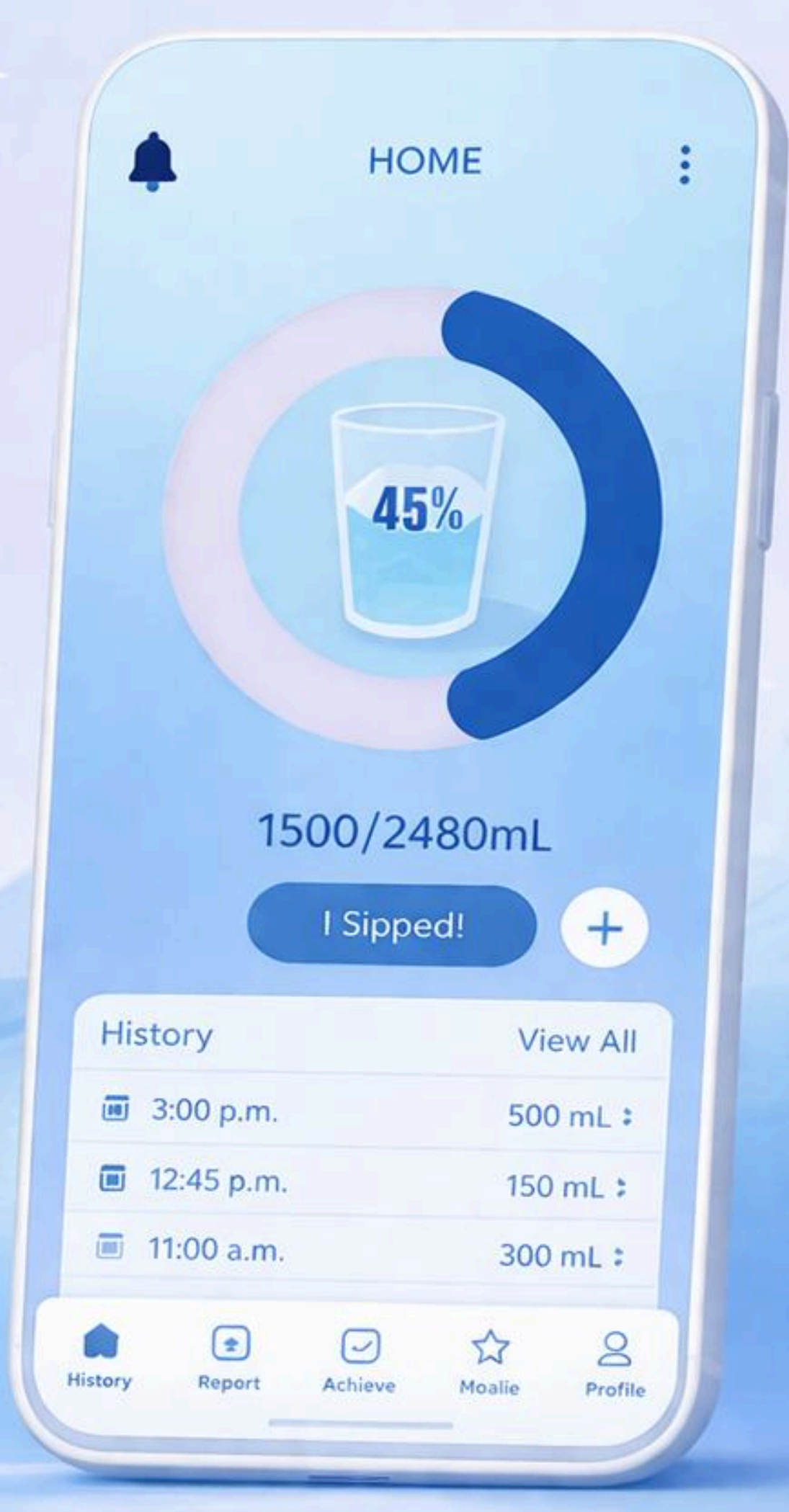


HYDROTRACK

Designing a Daily Water Habit

A Minimal mobile experience to built consistent hydration habit



Understanding the problem

Defining problems, designing solutions

Problem

Forgetting to Drink Water
Users don't intentionally avoid hydration—they simply forget during busy routines.

