AQUEOUS
Your Water Drinking Expert

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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
Education on Hydration
Convenient Reminders
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

Water bottle tracking data
Manually logging data
Can track different drinks
Data visualization and goal setting
Storyboard 2

Smart Reminder

9:00 am
Bob ignores reminder from bottle

11:00 am
Mobile app reminds Bob to drink water

12:00 pm
Bob drinks water

12:03 pm

12:05 pm

12:06 pm
Summary

• 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?
References


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