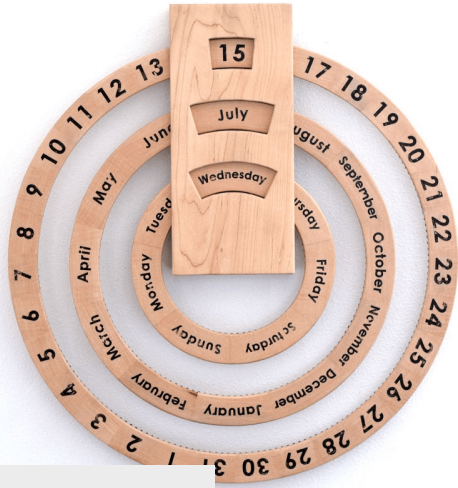


Calendar Process

Finn Deetscreek • Type 3 • Calendar Project

Mood Board



Calendar Ideas

Calendar Idea

Jar of Jam a Month

My sixth topic idea is a calendar based the idea of supporting local farms and trying new types of farmer's products, specifically jams and jellies. Each month you would get a month's supply of jam, in a glass jar, with each month being a different flavor, possibly from a different farm. This would encourage trying new things and visiting local farmers markets. The amount of jam in a jar being around the average amount a person should consume per month would be a way to tell time as well. An idea is that whenever you finish a jar, you would take the lid and place it in a cylindrical glass tube. On the side of each cap would be the month, so whenever you look at the stack it shows all the months at the end of the year.

The fruits and vegetables you buy at the farmers market are the freshest and tastiest available. Fruits are allowed to ripen fully in the field and are brought directly to you—no long-distance shipping, no gassing to simulate the ripening process, no sitting for weeks in storage. This food is as real as it gets—fresh from the farm. The food you buy at the farmers market is seasonal. It is fresh and delicious and reflects the truest flavors. Shopping and cooking from the farmers market helps you to reconnect with the cycles of nature in our region. As you look forward to asparagus in spring, savor sweet corn in summer, or bake pumpkins in autumn, you reconnect with the earth, the weather, and the turning of the year. Family farmers need your support, now that large agribusiness dominates food production in the U.S. Small family farms have a hard time competing in the food marketplace. Buying directly from farmers gives them a better return for their produce and gives them a fighting chance in today's globalized economy.

source: cuesa.org/

Calendar Idea

Water Bottle Calendar

My fifth topic idea is a calendar based the idea of drinking more water. The calendar itself would be a reusable bottle that would be the size to contain the healthy amount of water a human should consume each day, so that if you finish the bottle you have had enough water for that day. Each day however much water you drink, you mark it on the bar graph on the side of the bottle. That way at the end of the month you see how much water you were able to drink and you can compare it to the healthy amount.

How much water you need depends on a lot of things and varies from person to person. For adults, the general recommendation from The U.S. National Academies of Sciences, Engineering, and Medicine is about:

11.5 cups (2.7 liters) a day for women

15.5 cups (3.7 liters) a day for men

This includes fluids from water, beverages like teas and juice, and from food. You get an average of 20 percent of your water from the foods you eat (1, 2).

You might need more water than someone else. How much water you need also depends on: Where you live. You will need more water in hot, humid, or dry areas. You'll also need more water if you live in the mountains or at a high altitude (3Trusted Source). Your diet. If you drink a lot of coffee and other caffeinated beverages you might lose more water through extra urination. You will likely also need to drink more water if your diet is high in salty, spicy, or sugary foods. Or, more water is necessary if you don't eat a lot of hydrating foods that are high in water like fresh or cooked fruits and vegetables.