Lack of Motivation
Tracking water feels repetitive and boring over time

Complex Tracking Interfaces
Many apps require too many inputs, making the experience tedious.

Solutions

Smart Habit Reminders
Gentle notifications spaced throughout the day help build consistency without interruption.

Visual Progress System
A circular progress tracker makes hydration feel rewarding and engaging.

One-Tap Logging
A quick "I Sipped" action reduces friction and encourages frequent use.

User Insights

Through quick peer research and observations, key patterns emerged around how users approach hydration and why existing apps fail to support consistent habits.

Users forget, not ignore hydration
Most users want to drink more water but simply lose track during busy routines.

Existing apps feel like a task
Users find many hydration apps too complex or effort-heavy to use consistently.

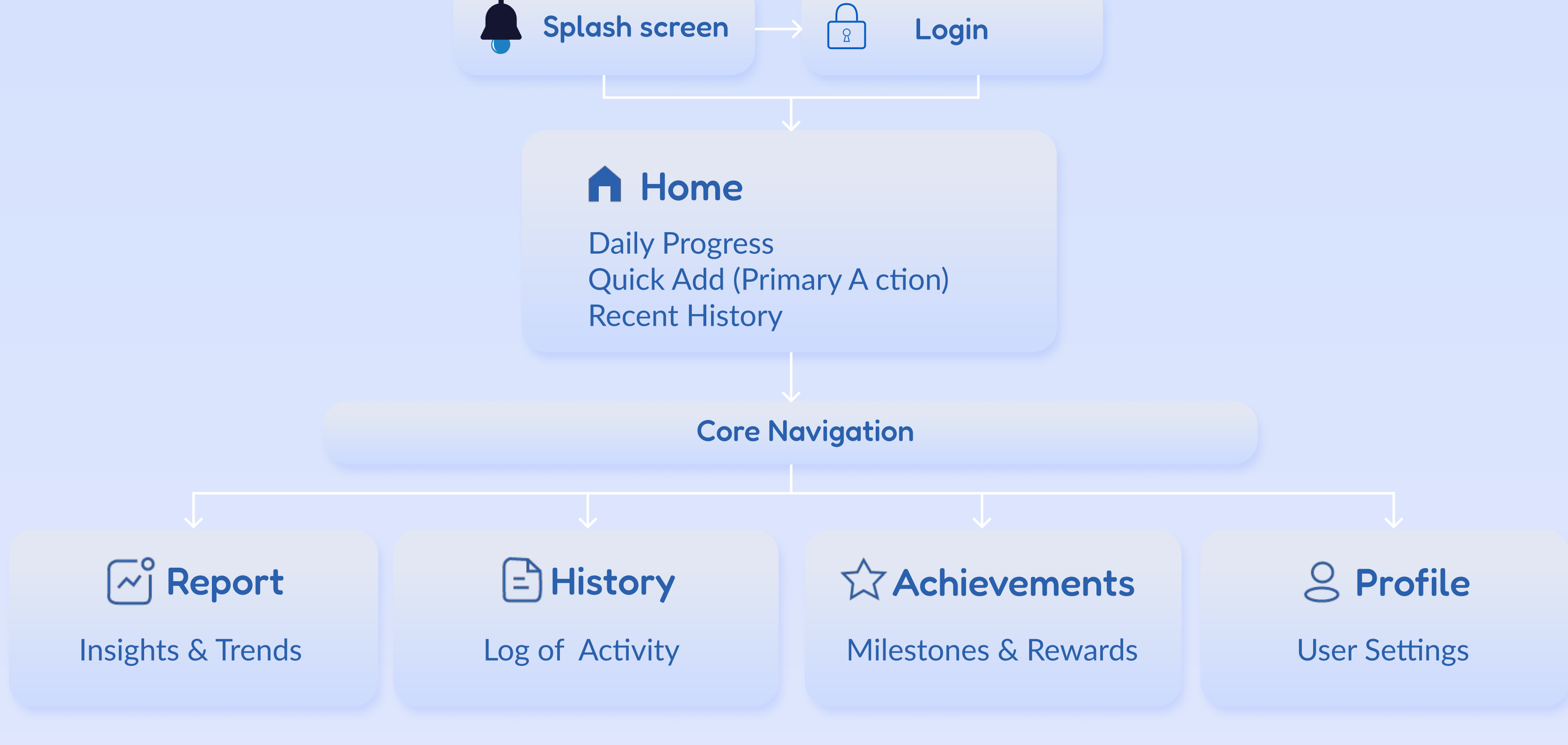
Motivation drops over time
Without visible progress or rewards, users quickly lose interest.

