

User journey





People
2-9



Time
30 min



Difficulty
Beginner

● Phases	Installation	Register	Processing	Feed back
● Steps	App store	LoginAccess daily plan	MonitoringExperiencing the app	
● Feelings	 New Beginning	Healthy way fitnessNo health issuesDiet chart	Physical activityPerennial diet consciousnessHydrating and healthy intake	
	 Need internet connectionPhone StorageRegular Checking	Regular Exercises!Is this worth for money !Avoid junkfoods!	Consistent NotificationAvoid snacks which are unhealthyTime management	Cannot use after Subscription end
● Pain points	It's a app they need to install	It's not free	Feeling tedious sometimes	Sometimes missing Daily Routine
● Opportunities	Chances to gain weightChance to lose weightchances to maintain fitness	To Groom themselvesScheduling daily routine	Get the result as we want	capability to lead their life healthily