The temperature or season. You may need more water in warmer months than cooler ones due to perspiration. Your environment. If you spend more time outdoors in the sun or hot temperatures or in a heated room, you might feel thirstier faster. How active you are. If you are active during the day or walk or stand a lot, you'll need more water than someone who's sitting at a desk. If you exercise or do any intense activity, you will need to drink more to cover water loss.

source: healthline.com

Calendar Idea

Water Bottle Calendar

My fifth topic idea is a calendar based the idea of drinking more water. The calendar itself would be a reusable bottle that would be the size to contain the healthy amount of water a human should consume each day, so that if you finish the bottle you have had enough water for that day. Each day however much water you drink, you mark it on the bar graph on the side of the bottle. That way at the end of the month you see how much water you were able to drink and you can compare it to the healthy amount.

How much water you need depends on a lot of things and varies from person to person. For adults, the general recommendation from The U.S. National Academies of Sciences, Engineering, and Medicine is about: 11.5 cups (2.7 liters) a day for women, 15.5 cups (3.7 liters) a day for men. This includes fluids from water, beverages like teas and juice, and from food. You get an average of 20 percent of your water from the foods you eat (1, 2). You might need more water than someone else. How much water you need also depends on: Where you live. You will need more water in hot, humid, or dry areas. You'll also need more water if you live in the mountains or at a high altitude, Your diet. If you drink a lot of coffee and other caffeinated beverages you might lose more water through extra urination. You will likely also need to drink more water if your diet is high in salty, spicy, or sugary foods. Or, more water is necessary if you don't eat a lot of hydrating foods that are high in water like fresh or cooked fruits and vegetables. The temperature or season. You may need more water in warmer months than cooler ones due to perspiration. Your environment. If you spend more time outdoors in the sun or hot temperatures or in a heated room, you might feel thirstier faster. How active you are. If you are active during the day or walk or stand a lot, you'll need more water than someone who's sitting at a desk. If you exercise or do any intense activity, you will need to drink more to cover water loss.

- STATISTICS**
- In 2005-2010, U.S. youth drank an average of 15 ounces of water and in 2011-2014, U.S. adults drank an average of 39 ounces of water on a given day.
 - Among U.S. adults, plain water intake is lower in older adults, lower-income adults, and those with lower education.
 - U.S. adolescents who drink less water tended to drink less milk, eat less fruits and vegetables, drink more sugar-sweetened beverages, and get less physical activity.

source: [healthline.com](https://www.healthline.com), CDC

Sketches

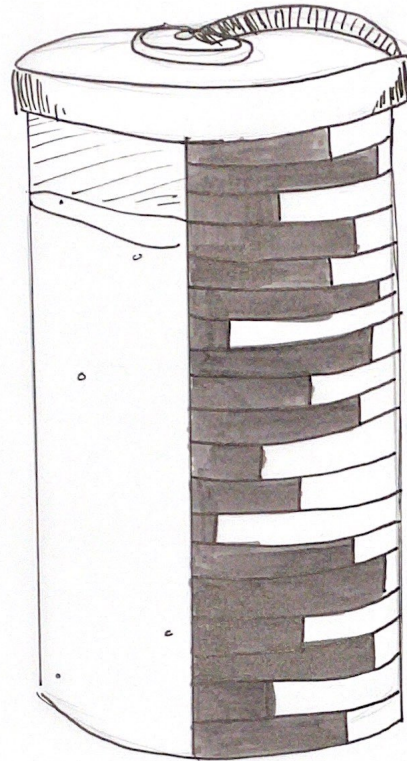
- Different photo each day, next dominant color is added to display
- at end of the year you see all colors together
- Digital?

- each day you track how much water you drink
- creates graph on bottle

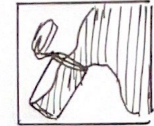
- Each day you try to drink the entire bottle of water
- whenever you stop that day, you mark it on the bottle? Or should you mark how much you drank?

