

HYDRATION

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Hydration Genius

A free app that allows you to log your water content to calculate the amount of water you need to stay hydrated

Available at: <https://apps.apple.com/us/app/hydration-genius-daily-water-logger-keep-track-your/id886735824>

What is it?

Hydration Genius is an app that encourages the user to record water intake and – using a simple algorithm – it calculates the exact amount of water needed to stay hydrated throughout the day. The app provides information on hydration levels and sends daily reminders to encourage the user to drink more water.

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Waterlogged – Drink More Water

A free app to help you stay healthy and hydrated

Available at: <https://www.waterlogged.com> and Google Play Store

What is it?

Waterlogged is an app that provides personalised charts and reminders to help you stay on top of hydration.

You can sync the app with your fitbit/apple health, and unlock reminders to help you stay hydrated.