## Says **Thinks** I try to feel To Avoid to I always use After following full and much Youtube to find the diet I'm not happy after recommended a nutrition food satisfy food eating I can not Which app Want to afford a I need to plan should I use for lives a my diet personal my guidance properly nutrition healthy life on diet assistant **NUTRITION ASSISTANT APPLICATION** Feels Does I am shy to ask I'm scared of **Sometimes** I used an app other people my irregular for a while to check the about the previous steps inspired what eating healthy food for and compare to eat pattern my diet Frustrated with Confused to After sometime I used to eat a lack of the lose choose the nutrition food reliable correct motivation to regularly healthcare open the app nutrition food system

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