Taylor Marie

Studio 2 Bridge Project 1

**Product**: Water Bottle with reminder when to drink water (until enough water is consumed)

**Constraints:** Technology doesn’t go well with water, alarm noise is noticeable without being too disruptive/loud. Doesn’t know when “day” starts or ends to each person.

**Opportunities**: Reminders throughout the day. Could connect to fitbit/phone

**Amount of water Elisa Drinks currently:** 1 liter

**Amount of water held in her water bottle:** 750 ml= .75L

**Amount of water each person should actually drink in a day:** The health authorities commonly recommend eight 8-ounce glasses, which equals about 2 liters, or half a gallon. This is called the 8×8 rule and is very easy to remember, but yet we still don’t follow. There are other health gurus who think we’re always on the brink of dehydration and that we need to sip on water constantly throughout the day… **even when we’re not thirsty.**

**Why drinking water is important:** We’re constantly losing water from our bodies, primarily via urine and sweat. Many people claim that if we don’t stay hydrated throughout the day, our energy levels and brain function can start to suffer.

**What water bottles are in the market currently:** Blender Bottle, Camelbak, Tritan wide mouth, Polar bottle insulated, Brita Filter, Fruit Infuser

**Added features to water bottle that would also enhance aesthetics:** clear, measurements, markings for the day, moving arrow, straw/mouthpiece, strong handle, clip, place for name.

"How Much Water Should You Drink Per Day?" *RSS 20*. N.p., 24 Oct. 2013. Web. 29 Jan. 2016.

<http://www.amazon.com/Water-Bottles-Accessories-Sports-Outdoors/b?ie=UTF8&node=3395091>

<https://www.fitbit.com/flex>