**Project Title: Nutrition Assistant Application** **Project Design Phase-I** – **Problem** \_**Solution Fit Template**

Asking health tips from friends and families. Getting opinion from the customers who are already used online nutrition application.

**9. PROBLEM ROOT CAUSE**

**RC**

**7. BEHAVIOUR**

**BE**

To achieve a balanced and healthy life is difficult to this busy environment.

Consuming unhealthy fast food due to their busy schedule leading to heavy risk factors like heart disease, diabetes and obesity.

* Maintain the log of daily calorie
* Suggestion for correct intake of food

**J&P**

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

**PROBLEM**

**5. AVAILABLE SOLUTIONS**

**1. CUSTOMER SEGMENT(S)**

**C**

**6. CUSTOMER CONSTRAINTS**

**A**

**S**

* The user will keep track of their current exercise, food, and water statistics through continuous usage of the NUTRISMART App
* Suggest tips for healthy life
* Provide the user a reliable and time saving nutrition guide to their doorstep
* Smartphone’s are capable solving their different problems

Everyone craves for healthy and nutritious food on their plates. Healthy eating and nutritious food have become an essential part of everyone’s life. NUTRISMART app can help the individual in adopting a fit and healthy lifestyle. Customers between the age group of 17-60.

**CC**

**Explore AS, differentiate**

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

**Define CS, fit into CC**

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

**Team ID**: P**NT2022TMID12586**

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| **I** | |  | | --- | | **3. TRIGGERS**  Mobile Apps offer a better user experience than regular web sites.  Apps provide Notifications and Push notifications to the customer | | | | **4. EMOTIONS: BEFORE / AFTER**  Not having Proper understanding of food nutrition and lack of knowledge about the food items.  The nutritional structure of diet provides various nutrients in the food to lead a healthy life. | | | | **TR**  **EM** | 1. **YOUR SOLUTION SL**  * Keeping track of their dietary habits and provide personalized tips make the user to achieve their fitness goal. * Suggest healthy food to maintain healthy body * Provide healthy recipes * Provide Tips for healthy life * Suggest health benefits of food items | **8.CHANNELS of BEHAVIOUR**   * 1. **ONLINE**   Getting nutritional advices from the dieticians. Keep tracking the fitness freaks in social media platform .   * 1. **OFFLINE**   The user will keep track of their current exercise, food, and water statistics through continuous usage of the app | **CH** | **I** |
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