

FitFlex: Your Personal Fitness Companion

Ideation Phase

Empathize & Discover

Date	31 January 2025
Team ID	SW TID1741163779147787
Project Name	FitFlex: Your Personal Fitness Companion
Maximum Marks	4 Marks

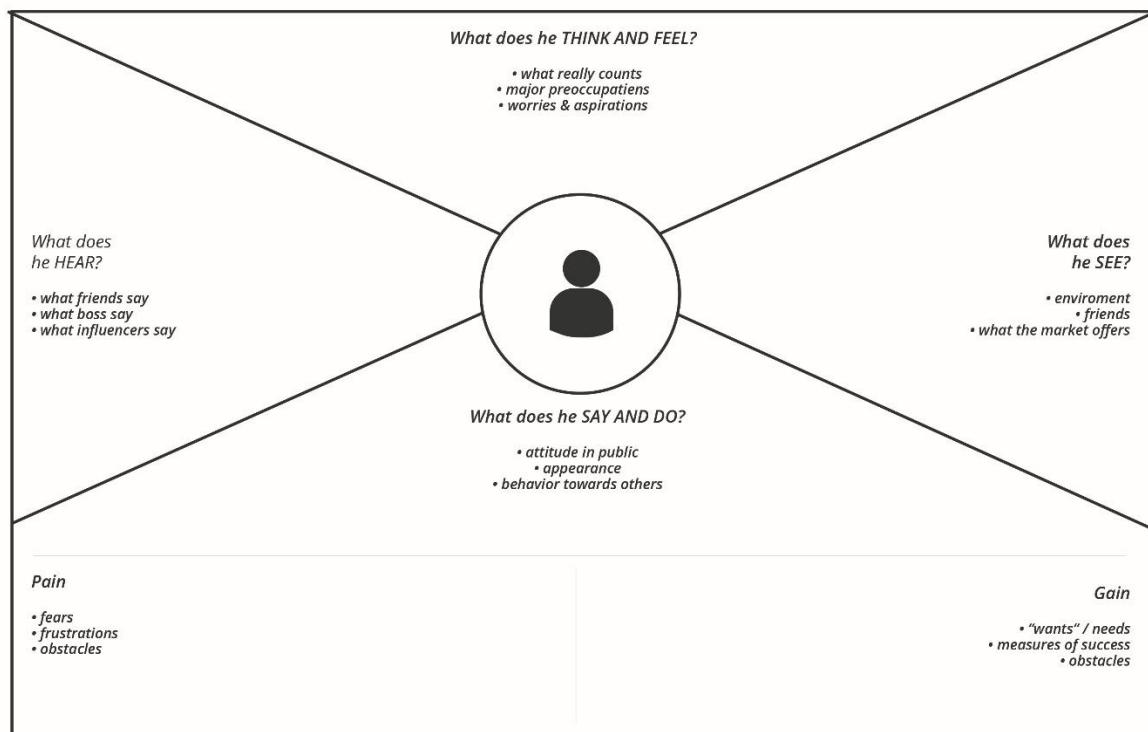
Empathy Map Canvas:

An empathy map is a simple, easy-to-digest visual that captures knowledge about a user's behaviours and attitudes.

It is a useful tool to help teams better understand their users. Creating an effective solution requires understanding the true problem and the person who is experiencing it. The exercise of creating the map helps participants consider things from the user's perspective along with his or her goals and challenges.

Example:

Empathy Map



Reference: <https://www.mural.co/templates/empathy-map-canvas>

