**Project Title: Nutrition Assistant Application Project Design Phase-I** - **Solution Fit Template Team ID:** PNT2022TMID06215

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

**Explore AS, differentiate**

**Deﬁne CS, ﬁt into CC**

* Personal diet tracking app or website which helps to maintain their diet.
* Suggest Exercise to lose weight and reduce the unwanted fat calorie added because of unhealthy

**AS**

**5. AVAILABLE SOLUTIONS**

* Don’t know the fat content in the food.
* Not able to control cravingsand end up eating unhealthy and high calorie foods.

**CC**

**6. CUSTOMER CONSTRAINTS**

**CS**

**1. CUSTOMER SEGMENT(S)**

* People of all ages who want to monitor their calories intake.
* People who is passionate about Fitness
* People who want to lose weight in a healthy way

**Explore AS, differentiate**

**Define CS, fit into CC**

* Provide healthy supplements diet plan.
* Working out daily.
* Following good diet plan and consuming nutritious foods.

**BE**

**7. BEHAVIOUR**

**RC**

**9. PROBLEM ROOT CAUSE**

* Due to shortage of time.
* More addiction towards fast food.

**J&P**

**2. JOBS-TO-BE-DONE / PROBLEMS**

* To calculate calories and nutrients present.
* Worry of being slim or obese.
* Health issues.

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

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**Identify strong TR & EM**

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|  | **3. TRIGGERS TR**   * BMI based food/diet plans will be provided for users. * When obesity and consumption of unhealthy foods leads to health issues. | **10. YOUR SOLUTION SL**   * Our aim is to provide a fit and healthy life to our Customers. * Claire’s AI Driven Food Detection Model is used for getting accurate food identification and API’s to give the nutritional value of the identified food. | 1. **CHANNELS of BEHAVIOUR CH**     1. **ONLINE**   Users can scan the food and get the nutrition value of the food they eat every day.  Follow people who give healthy and nutritious food recipes.   * 1. **OFFLINE**   Notice people around you who follows healthy habits in both consumption of food and workouts. |  |
| **4. EMOTIONS: BEFORE / AFTER EM**  They scared of declining health, so they get motivated towards eating healthy foods and move to healthy lifestyle. |