

Healthy Habits Problem Statement

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Problem Statement:

Many people find it difficult to build and maintain healthy daily habits such as exercising regularly or drinking enough water due to busy lifestyles, lack of motivation, and inconsistent routines. There is a need for an engaging solution that helps people stay consistent and motivated in achieving their wellness goals.

Who is experiencing the problem?

People of all ages, especially students and working professionals, who struggle to balance their health with their busy schedules and other daily responsibilities.

What is the problem?

The problem is that people often lack the consistency and motivation needed to sustain healthy habits. Without effective tools or reminders, it becomes easy to neglect basic wellness routines such as drinking water, exercising, or getting enough sleep.

Where does the problem present itself?

This problem appears in everyday life — at home, work, or school — where people are focused on tasks, deadlines, and social commitments. These distractions often lead to skipping healthy habits or losing track of progress.

Why does it matter?

Maintaining healthy habits is essential for physical and mental well-being. When people neglect these routines, it can lead to fatigue, stress, and long-term health issues. By finding a way to help users stay consistent, we can improve overall wellness and productivity.