

HYDRATES

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Overview

- **App Name:** Hydrates
- **App Description:**
 - An app that is to monitor and remind user to drink and stay hydrated
- **Track:** Youth Individual
- **Category:** wellbeing

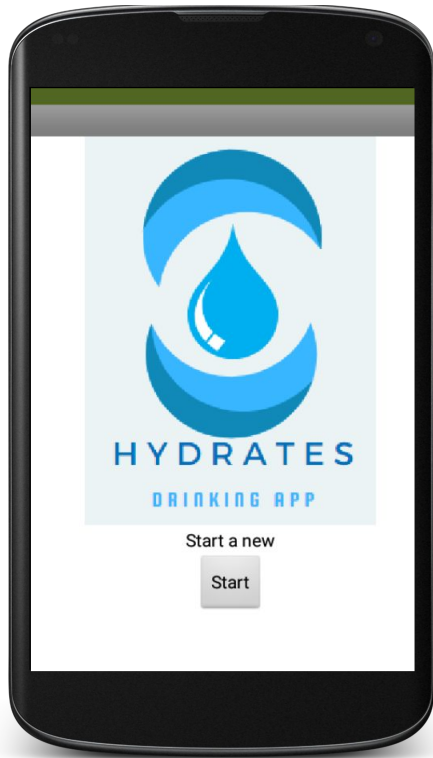


Theme

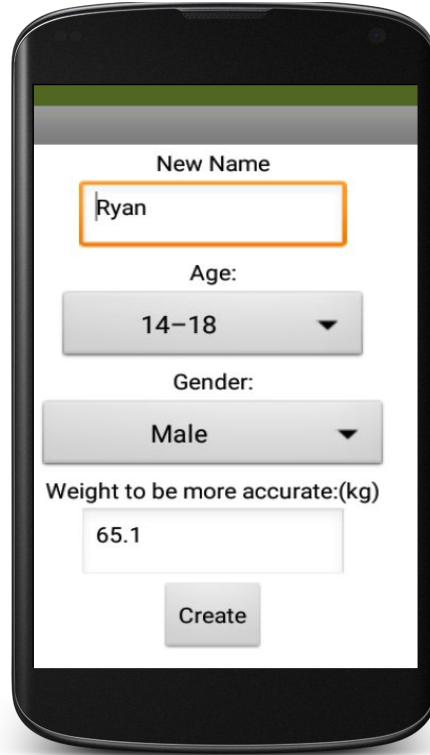
In the recent times, an epidemic has hit our earth and that is the rising temperature in our earth atmosphere. This heatwave has plague many countries and terrorise many folks. Casualties are also piling up as many people are dying from heat strokes. Many of us disregard it, felt that it's not really that much of importance but in times like this little action can make a huge impact. Drinking water or stay hydrated it's a key component in times like this, and it's the reason why I make this app.



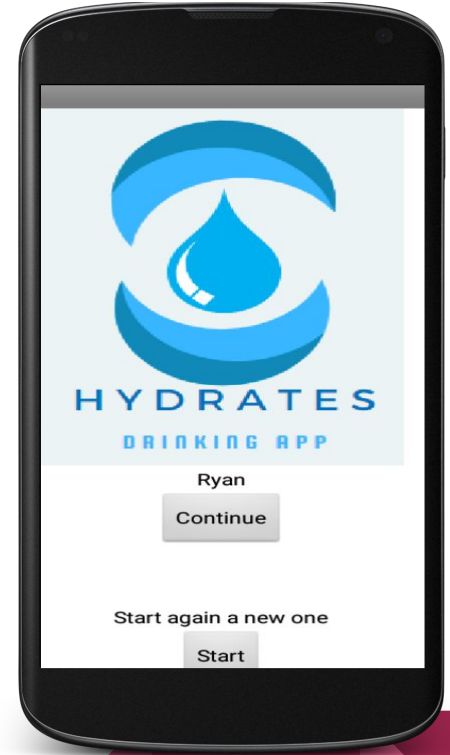
Instructions



Step 1: Create a new profile



Step 2: Fill in the entire selection



Step 3: Proceed with new profile

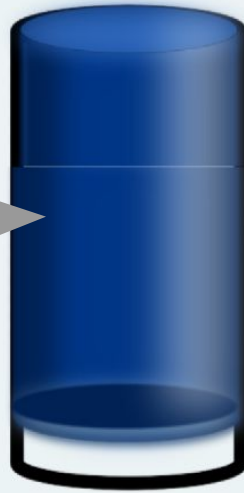
Instructions

Here is a picture to show the remaining water that is left

When drinking a gulp sound is made you, this can determine how much you drank

Change total volume is able to increase or decrease the total amount of water you planning to drink

05:25:33 PM



This the target of water

When taking a sip this button can determine how much you drank

Target: 2336.4mL

Gulp(45mL)

Sip(15mL)

Change Total Volume

Back

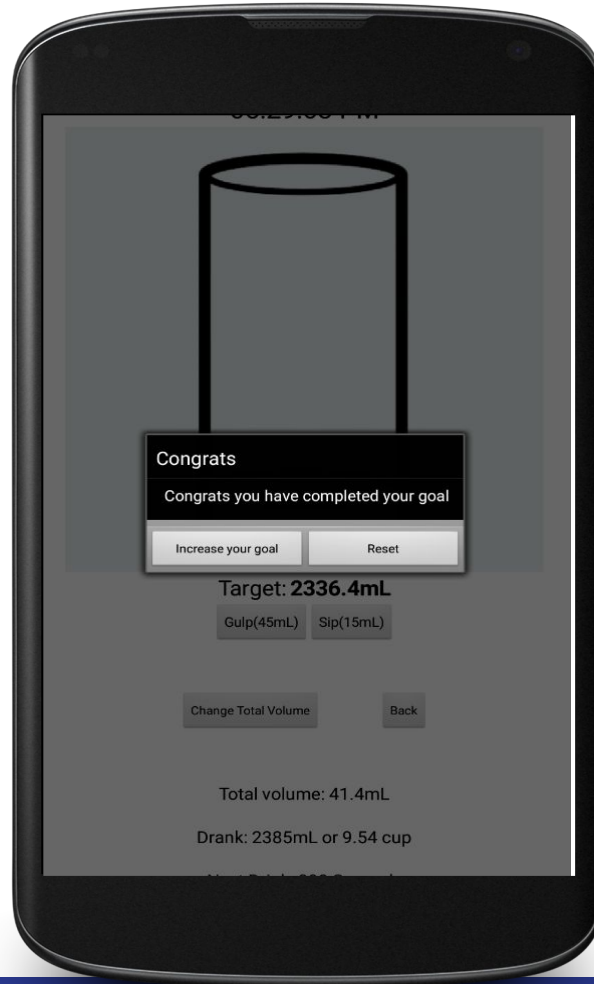
Remaining: 2336.4mL

Drank: 0mL or 0 cup

Next Drink: 896 Seconds

- Total volume of water
- How much water you drank
- This countdown is the timer to alert you to drink

Instructions



In this case where you have reach your goal, you can choose to continue your normal goal or automatically increase your goal

Limitations

One of the limits is it's unable to notify when it's in offline and this can create some problems like needing to open the app for 24/7 and also need to use other apps. This does bring the app down a lot but it's a good way to track how much you have drank. The other limits is not being able to reset each day, so you need to complete the initial goal to reset it.



Acknowledgements

- Queeness Tan (mentor)
- Jiehyi (mentor)

