People who want to fit their body

and maintain proper or balanced

1. CUSTOMER SEGMENT(S) CS

diet in a proper way

CC

• Constraints may contribute to the unhealthy food choices observed among low socioeconomic groups in industrialized countries.

5. AVAILABLE SOLUTIONS

AS

Try to eat more protein and fat, and less simple sugars.

Team ID: PNT2022TMID16369

- Ask your doctor or dietitian about nutritional supplements.
- Avoid non-nutritious beverages.

inderstand RC

CS,

fit into

2. JOBS-TO-BE-DONE / PROBLEMS

 Being a holistic wellness coach, registered dietitian nutritrionist food scientists, nutritrion educator are the job can successfully done in this field.

9. PROBLEM ROOT CAUSE



- Lack of appetite or decreased hunger
- A sore mouth or throat can make eating difficult
- Undiet plan in untime eating

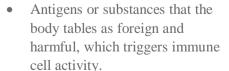
7. BEHAVIOUR



The sum of all planned, spontaneous or habitual actions of individuals or social groups to procure, prepare and consume food

Identify strong TR &EM

3. TRIGGERS



10. YOUR SOLUTION

TR



- In our plate form we provide a individual healthy chart for subcribers
- Normally common health diet plan was allocated
- Seek your way on organic side and stay healthy

8.CHANNELS of BEHAVIOUR



8.10NLINE

Refer journals, through online applications attending some online session, following healthy remedies.

8.2 OFFLINE

Taking proteins, visit gym doing aerobic exercise, consume huge water.

Explore AS, differentiate