PROBLEM SOLUTION FIT

Project Title:	NUTRITION ASSISTANT APPLICATION
Team ID:	PNT2022TMID07401

1.CUSTOMER SEGMENT

For the people of all age groups who neglect their health.

CS

6. CUSTOMER CONSTRAINTS

The person has limitations to certain foods which they cannot or will not eat. Some recipes could cause health allergies in people.

C

5. AVAILABLE SOLUTIONS

Although nutrition's are included on food packaging, it's still not particularly convenient for individuals to use App-based nutrient dashboard systems.

AS

2.JOBS-TO-BE-DONE/ PROBLEMS

Obesity and the user's anxiety about developing health related problems

J&P

9. PROBLEM ROOT CAUSE

Malnutrition is caused by a lack of nutrients, either as a result of poor diet or problems absorbing nutrients from food. Certain things can increase your risk of becoming malnourished.

RC

7. BEHAVIOUR

By making better food choices, you may be able to control compulsive eating behaviours and weight gain.

BE

3. TRIGGERS

TR

Make sure you are eating adequately and consistently throughout the day to lead a healthy life.

E

4. EMOTIONS: BEFORE /

Constantly giving you a positive mindset and keeping yourself away from negativity and motivate them to adopt a healthy lifestyle.

10. YOUR SOLUTION

By taking user details through app, the user can learn the nutritional value of food they are consuming.

SL

8. CHANNELS of BEHAVIOUR

The application offers a user friendly that enables users to communicate with chatbots to clarify doubts. Offline gathering, nutritionist conducting offline sessions.

CH