- supports local farms
- each jar has enough servings for one month
- you get a new jar each month
- After each month keep the jar

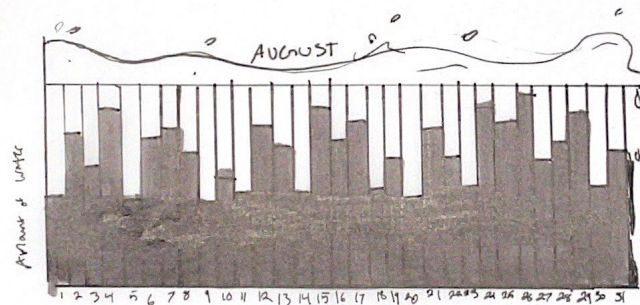
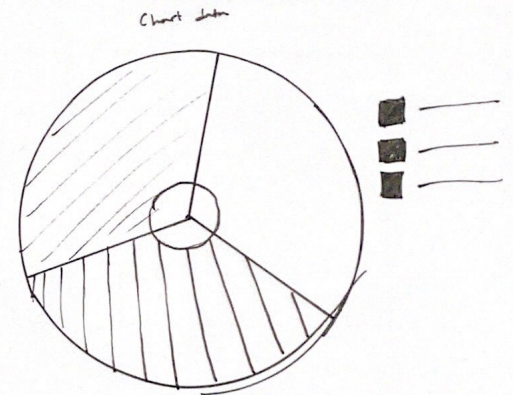
stacks to create pattern or



