

Define CS, fit into CC	<div>1. CUSTOMER SEGMENT(S)<div>CS</div><ul style="list-style-type: none">People who want to fit their body and maintain proper or balanced diet in a proper way</div>	<div>6. CUSTOMER<div>CC</div><ul style="list-style-type: none">Constraints may contribute to the unhealthy food choices observed among low socioeconomic groups in industrialized countries.</div>	<div>5. AVAILABLE SOLUTIONS<div>AS</div><ul style="list-style-type: none">Try to eat more protein and fat , and less simple sugars.Ask your doctor or dietitian about nutritional supplements.Avoid non-nutritious beverages.</div>	Explore AS, differentiate
Focus on J&P, tap into BE, understand RC	<div>2. JOBS-TO-BE-DONE / PROBLEMS<div>J&P</div><ul style="list-style-type: none">Being a holistic wellness coach, registered dietitian nutritionist food scientists, nutrition educator are the job can successfully done in this field.</div>	<div>9. PROBLEM ROOT CAUSE<div>RC</div><ul style="list-style-type: none">Lack of appetite or decreased hungerA sore mouth or throat can make eating difficultUndiet plan in untimed eating</div>	<div>7. BEHAVIOUR<div>BE</div><ul style="list-style-type: none">The sum of all planned , spontaneous or habitual actions of individuals or social groups to procure , prepare and consume food</div>	Focus on J&P, tap into BE, understand RC
Identify strong TR & EM	<div>3. TRIGGERS<div>TR</div><ul style="list-style-type: none">Antigens or substances that the body takes as foreign and harmful, which triggers immune cell activity.</div>	<div>10. YOUR SOLUTION<div>SL</div><ul style="list-style-type: none">In our platform we provide an individual healthy chart for subscribersNormally common health diet plan was allocatedSeek your way on organic side and stay healthy</div>	<div>8.CHANNELS of BEHAVIOUR<div>CH</div><div>8.1ONLINE<ul style="list-style-type: none">Refer journals, through online applications attending some online session, following healthy remedies.</div><div>8.2 OFFLINE<ul style="list-style-type: none">Taking proteins, visit gym doing aerobic exercise, consume huge water.</div></div>	Identify strong TR &

	<div data-bbox="152 60 766 97"><div>4. EMOTIONS: BEFORE / AFTER</div><div>EM</div></div> <p>.</p> <p>Before : Initially they felt inflexible complex by their own weight and more negative thoughts among themselves.</p> <p>After: After the diet session they had a great confidence among themselves and active their healthy diet.</p>			
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