Overall Problem

• 60% of human body is water
• People should drink eight 8-ounce glasses of water each day (8 × 8 rule)
• People often forget to drink enough water
• Up to 75% of Americans suffer from chronic dehydration
Contextual Inquiry

- People do not want to be interrupted or distracted
- Most people do not have a liquid intake plan
- People often reach for soda, coffee, or other beverages when they feel thirsty
Contextual Inquiry

- People do not know how much water they have drunk
- People need different amounts of water based on their activities
- People do not know the symptoms of dehydration
Initial Tasks

1. Tracking liquid intake over time (*Easy*)
2. Education on hydration (*Easy*)
3. Convenient reminders to drink water (*Medium*)
4. Smart beverage suggestions (*Medium*)
5. Finding motivation for drinking water (*Hard*)
6. Accurate dehydration detection (*Hard*)
Design 1

Sensor Ball with Mobile App

- Tracking Liquid Intake
- Convenient Reminders
- Education on Hydration
- Smart Beverage Suggestions
Design 2
Smart Water Bottle with Display

- Tracking Intake
- Convenient Reminders
- Smart Suggestions
- Motivation
Design 3
Smartphone Application
Selected Design and Tasks

Bottle with display and Built-in Sensor + Mobile App = Easy to Track Data Visualization, Smart Reminders, Smooth Interaction
Storyboard 1
Tracking Water Intake

Manually logging data

Water bottle tracking data

Can track different drinks

Data visualization and goal setting
Storyboard 2
Smart Reminder

Bob ignores reminder from bottle

Mobile app reminds Bob to drink water

Bob drinks water
• Communication and teamwork are important
• Always keep target users in mind
• Quickly create sketches and iterate fast
• Explore beyond your initial idea
Thank you!
Any Questions?
Reference


• [http://water.usgs.gov/edu/propertyyou.html](http://water.usgs.gov/edu/propertyyou.html)