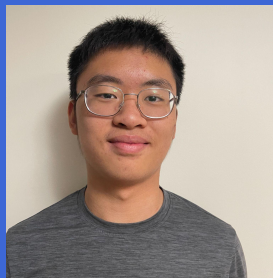


WATERLOG

Leonardo Zhou

Please upload a high-quality, well-lit headshot against a plain background for each of your team members.



OVERVIEW

- **App Name:** WaterLog
- **App Description:** Tracks water consumption and helps users set and achieve goals for staying hydrated
- **Track:** Youth Individual
- **Category:** Mental health & wellbeing

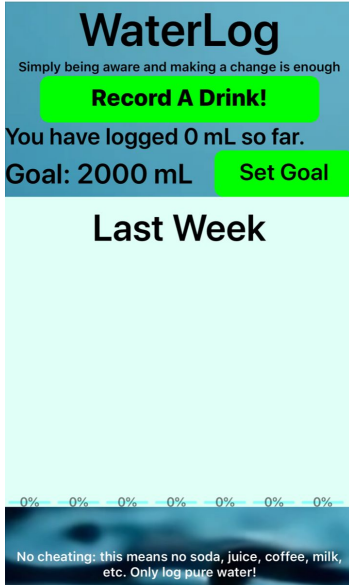


THEME

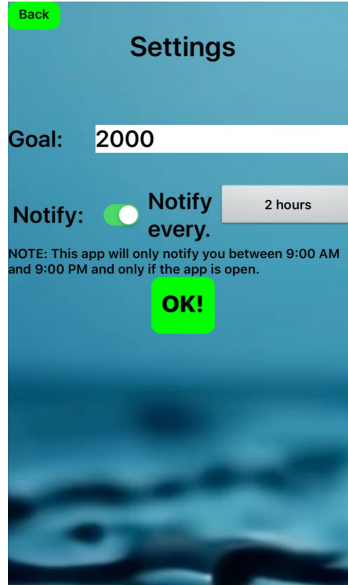
It's important to stay hydrated, especially during the summer and especially for older adults and younger children. This app is simple to use, requires no sign-up at all, and helps users to easily track their water consumption goals over time. By having a visual chart, users will be able to see how much progress they've made toward their goals. The notifier also uses chatbot-generated reminders, thus eliminating the monotony of a repeated message again and again.



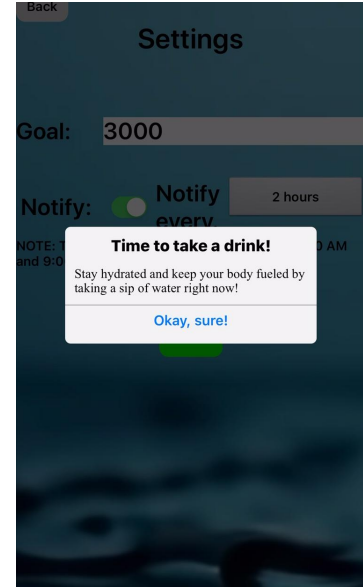
INSTRUCTIONS



Step 1: Open the app. No signup or login is required for this app.



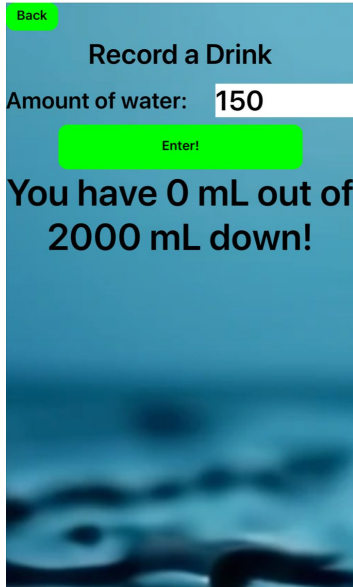
Step 2: Open the settings page.
Set up the app to your own needs.



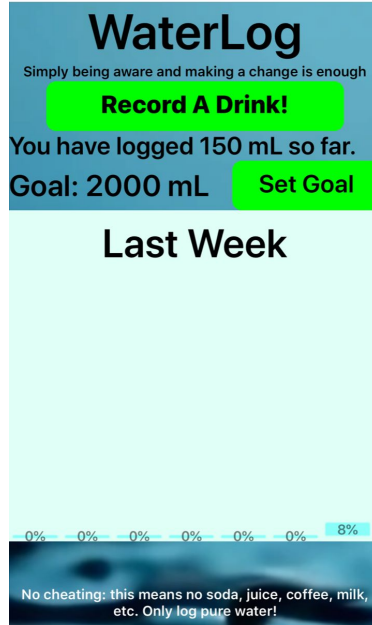
Step 3: The app will notify you periodically with unique chatbot-generated messages to drink some water.



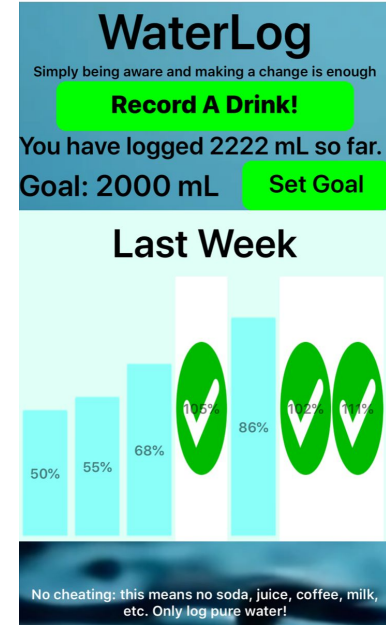
INSTRUCTIONS



Step 4: Any time you drink some water, record a rough estimate of how much you drank.



Step 5: Back on the home page, you will see that the chart has updated.



Step 6: The app will continue to remember your past records throughout the whole week.



LIMITATIONS

Unfortunately for the user, the notifier cannot be set to show for any time period, as if the frequency goes over 3 requests per minute the app will get rate-limited. Instead, a wide range of selections to choose from should serve the same purpose.

The only other limitation is the slower processing speed between switching screens, although it shouldn't be too significant for the user.

