

Define CS, fit into CC	<div>1. CUSTOMER SEGMENT(S)<div>CS</div></div> <div>People who wish to be fit and have a healthy life style</div>	<div>6. CUSTOMER CONSTRAINTS<div>CC</div></div> <div>There could be some network issues and faults due to which there could be some limitations.</div>	<div>5. AVAILABLE SOLUTIONS<div>AS</div></div> <div>The existing solutions could be exercise, yoga and aerobics. Pros: The aim is to develop fitness habits that lead to long-term lifestyle changes and improvement in health and well-being. Cons: There may be no adequate instructions based on users health situation.</div>	Explore AS, differentiate
	<div>2. JOBS-TO-BE-DONE / PROBLEMS<div>J&amp;P</div></div> <div>Nutritional information about the foods which they eat on a daily basis. Thereby providing fitness to the masses and assisting them to eat healthy</div>	<div>9. PROBLEM ROOT CAUSE<div>RC</div></div> <div>The root cause of the problem is lack of nutrition. Improper nutrition and a lack of regular exercises could create a number of diseases.</div>	<div>7. BEHAVIOUR<div>BE</div></div> <div>Customers who have concerns will be listed in the chat box. When the person logs in for the first time his/her details about the health state is collected and a clear-cut solution will be provided based on that.</div>	
	<div>3. TRIGGERS<div>TR</div></div> <div>The customers will be driven to use the application after continual advertising and get feedback from their relatives and friends.</div>	<div>10. YOUR SOLUTION<div>SL</div></div> <div>Calorie tracking is the key component in all the fitness programs in a way people can utilize it. The instructor displays the number of calories present in the food they eat on daily basis.</div>	<div>8. CHANNELS of BEHAVIOUR<div>CH</div></div> <div>8.1 ONLINE The program is accessed by scanning the food and providing the nutritional information 8.2 OFFLINE The user will perform physical activities based on the nutritional information and health details.</div>	

Focus on J&P, tap into BE, understand RC

Focus on J&P, tap into BE, understand RC

4. EMOTIONS: BEFORE / AFTER

EM

Customer would experience insecurity and poor health before using the application. After using the application report improved health and self-motivation.