

Self Care

Problem Statement:

People are forgetting to eat, drink water, or just take care of themselves regularly because they are so busy. They lack the daily intake of key and vital nutrients that are needed to sustain themselves. In the craziness of college life, students also forgo drinking a sufficient amount of water.

Who is experiencing the problem?

Students busy with everyday college life.

What is the Problem?

The problem is that students are unaware of the healthy amount of nutrients and water that their body requires each day.

Where does the problem present itself?

All college campuses.

Why does it matter?

It matters because students need to be able to take care of their everyday needs as well as keep busy with their college life.