| I am | Obese | I'm trying to Lose weight and have a proper diet plan | Unable to fix a proper diet plan and high cravings | Insufficient knowledge of nutritional value | Which makes me feel Insecured |
|------|--|---|---|--|-----------------------------------|
| I am | Sportsperson | I'm trying to Keep track of calorie intake and follow a healthy diet | Unable to keep track of the calorie intake | No proper tracking system available | Which makes me feel Frustrated |
| I am | A person who wants to lead a healthy lifestyle | Eat healthy food and maintain health | Have insufficient knowledge on recipes and nutritional value | It is not easy to maintain a balanced diet at home | Which makes me feel Sad |
| I am | An underweight person | I'm trying to Eat food to gain weight and stay healthy | Load up on carbs and junk to gain weight | Of insufficient knowlegde on foods that can promote the cause | Which makes me feel Upset |
| I am | A person with health ailments | I'm trying to Eat foods that do not harm their health | End up eating food that could be harmful or detoriate the health | of the fear of spending a lot for doctor appointments and insufficient knowledge | Which makes me feel Scared miro |