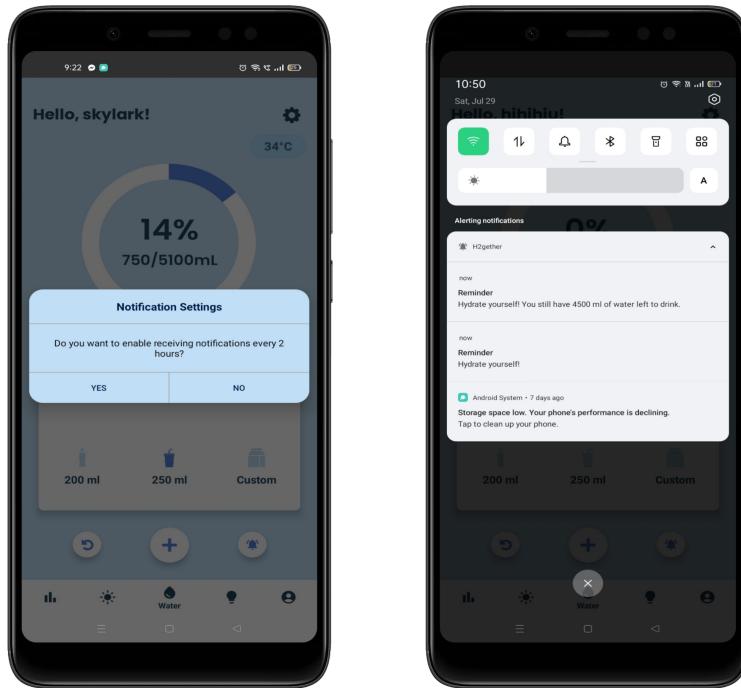


There will be options for common water amounts for consumption that can be selected. When the icon highlights, it is an indicator that the option is selected, and the user can click the add button to indicate their progress.



However, if the water amount is not within the range of options, they can customize the amount by clicking the custom button and manually inputting the amount in (ml).

4.4 Reminder System



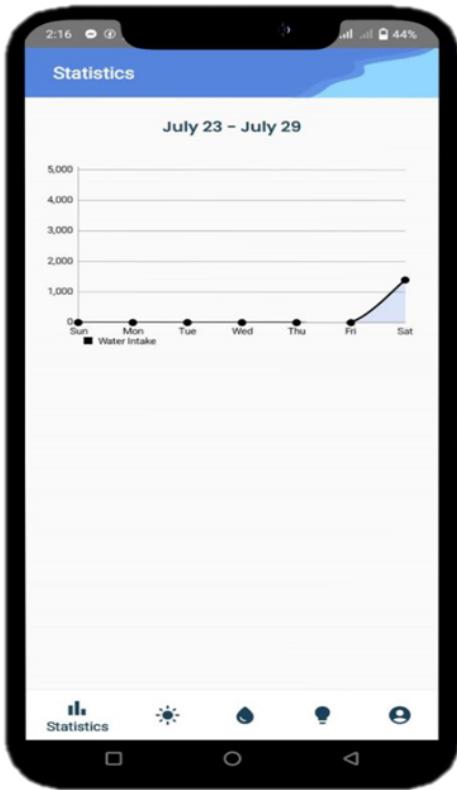
Clicking the notification bell would ask the user to enable the notifications.

Upon enabling notifications, it will remind the users of their water consumption progress every 2 hours.

4.5 Weekly statistics of water consumption

To access the Statistics page, the user should tap on the navigation bar at the bottom of the screen. The Statistics page can be found on the leftmost icon of the navigation bar.

The Weekly Statistics page displays a graph representing the user's weekly water intake. The x-axis of the graph represents water intake in milliliters (mL), and the y-axis represents the days of the week. The graph automatically updates and resets every week to display a new set of data based on the user's water intake.



At the start of each week, the graph is cleared, and the data for the new week is displayed. Users can view their water intake data for each day of the week by observing the corresponding points on the graph.

The graph provides a visual representation of the user's progress in consuming water throughout the week. The Weekly Statistics page is designed to help users monitor and track their water consumption habits over time. By regularly checking the graph, users can identify patterns and trends in their water intake.

4.6 Weather tracker

To access the Weather page, the user should tap on the navigation bar at the bottom of the screen. The Weather page can be found on the right of the Statistics page in the navigation bar.

The Weather page provides users with up-to-date weather information for the city of Manila. Users can view the current temperature, as well as the highest (H) and lowest (L) temperatures for the day.

