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
• 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

Tracking Liquid Intake

Smart Reminder Setup

Tips for Water Intake

Daily Suggestions
Selected Design and Tasks

Bottle with display and Built-in Sensor + Mobile App = Easy to Track Data Visualization

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

BUSY

11:00 am
Bob to drink water

12:00 pm
LUNCH TIME!

12:00 pm
Bob drinks water

Mobile app reminds Bob to drink 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://www.medicaldaily.com/75-americans-may-suffer-chronic-dehydration-according-doctors-247393

• http://authoritynutrition.com/how-much-water-should-you-drink-per-day/

• http://water.usgs.gov/edu/propertyyou.html