Ideation Phase
Define the Problem Statements

Date	19 September 2022
Team ID	PNT2022TMID53670
Project Name	Nutrition Assistant Application
Maximum Marks	2 Marks

Customer Problem Statement Template:

Due to the ignorance of healthy food habits, obesity rates are increasing at an alarming speed, and this is reflective of the risks to people's health. People need to control their daily calorie intake by eating healthier foods, which is the most basic method to avoid obesity. However, although food packaging comes with nutrition (and calorie) labels, it's still not very convenient for people to refer to App-based nutrient dashboard systems which can analyse real-time images of a meal and analyse it for nutritional content which can be very handy and improves the dietary habits, and therefore, helps in maintaining a healthy lifestyle. The main objective of this project is to building a web App that automatically estimates food attributes such as ingredients and nutritional value by classifying the input image of food.

Problem Statement (PS)	I am (Customer)	I am trying to	But	Because	Which makes me feel
PS-1	Fitness freak	Finding a perfect pre workout plan for maintaining fitness	I cannot choose a correct plan	It is Confusing	A perfect daily pre workout plan suggestion
PS-2	Student	Find a balanced nutrition diet to lose weight	There is no balanced diet available without workout	I have no time to do workout	A best nutritional based diet plan with less workout
PS-3	Body Builder	Choose a best plan for whole body workout.	It is hard to select a best workout plan	A wrong workout plan will lead to a change in the shape of my body	Perfect diet and workout plan for bodybuilding

Nutrition Assistant Application

Customer Problem Statement:

PS-4	Athlete	Choose a best nutrition plan and workout technique. to increase my sprinting speed	Confused with many techniques.	I want to increase my sprinting speed very much before than ever	Perfect suggestions
PS-5	Pregnant woman	Choose a yoga and healthy nutrition diet for the normal pregnancy delivery	I am not familiar with yoga and diet	I do not have idea about the yoga and exercise	User friendly application to choose the beginner based type of yoga, exercises, and nutrition base diet plan