The page displays the current weather conditions with visual representations for different weather types:



Sunny Weather: When the weather is sunny, a sun icon will be displayed.



Rainy Weather: When it's raining in Manila, a rain cloud icon will be shown.



Cloudy Weather: If the weather is cloudy, a cloud icon will be visible.



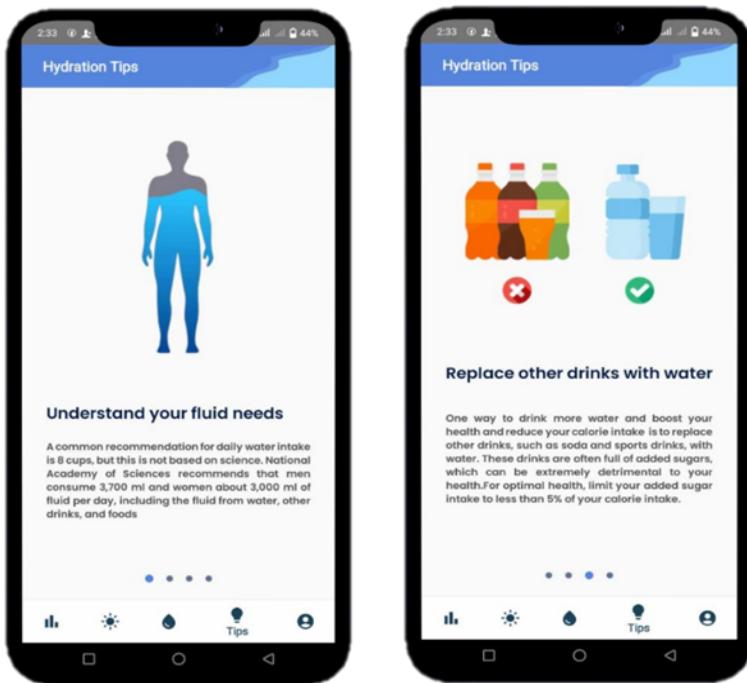
Additionally, the Weather page provides users with their recommended target water intake for the day. The target water intake is calculated based on factors such as age, weight, and activity level, which the user would have provided during account setup or configuration.

The weather information displayed on the page is updated hourly to provide users with the latest data for Manila.

4.7 Hydration tips

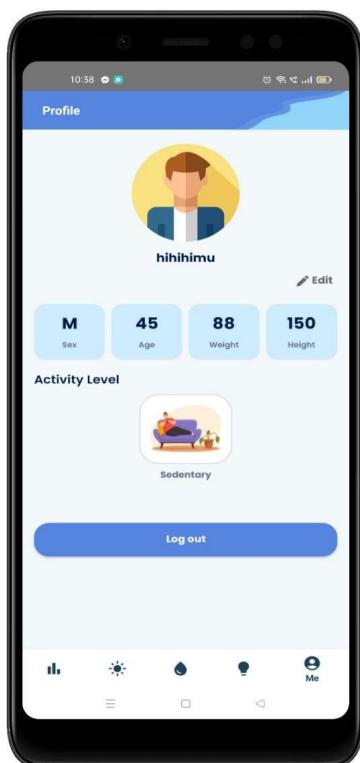
To access the Hydration Tips page, the user should tap on the navigation bar at the bottom of the screen. The Hydration Tips page can be found on the right of the Water (Homepage) in the navigation bar.

The Hydration Tips page provides users with a collection of different tips to practice or maintain proper hydration.



To view different hydration tips, simply swipe left or right on the screen. Each tip is displayed as a separate card with concise and helpful information on staying hydrated.

4.8 User Profile



To access the User Profile page, the user should tap on the navigation bar at the bottom of the screen. The User Profile page can be found on the right of the Hydration Tips page in the navigation bar.