Water Bottle Sketch



App icon

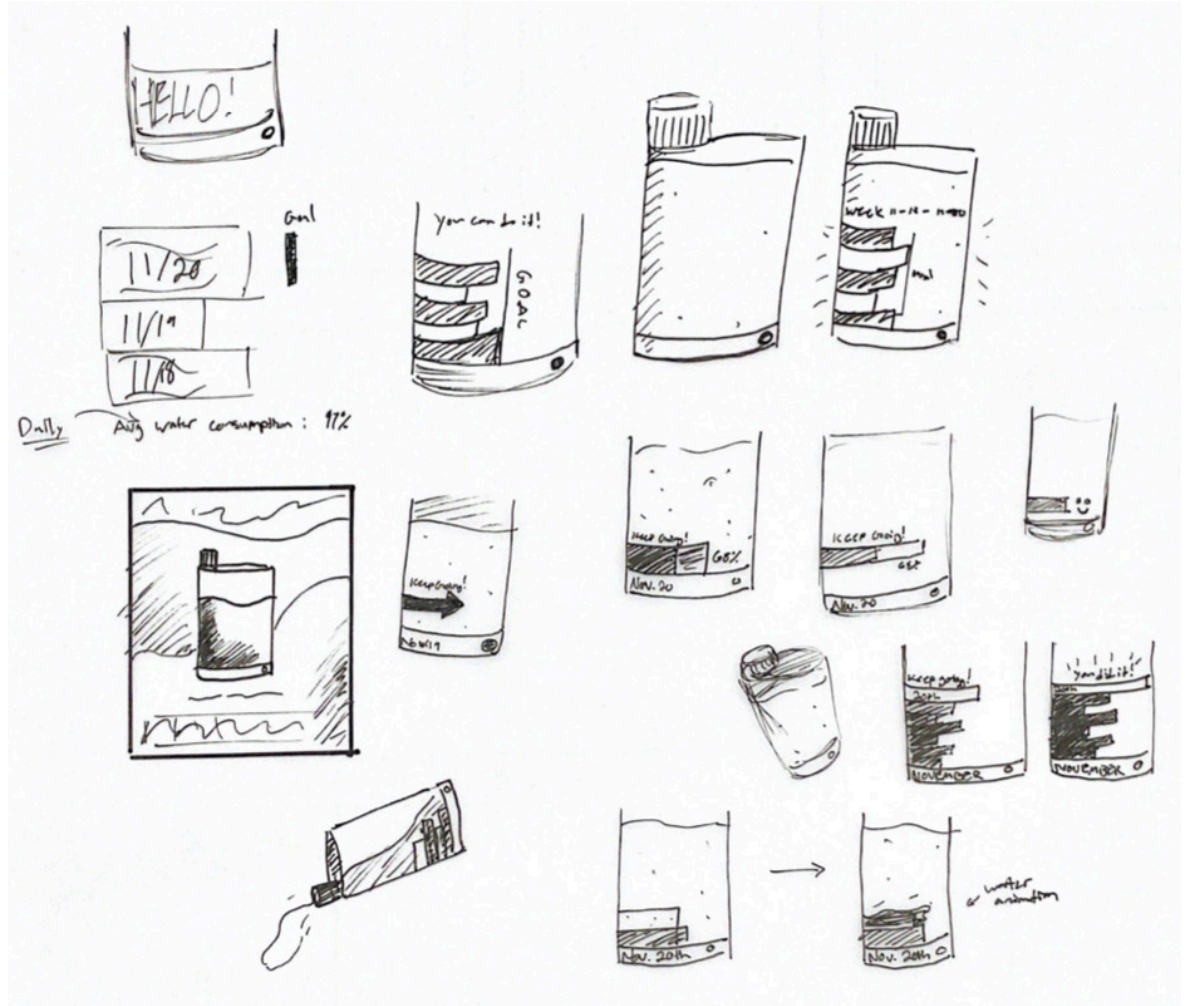


month graph

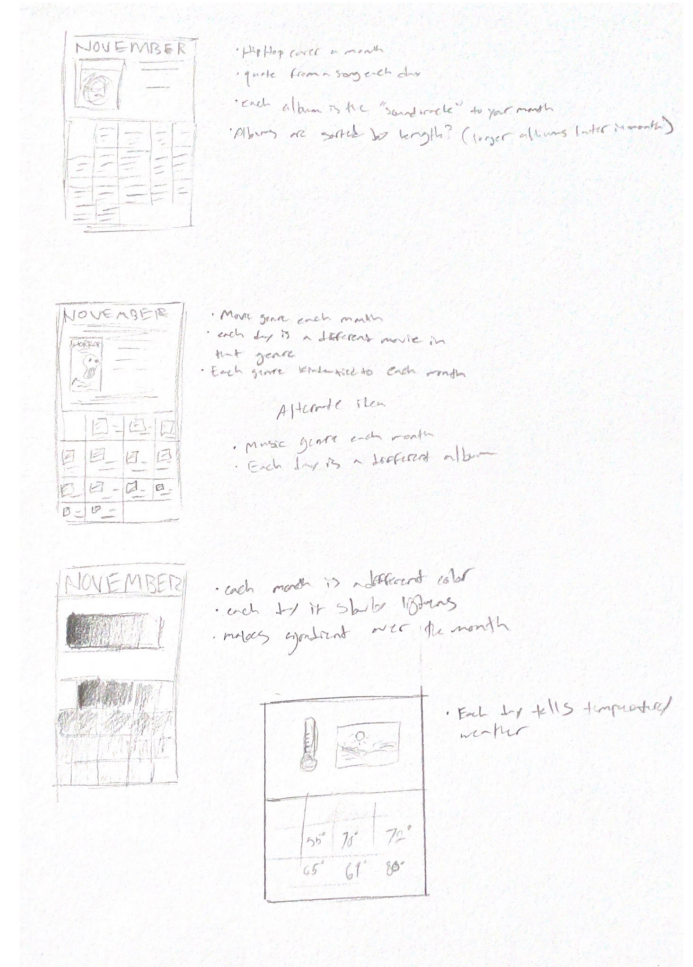
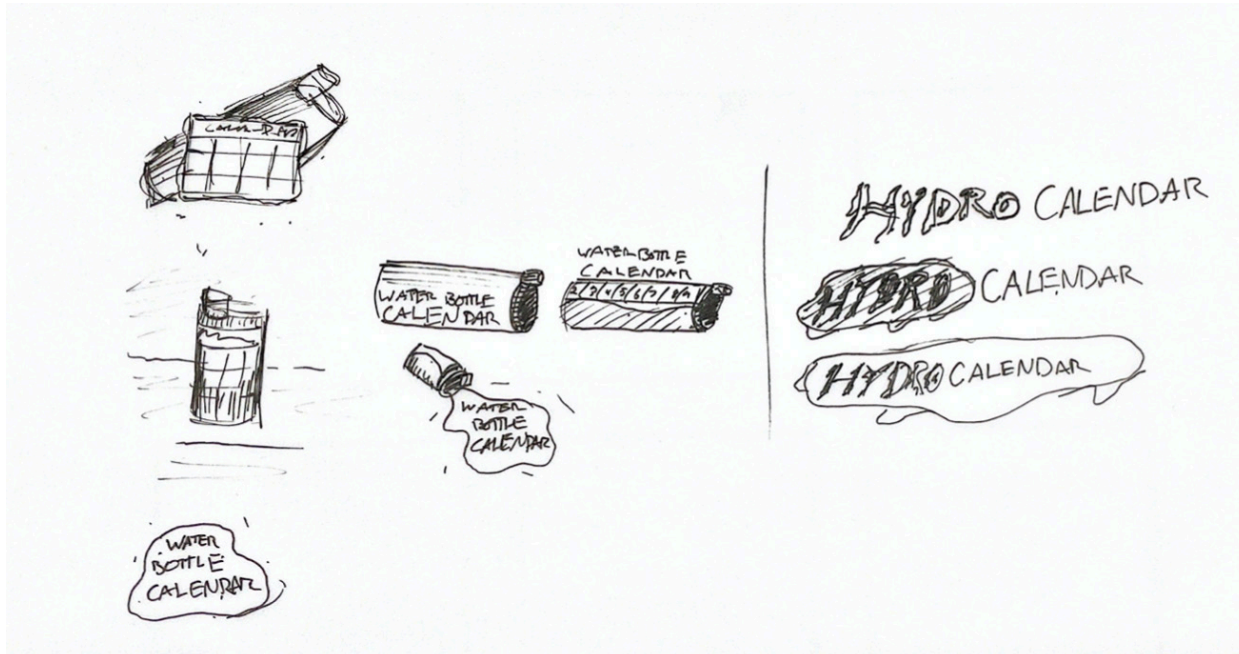


