

Title : AI-powered Nutrition Analyzer for Fitness Enthusiasts

Team Size : 5

Team Leader : Lokesh

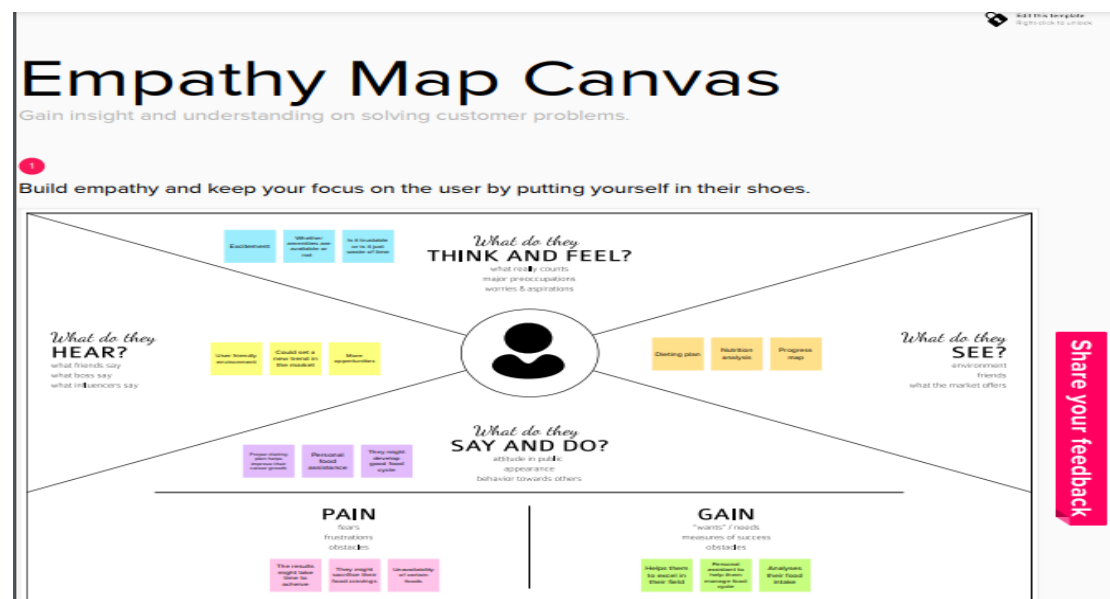
Team member : Saketh Chowdary

Team member : Nitish Gopala krishna

Team member : Mahendra

Team member : Vishnu Deepak

2.3 Prepare Empathy Map Canvas to capture the user Pains & Gains, Prepare List of problem statements



Motivation and Problem Statement

There is several major health problems in society today and Obesity is one of the main issues. It has increased for nearly three times as much as compared to the year 1975. In 2016, 39% of the adults who are aged 18 years old and above were overweight, and 13% of them were obese (WHO, 2018). It is associated with diseases like cardiovascular, hypertension and also menstrual problems.

Over time, people have been become more conscious about their diet and attempt to have calories control over the years. People have better self-conscious in taking care of these issues and eat healthier with a proper diet plan. Counting the Calorie is a common technique used to calculate their energy taken from one's food consumption. Many are used for the purpose of losing, gaining and maintaining weight. In the past, people have been using traditional ways in calorie counting where they estimate the portion of their meals and then estimating the number of calories in the calories listed book. But this method is pretty much inaccurate since people required to estimate their food portion and the process is very time consuming where they need to look for different listing in the book.

2.4 Attend the technology trainings as per the training calendar

Attended the training session.