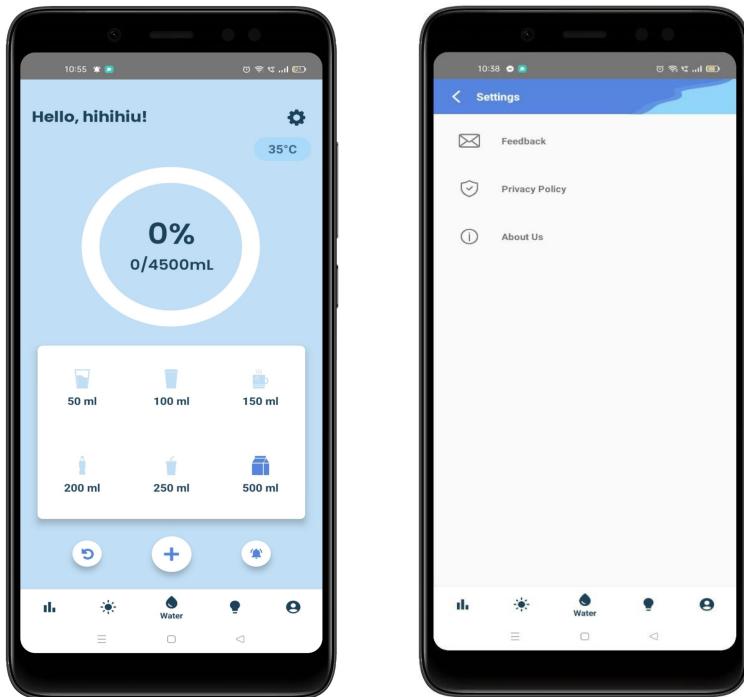
The User Profile page displays the user's basic information that the app asked initially such as name, gender, age, weight, and height. The chosen activity level is also displayed.

The page allows the user to edit their information and preferences by simply clicking the edit button just below the user icon.

The page also displays a log out button that when clicked, the user is logged out of their existing account and is redirected to the Log-in or Sign-up page of the app.

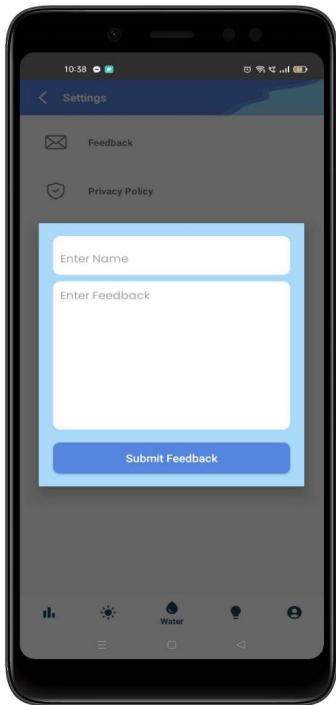
4.9 Settings

To access the Settings, the user should tap on the navigation bar at the bottom of the screen. The Settings can be found in the Homepage which is in the middle of the navigation bar.



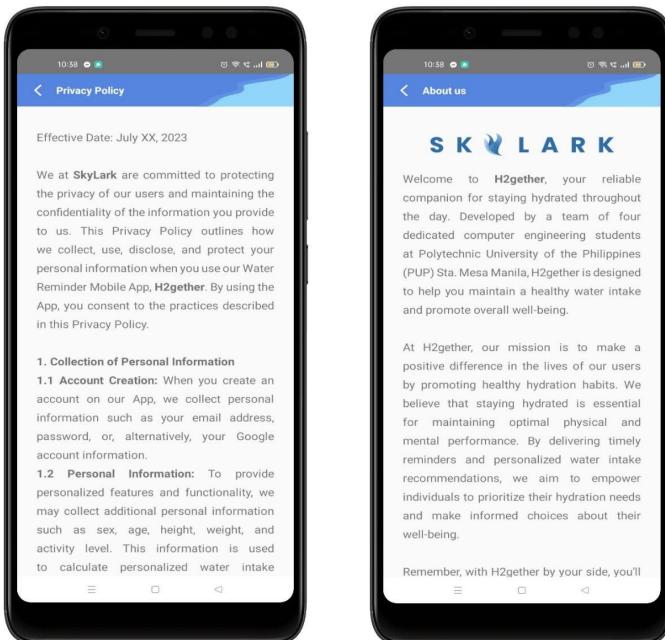
The settings button can be found on the top right corner of the application.

Once clicked, it will display a Feedback option, the app's Privacy Policy and the About Us.



The feedback option offers the user a form that they could fill up with their name and feedback on their user experience or concerns on the app.

The app will prompt an email application to send the feedback with pre-filled fields such as the recipient email address (skylarkh2@gmail.com), subject line (Feedback from app), and the body of the email containing the user's name, message.



The Privacy Policy displays the application's policies and the About Us displays information about the app, the company, and its developers.

Note: The application's responsiveness to various device display sizes is still in development, that being the case, it is recommended to adjust your device's display and font size whenever using the application.