Digital clock type text

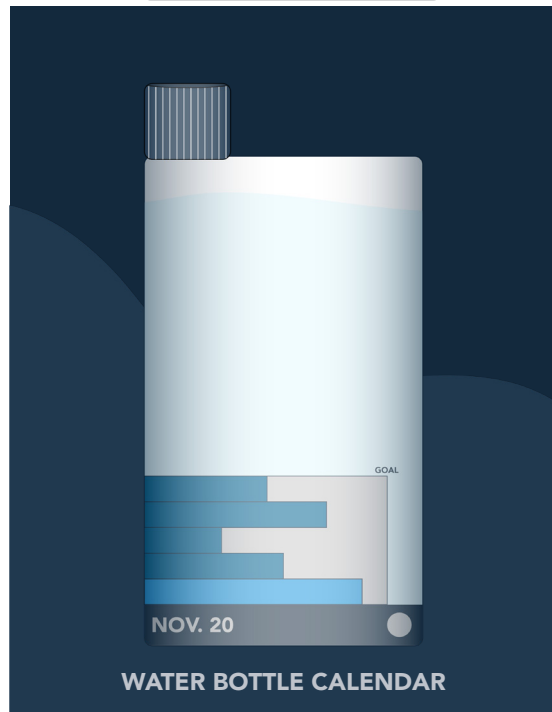
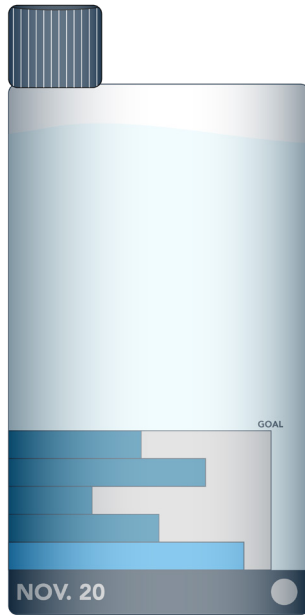
Sketches



