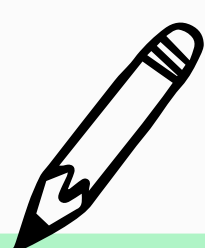


# Problem Statement

How might we help Pierre effectively manage his hydration strategy before, during, and after a race to ensure he performs at his best and avoids dehydration-related issues?

**I am**



pierre

**I'm trying to**

I am trying to prepare for a marathon

**But**

I often struggle with managing my hydration effectively before, during, and after races

**Because**

I sometimes forget to drink enough water and find it difficult to hydrate while running

**Which makes me feel**

I am anxious about my performance and worried that I might not finish the race properly.