Feature Specification Document

# Feature: Hydration Monitoring

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## Description:

- Create a feature to remind users to stay hydrated.  
- Track daily water intake and provide hydration tips.

## Requirements:

- Use user input to log water intake.  
- Provide reminders based on user activity levels and weather conditions.

## Timeline:

Design: 2 weeks  
Development: 4 weeks  
Testing: 2 weeks