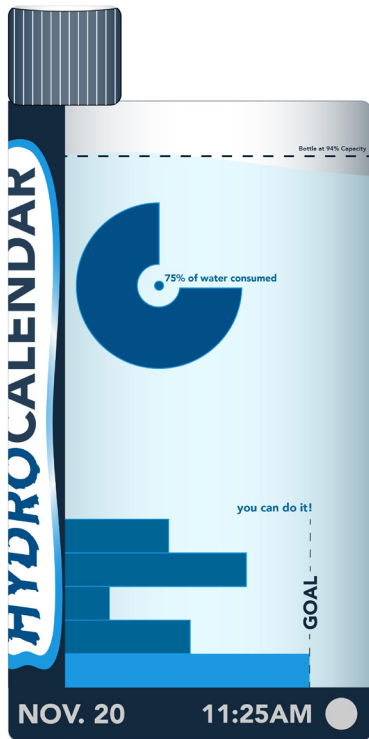
Sketches



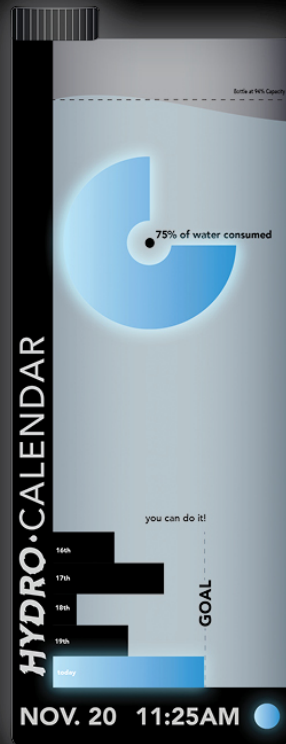
Concepts



Concepts



HYDRO·CALENDAR



drink water daily.

HYDRO Calendar changes the way you drink water.

The Hydro Calendar is simple, with the push of a button you are able to see the date, time, and how much water you have drunk that day, right on the face of your bottle. After connecting to your computer you will be able to see more graphs and statistics about your water drinking.

The new innovative technology of the Hydro Calendar will change the way we consume our daily serving of water and will lead to a healthier society as a whole.

According to the CDC, among U.S. adults, plain water intake is lower in older adults and those with lower education. Kids who drink less water tend to drink less milk, eat less fruits and vegetables, drink more sugar-sweetened beverages, and get less physical activity. Drinking water leads to a healthier, better lifestyle.



Utilize new technology that can sense how much water is in the bottle, how much you have filled it up, and what you have to drink



Get encouraging messages to help you stay motivated.



Set custom alerts and alarms for specific times of day to keep you drinking water, as to not get dehydrated

HYDRO·CALENDAR

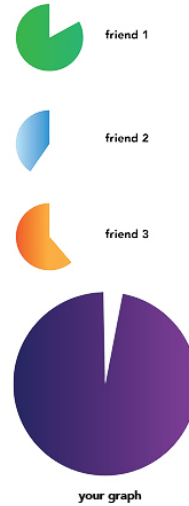
customizable colors.

change the colors of your charts and graphs to give your bottle personality and set it apart from the rest.



compare with your friends.

check how your friends are doing each day, set goals, and start challenges with each other.



graphs and spreadsheets.

after connecting to a computer, you can view the month's progress, as well as compare to the rest of the year.

AUGUST

