Audience

- Athletes
- Students
- Geriatrics
- Neurodivergent People
- Laborers
- Researchers

Causes

- 8+ hour shifts
- Forgetting to drink water
- Exercise
- Temperature
- Fatigue
- Age

App Features

- Reminder to drink water
- Export Tool to visualize data over a long period of time
- Daily goals
- Track how much you've drank
- Feedback tool
- Sync with Health App
- Customization
- Factor in height
- Ads
- Sync with weather app
- Factor in body type
- Free app
- Pair with Apple Watch/FitBit
- Types of Units

Saving

- Optional creation of an account to save data
- Data privacy/anonymity
- Automatic saving

Sharing

- Option to share data with researchers
- Share with health professionals
- Option to share with friends

Effects/Info

- Low energy
- Change in mood
- Headaches
- Which people are at a higher risk for dehydration
- Higher risk of strokes
- Nausea
- Lower work efficiency
- Dizziness
- Increases chance of kidney stones
- Loss of strength/stamina