

1. CUSTOMER SEGMENT(S) People who are careful about managing their nutrition and health, much like body builders, make up our clientele. CS		6. CUSTOMER CONSTRAINTS Our consumers are not constrained since they feel independent and may use the application to solve their problems without visiting a nutritionist. CC		5. AVAILABLE SOLUTIONS There is no set diet to follow, and the only thing that works is the nutritionist's recommendation on the application. AS	
Focus on J&P, tap into BE, understand RC	2. JOBS-TO-BE-DONE / PROBLEMS Here, we offer a list of foods that are high in vitamins and nutrients and that also includes a diet plan. J&P		9. PROBLEM ROOT CAUSE People can no longer directly consult a dietitian about their health difficulties due to environmental changes. So we are giving them some advice on how to keep their health in their daily activities. RC		Focus on J&P, tap into BE, understand RC
			7. BEHAVIOUR The consumer can use the chat box to address their issues and receive solutions via the application. BE		

<p>3. TRIGGERS</p> <p>TR</p> <p>My relatives recommended it to me, and they too benefited from it.</p>	<p>10. YOUR SOLUTION SL</p> <p>Their hectic schedules make it difficult for them to fit in regular exercise, but this tool makes it easier for them to keep track of their daily caloric and nutritious consumption. It also helps them locate nearby supermarkets and grocery delivery services.</p> <p>It can be useful to suggest dishes from the person's refrigerator in order to reduce food waste. Making dinner plans ahead of time might also be beneficial. Finding a qualified trainer anywhere in the world might be helpful.</p> <p>It can be beneficial to establish healthy eating habits.</p>	<p>8.CHANNELS of BEHAVIOUR</p> <p>CH</p> <p>8.1 ONLINE</p> <p>Update their status, Can view the status of others</p> <p>8.2 OFFLINE</p> <p>Following instructions, making this as a habit</p>
<p>4. EMOTIONS: BEFORE / AFTER</p> <p>EM</p> <p>Before</p> <p>I'm hesitant to share my issue with anyone else</p> <p>After</p> <p>I feel more at ease now that I have a solution without talking with anyone.</p>		