**Ideation Phase**

**Define the Problem Statements**

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| Date | 19 September 2022 |
| Team ID | PNT2022TMID39956 |
| Project Name | Nutrition Assistant Application |
| Maximum Marks | 2 Marks |

**Nutrition Assistant Application**

**Customer Problem Statement Template:**

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| --- | --- | --- | --- | --- | --- |
| **Problem Statement (PS)** | **I am (Customer)** | **Im trying to** | **But** | **Because** | **Which makes me feel** |
| PS-1 | Fitness freak | Finding a pefect preworkout plan for maintaining fitness | I can't choose a correct plan | It is Confusing | A perfect daily preworkout plan suggestion |
| PS-2 | student | Find a blanced nutrition diet to loss weight | There is no balnced diet avaliable 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 |
| Ps-4 | Athlete | Choose a best nutrition paln and workoutworkout technique to increase my sprinting speed | Confused with many techniques | I want to increse 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 dont have idea about the yoga and exercise | User friendly application to choose the beginner based type of yoga ,exercises and nutrition base diet plan |