

Title: Problem Statement

How might we help Pierre measure and prepare his hydration before a race?

Pierre is an enthusiastic runner who regularly participates in races. However, he often struggles with proper hydration, which impacts his performance and well-being. The interviews revealed that Pierre:

- 1) Struggles to estimate the right amount of water needed before and during the race.
- 2) Experiences digestive issues when drinking too much water right before the race.
- 3) Is concerned about balancing hydration and performance during the race.

Insight Extract

"I need to avoid dehydration issues like last time." - Nathan