AI -POWERED NUTRITION ANALYZER FOR FITNESS ENTHUSIASTS

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SENARIO
HEALTHY EATING,WORKOUT AND A HAPPY LIFESTLE IS OUR MOTO

Entice

How does someone initially become aware of this process?

Enter

What do people experience as they begin the process?

Engage

In the core moments in the process, what happens?

Exit

What do people typically experience as the process finishes?

Extend

What happens after the experience is over?

Steps

What does the person (or group) typically experience?

- online source
- friends and family
- gym coach and fitness experts
- when the customers are need of help about health they search for the sources available
- people who have already benefitted by our app or website they suggest it to their friends and family
- this can be helpful in for those peoples their find it really hard to follow up diet
- AI-SCANNING
- Information be collected
- EASY TO USE
- the AI in our project collects the information about the person and progress the diet chart
- Customers age ,current height and weight and health issues
- Availability of all languages and prone to use it everywhere
- HEALTHY DIET SCHEDULE WILL BE PROVIDE
- ALARM FACILITY TO NOTIFY WHEN TIME TO WORKOUT
- FITNESS MONITOR
- Advanced water tracking
- For the time being it provides diet chart for whole day according to which customer it is
- during the busy hours people may find it hard to keep up with the time
- The customers activity be monitor daily by the artificial fitness monitor
- measure the amount of water percentage a in the body
- CALORY MONITOR
- FREE FROM HOSPITAL BILLS
- customers food intake proves a lot of fats burned and its displayed every time the operate it
- As working out daily with this AI based fitness enthusiasts and nutrition analyzer this helps people a lot
- A MOTIVE TO LEAD A STANDARS LIFESTYLE
- FITNESS FREAKS WOULD LOVE IT!
- THIS HELPS PEOPLE FROM EVERY AGE THE URGE TO EAT HEALTHY FOOD AND EXERCISE
- People who loves working out will definitely love this experience with not hard diet on them

Interactions

What interactions do they have at each step along the way?

- **People:** Who do they see or talk to?
- **Places:** Where are they?
- **Things:** What digital touchpoints or physical objects would they use?

- they will start their process by answering the questions asked by AI
- operating this system is easy from where ever you are
- we have provided with a fitness enthusiasts with Artificial knowledge
- this AI #D scanning be supported by both android and apple devices
- the AI collects the data about the customer
- it doesn't need a required place to operate it like going to gym and meeting fitness experts
- the diet charts be prepared according the body type by the AI
- when you start the daily routine with the AI-powered fitness and nutrition analyzer you get notified before all the process
- monitors the customers activityto throughout the days
- Calculations be made with the usersintake of foods
- user doesn't have to interact with any persons to find the calories intake we have the scanner in our project
- As we provide high technological easy way to be fit and stay healthy it will reduce unwanted healthy issues by saving your money
- as its easy to access the user doesn't feel like she/he is on diet or the urge to hit the gym
- with a mobile phone or tablet or PC you can operate it anywhere

Goals & motivations

At each step, what is a person's primary goal or motivation? ("Help me..." or "Help me avoid...")

- the goal for the user is to be fit and lead a healthy life stlyle
- the moto of our project is to serve them with great facilities to stay focus on their goal
- some of the project goals are Proper diet chart Schedule preparation 3rdScanning mechanism to Monitor the user activity
- Anthropometric measurement
- help them to be confident with a healthy body
- The body they want will surely reach them
- some people find it hard knowing what to eat healthy to loose wait
- the body they want will surely reach them
- they'll take the positive feel using our app
- user reach the goalof having a perfectbody and that is what we serve

Positive moments

What steps does a typical person find enjoyable, productive, fun, motivating, delightful, or exciting?

- our workout is so simple and fun
- we have a reminder to help them stay organized
- the food charts we have includes foods prepared by them ,user finds it enjoyable
- it provides them plenty of diet options according to what they need
- availabilty of protein ,vitamin foods
- they can feel the changes in the body after one months of use

Negative moments

What steps does a typical person find frustrating, confusing, angering,costly, or time-consuming?

- due to inappropriate data its derives wrong diet chart
- old people may find it hard doing exercise
- diet chart includes maximum amount of veggies
- people who are always busy with work may not be able to follw these steps
- serveral people experience "data not found" when they reload
- alarm which notifies them can be a disturbance sometimes
- not validating tools for specific user population
- inaccurate information can leads to bad condition

Areas of opportunity

How might we make each step better? What ideas do we have? What have others suggested?

- i future we can provide it advanced sensors to capture images of user for comparison
- we can also make the with implementation cost little less so that everybody get easy access to it
- advanced options be added to calory meter
- provide an information summary so so user can understand the process
- provide them with grades and baldges for each level they've completed
- over review strategies can be given
- augument data with expert human insights
- optimizing users engagement and motivation