

Define CS, fit into CC	<b>1. CUSTOMER SEGMENT(S)</b> <b>CS</b> Who is your customer? i.e. working parents of 0-5 y.o. kids  1. Gym Trainers 2. Sportsmen 3. Fitness Trackers	<b>6. CUSTOMER CONSTRAINTS</b> <b>CC</b> What constraints prevent your customers from taking action or limit their choices of solutions? i.e. spending power, budget, no cash, network connection, available devices.  1. Network Connection 2.Deviations from the diet 3. Straining of eyes	<b>5. AVAILABLE SOLUTIONS</b> <b>AS</b> Which solutions are available to the customers when they face the problem or need to get the job done? What have they tried in the past? What pros & cons do these solutions have? i.e. pen and paper is an alternative to digital notetaking  To anticipate dietary intake utilising nutrition analysis technologies in order to maintain their stability and health.	Explore AS, differentiate
	<b>2. JOBS-TO-BE-DONE / PROBLEMS</b> <b>J&amp;P</b> Which jobs-to-be-done (or problems) do you address for your customers? There could be more than one; explore different sides.  1. Irrelevant details 2. Wrong calculation of nutrition from given details	<b>9. PROBLEM ROOT CAUSE</b> <b>RC</b> What is the real reason that this problem exists? What is the back story behind the need to do this job? i.e. customers have to do it because of the change in regulations.  1. Work pressure 2.They can't control their food habit Angry 3.Tiredness	<b>7. BEHAVIOUR</b> <b>BE</b> What does your customer do to address the problem and get the job done? i.e. directly related: find the right solar panel installer, calculate usage and benefits; indirectly associated: customers spend free time on volunteering work (i.e. Greenpeace)  1. Try to reach another app 2. Consulting doctors	
Focus on J&P, tap into BE, understand RC				Focus on J&P, tap into BE, understand RC

Identify strong TR & EM	<div><div>3. TRIGGERS</div><div>TR</div><p>What triggers customers to act? i.e. seeing their neighbour installing solar panels, reading about a more efficient solution in the news.</p><p>Learn about the app through friends, advertisements, or social media</p></div>	<div><div>10. YOUR SOLUTION</div><div>SL</div><p>If you are working on an existing business, write down your current solution first, fill in the canvas, and check how much it fits reality.</p><p>If you are working on a new business proposition, then keep it blank until you fill in the canvas and come up with a solution that fits within customer limitations, solves a problem and matches customer behaviour.</p><div><div>1. To calculate the person's calorie intake depending on several elements of their health.</div><div>2. To give them routine updates on the client's or individual's nutritional needs.</div><div>3. To offer the recommended daily intake of fruits and vegetables based on the model's anticipated calorie value</div></div></div>	<div><div>8. CHANNELS of BEHAVIOUR</div><div>CH</div><div><div>8.1 ONLINE</div><p>What kind of actions do customers take online? Extract online channels from #7</p></div><div><div>8.2 OFFLINE</div><p>What kind of actions do customers take offline? Extract offline channels from #7 and use them for customer development.</p></div><div><div>8.1 .Google advertisement though social media</div><div>8.2 .Ask friends or other previous users recommendation</div><div>Suggestion from doctor</div></div></div>	Identify strong TR & EM
	<div><div>4. EMOTIONS: BEFORE / AFTER</div><div>EM</div><p>How do customers feel when they face a problem or a job and afterwards? i.e. lost, insecure &gt; confident, in control - use it in your communication strategy &amp; design.</p><div><div>Before: Fear, Hopeless</div><div>After: Hopeful, Confident</div></div></div>			