

Hydration Tracker

Project Name: Hydration Tracker

Project Overview: In the cold winter in the UK, water intake is very important. Low water intake may cause dry skin and cracked skin, and low water intake is not good for health. Maintaining water circulation in the body is an important part of human health in modern society, so we developed a project to record weekly water intake to help everyone develop better habits.

Project Participants

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Three functions

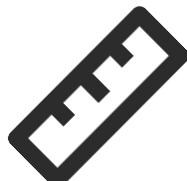


1: Record the amount of water you consume today

Daily Hydration Intake compares the daily required water intake (a red warning will be displayed if the

requirement is not met) and then stores the data in the database

Monday's water intake DHI1, Tuesday's water intake DHI2, Wednesday's water intake DHI3.....



2: Calculate the amount of water you need to drink every day based on your weight and activity status

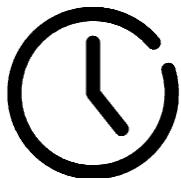
Calculation formula: Daily water intake (ml) = body weight (kg) × 30ml

Activity status adjustment

Light activity: Basic water intake × 1

Moderate activity: Basic water intake × 1.2

High-intensity activity: Basic water intake × 1.5



3: Check the water records for this week and give an assessment