

AI -POWERED NUTRITION ANALYZER FOR FITNESS ENTHUSIASTS

TEAM ID: PNT2022TMID06002

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|--|--|---|--|---|--|
| <div><div>SENARIO</div><div>HEALTHY EATING, WORKOUT AND A HAPPY LIFESTLE IS OUR MOTO</div></div>   | <div><div></div><div>Entice</div><div>How does someone initially become aware of this process?</div></div>   | <div><div></div><div>Enter</div><div>What do people experience as they begin the process?</div></div>   | <div><div></div><div>Engage</div><div>In the core moments in the process, what happens?</div></div>  | <div><div></div><div>Exit</div><div>What do people typically experience as the process finishes?</div></div>  | <div><div></div><div>Extend</div><div>What happens after the experience is over?</div></div>   |
| <div><div></div><div>Steps</div><div>What does the person (or group) typically experience?</div></div>   | <div><div><div>online source</div><div>when the customers are need of help about health they search for the sources available</div></div><div><div>friends and family</div><div>people who have areeay benefitted by our app or website they suggest it to their friendsand family</div></div><div><div>gym coach and fitnessexperts</div><div>this can be helpful for those peoples,their find it really hard to follow up diet</div></div></div> | <div><div><div>AI-SCANNING</div><div>the AI in our project collects the information about the person and progress the diet chart</div></div><div><div>Information be collected</div><div>Customers age ,current height and weight and health issues</div></div><div><div>EASY TO USE</div><div>Availability of all languages and prone to use it everywhere</div></div></div> | <div><div><div>HEALTHY DIET SCHEDULE WILL BE PROVIDE</div><div>For thetime being it provides diet chart for whole dayaccording To which customer it is</div></div><div><div>ALARM FACILITY TO NOTIFY WHEN TIME TO WORKOUT</div><div>during the busy hours people may find it hard to keep up with the time</div></div><div><div>FITNESS MONITOR</div><div>The customers activity be monitor daily by the artificial fitness monitor</div></div><div><div>Advanced water tracking</div><div>measure the amount of water percentage <sup>3</sup> in the body</div></div></div> | <div><div><div>CALORY MONITOR</div><div>customers food intake proves a lot of fats burned and its displayed every time the operate it</div></div><div><div>FREE FROM HOSPITAL BILLS</div><div>As working out daily with this AI based fitness enthusiastsand nutrition analyzer this helps people a lot</div></div></div> | <div><div><div>A MOTIVE TO LEAD A STANDARS LIFESTYLE</div><div>THIS HELPS PEOPLE FROM EVERY AGE THE URGE TO EAT HEALTHY FOOD AND EXERCISE</div></div><div><div>FITNESS FREAKS WOULD LOVE IT!</div><div>working out will definitely love this experience with not hard diet on them</div></div></div> |
| <div><div></div><div>Interactions</div><div>What interactions do they have at each step along the way?<ul style="list-style-type: none"><li>■ <b>People:</b> Who do they see or talk to?</li><li>■ <b>Places:</b> Where are they?</li></ul><b>Things:</b> What digital touchpoints or physical objects would they use?</div></div> | <div><div><div>they will start their process byanswering the questionsasked by AI</div></div><div><div>operating this system is easy from where ever you are</div></div><div><div>we have provided with a fitness enthusiasts with Artificial knowledge</div></div></div>  | <div><div><div>this AI #D scanning be supported by both android and apple devices</div></div><div><div>the AI collects the data about the customer</div></div><div><div>it doesn't need a required place to operate it (like going to gym and meeting fitness experts</div></div></div>   | <div><div><div>the diet charts be prepared according the body type by the AI</div></div><div><div>when you start the daily routine with the AI-powered fitness and nutrition analyzer you get notified before all the process</div></div><div><div>monitors the customers activity to throughout the days</div></div><div><div>Calculations be made with the usersintake of foods</div></div></div>  | <div><div><div>user doesn't have to interact with any persons to find the calories intakewe have the scanner in our project</div></div><div><div>As we provide high technological easy way to be fitandstay healthy,we will reduce unwanted healthy issues by saving your money</div></div></div>                         | <div><div><div>as its easy to access the user doesn't feel like she/he is on diet or the urge to hit the gym</div></div><div><div>with a mobile phone or tablet or PC you can operate it anywhere</div></div></div>  |
| <div><div></div><div>Goals &amp; motivations</div><div>At each step, what is a person's primary goal or motivation? ("Help me..." or "Help me avoid...")</div></div>   | <div><div><div>the goal for the user is to be fit and lead a healthylife style</div></div><div><div>the moto of our project is to serve them with great facilities to stay focus on their goal</div></div></div>   | <div><div><div>some of the project goals are Proper diet chart Schedule preparation 3d Scanning mechanism to Monitor the user activity</div></div><div><div>Anthropometric measurement</div></div></div>  | <div><div><div>help them to be confident with a healthy body</div></div><div><div>The body they want will surely reach them</div></div><div><div>some people find it hard knowing what to eat healthy to loose wait</div></div></div>  | <div><div><div>the body they want will surely reach them</div></div><div><div>they'll take the positive feel using our app</div></div></div>  | <div><div><div>user reach the goal of having a perfect body and that is what we serve</div></div></div>  |
| <div><div></div><div>Positive moments</div><div>What steps does a typical person find enjoyable, productive, fun, motivating, delightful, or exciting?</div></div>   | <div><div><div>our workout is so simple and fun</div></div><div><div>we have a reminder to help them stay organized</div></div><div><div>the food charts we have includes foods prepared by them ,user finds it enjoyable</div></div></div>  |   |  | <div><div><div>it provides them plenty of diet options according to what they need</div></div><div><div>availability of protein , vitamin foods</div></div></div>   | <div><div><div>hey can feel the changes in the body after one months of use</div></div></div>  |
| <div><div></div><div>Negative moments</div><div>What steps does a typical person find frustrating, confusing, angering, costly, or time-consuming?</div></div>   | <div><div><div>due to inappropriate data its derives wrong diet chart</div></div><div><div>old people may find it hard doing exercise</div></div></div>  | <div><div><div>diet chart includes maximum amount of veggies steps</div></div><div><div>people who are always busy with work may not be able to follow these</div></div></div>  | <div><div><div>several people experience "data not found" when they reload</div></div><div><div>alarm which notifies them can be a disturbance sometimes</div></div></div>   | <div><div><div>not validating tools for specific user population</div></div><div><div>inacurate information can lead to bad condition</div></div></div>   |  |



Areas of opportunity

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

if 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 user can  
understand the  
process

provide them with  
grades and badges  
for each level they've  
completed

over review  
strategies can be  
given

augment data with  
expert human  
insights

optimizing users  
engagement and  
motivation