Users prefer quick interactions
They want minimal steps logging water should take seconds, not effort.

Clarity matters more than data
Users don't want detailed analytics they want simple, understandable insights.

Information Architecture

The app is structured around a simple and intuitive navigation system, allowing users to quickly track, monitor, and reflect on their hydration habit with minimal effort



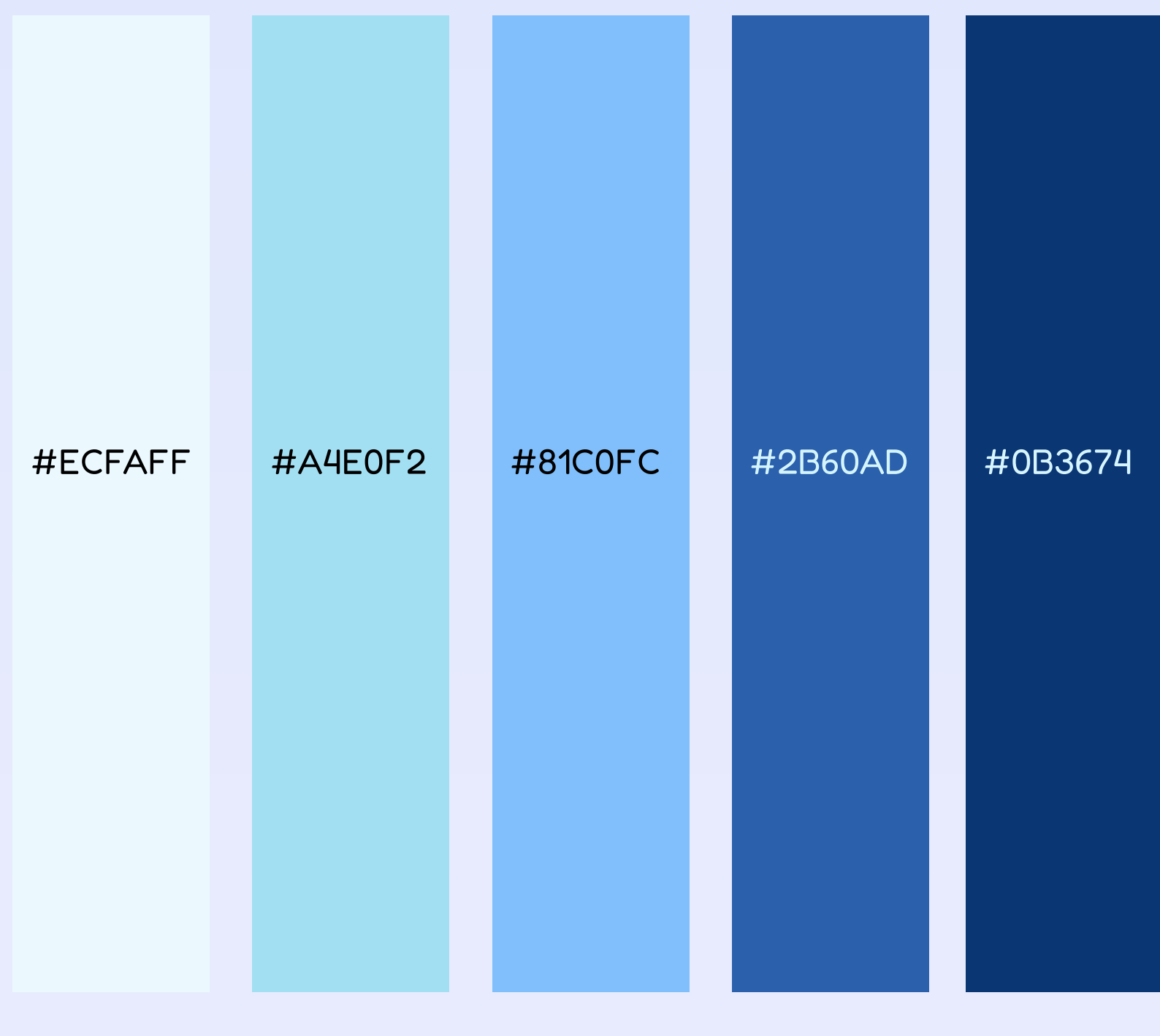
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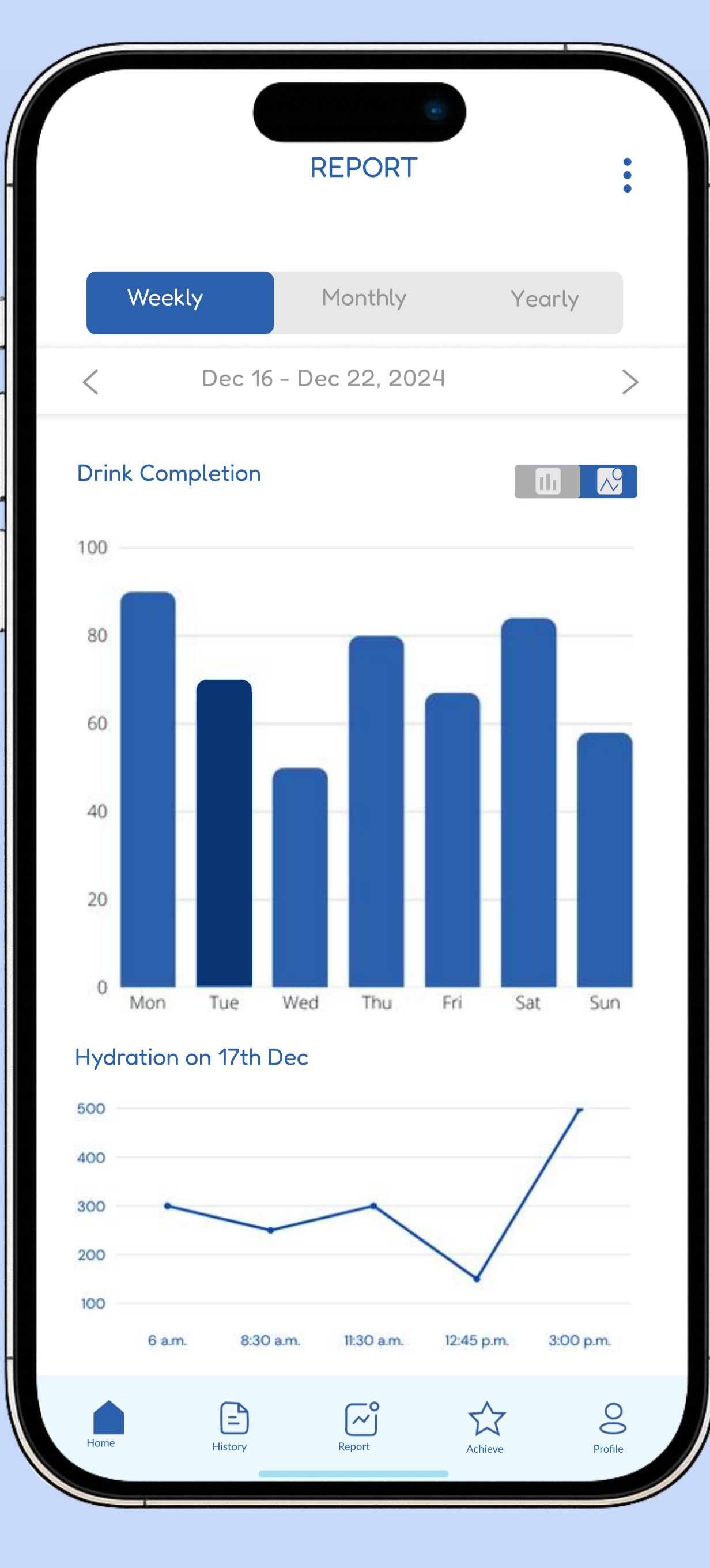
