

9:41



HydraCare

enter your phone numbe

enter your password

sign in

[sign up](#)

[forgot password](#)

Other login methods



9:41



HydraCare

enter your phone numbe

enter your password

obtain code

sign up

sign in

Other login methods



9:41



HydraCare



2023-11-22

goal

now

3500 ml

3000 ml

Drinking record

🕒 14:00



plan: 200ml

finish: 200ml

🕒 12:00



plan: 200ml

finish: 200ml

🕒 10:00



plan: 200ml

finish: 200ml

🕒 08:00



plan: 200ml

finish: 100ml

next reminder: 14:00

💧 **300ml** ✎

add



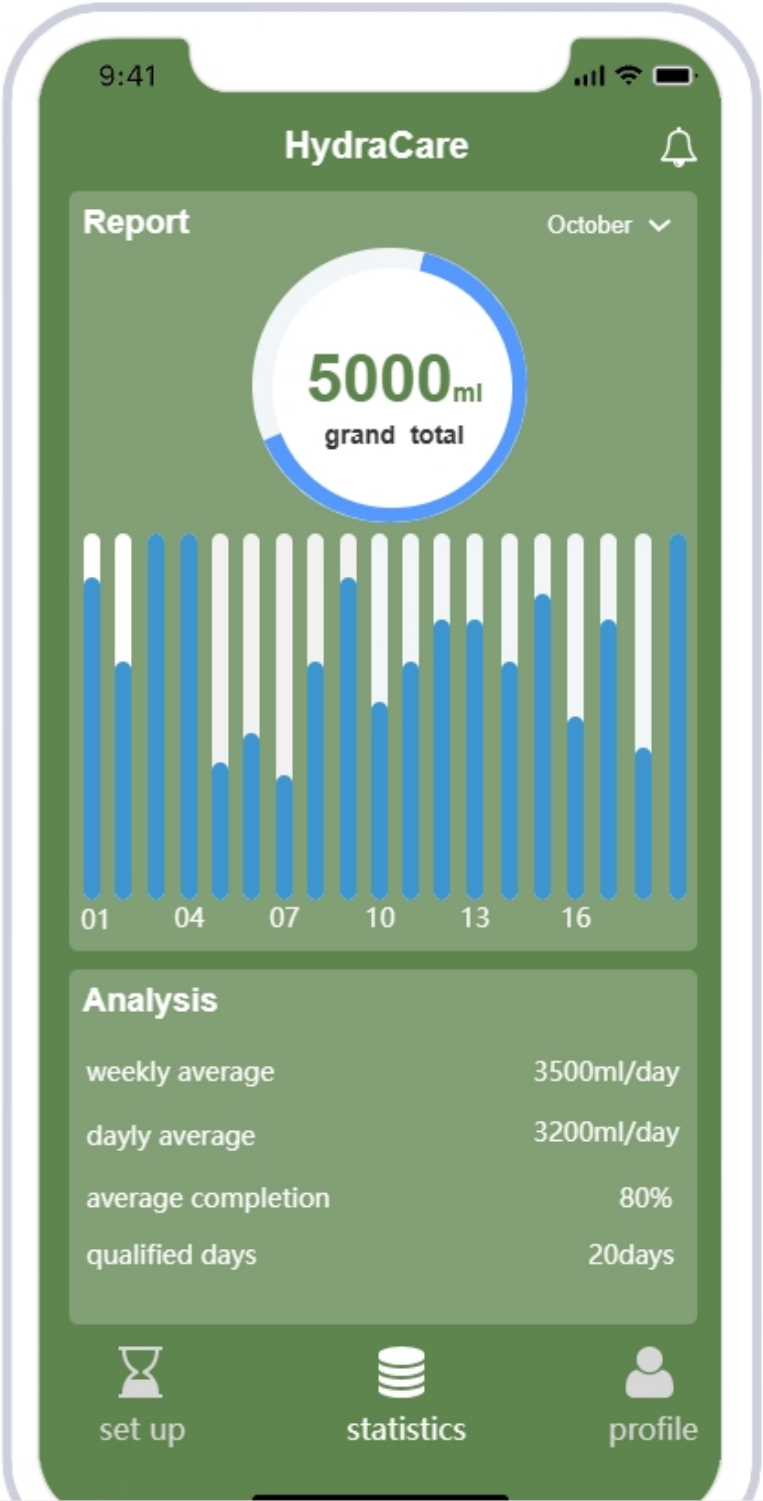
set up



statistics



profile



9:41



HydraCare



zhang san

ID: 9898121



Recommended drinks

more



Lemonade



Honey Water



Chrysanthemum tea



daily goal

3500ml >



units

ml,kg >



weight

60kg >



feedback



rate us



set up



set up



statistics



profile