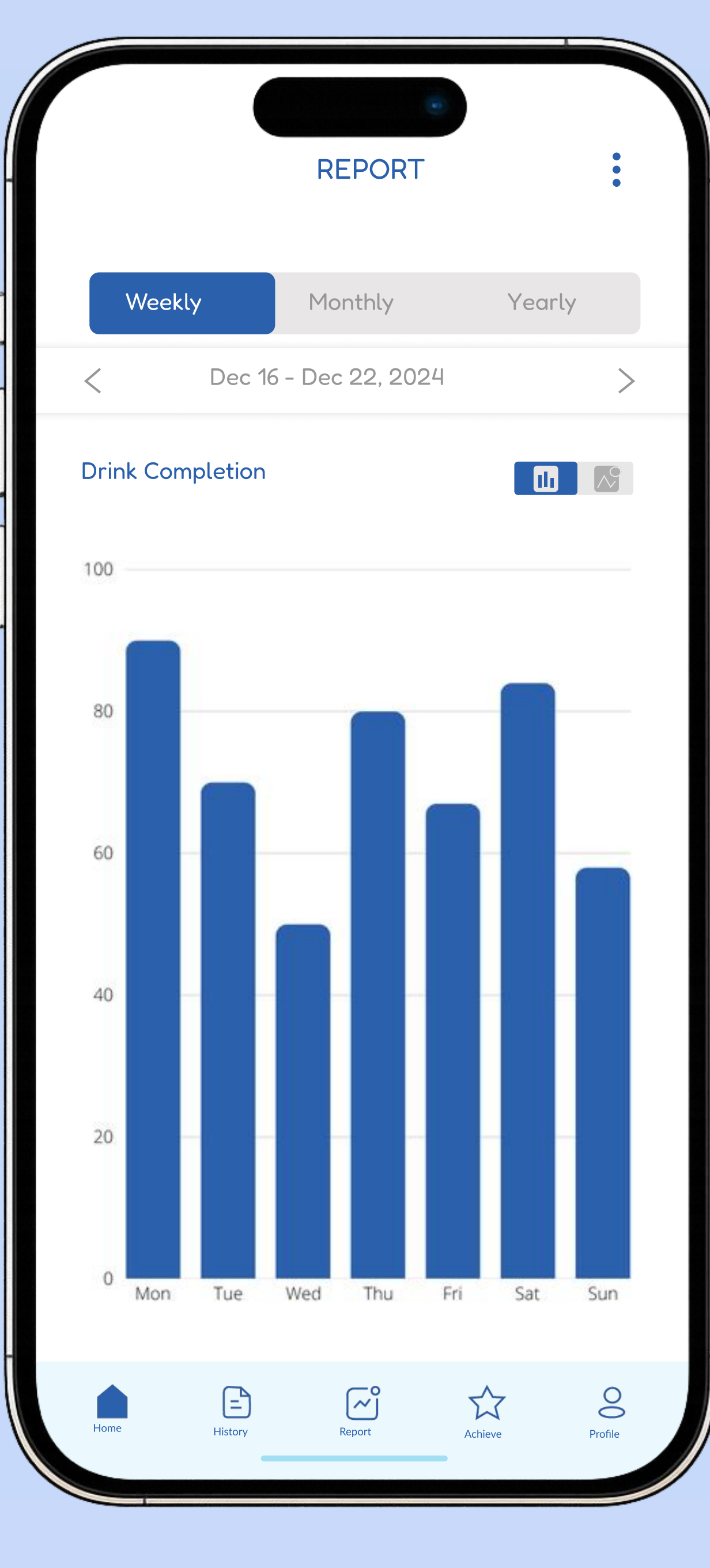
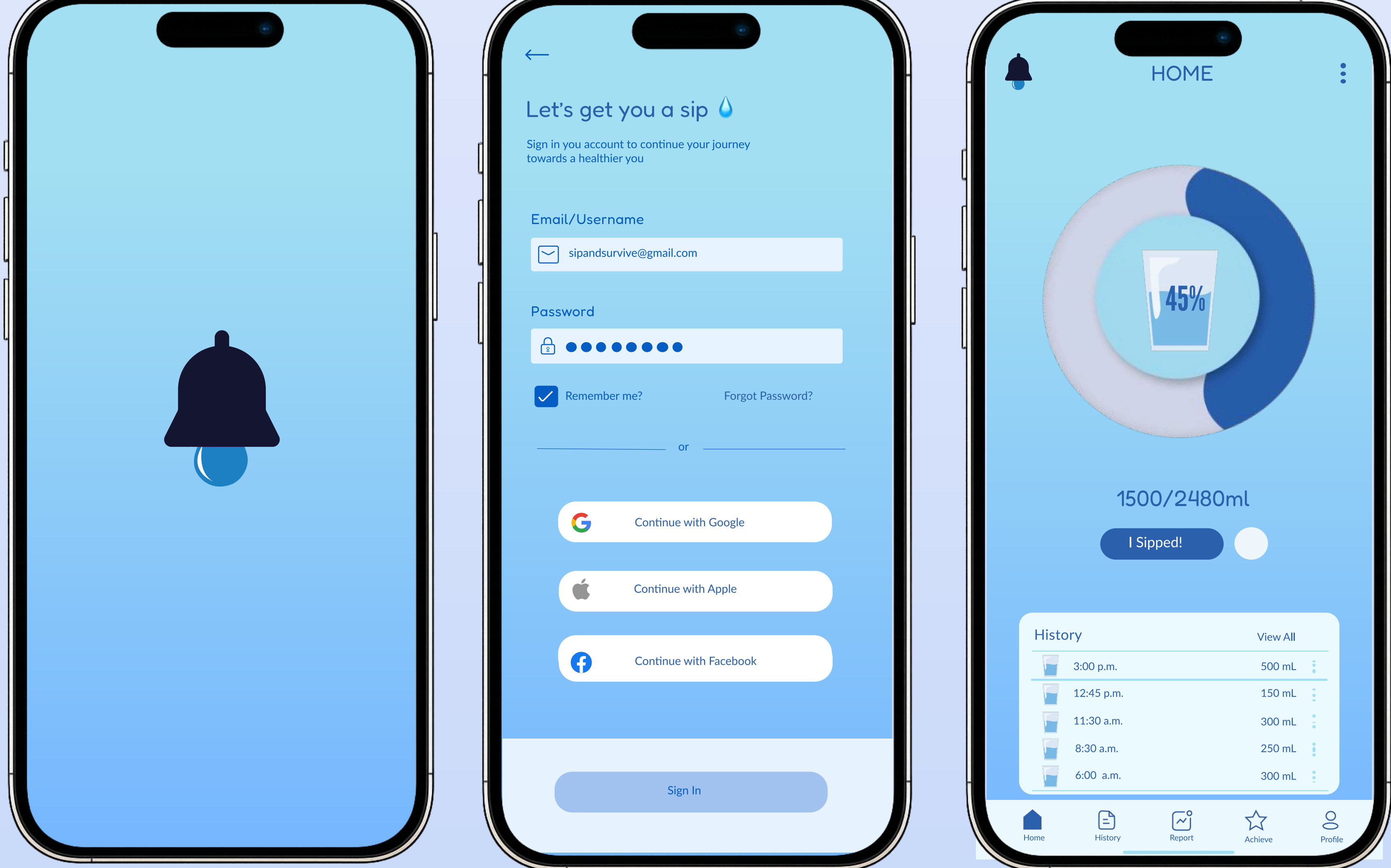
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FINAL DESIGN



PROTOTYPING

