

1. CUSTOMER SEGMENT(S) Working people, Unhealthy person, Sport students, Busy students	6. CUSTOMER CONSTRAINTS No cash, Busy, Unhealthy environment, Unhealthy conditions, Problem in the Network connection, spending power, budget, network connection, available devices.	5. AVAILABLE SOLUTIONS Following activities in Nutrition club. Tracking the intakes using notes Using information on the internet Following family members advice.
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2. JOBS-TO-BE-DONE / PROBLEMS Unhealthy eating practices; an imbalanced diet of calories and nutrients; inaccurate information; busy schedules and pricey gym memberships; and a lack of mental support.	9. PROBLEM ROOT CAUSE Most customers are unable to distinguish between facts and myths and are unable to find reliable information. • Customers with busy schedules struggle to maintain healthy eating habits.	7. BEHAVIOUR The majority of clients struggle to locate trustworthy information and are unable to discriminate between myths and truths. Why Busy customers find it challenging to maintain good eating routines.
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3. TRIGGERS seeing their neighbor's fitness, reading about a more efficient solution in the news.	10. YOUR SOLUTION Helps them keep track of their daily caloric and nutritional intake; helps them squeeze in quick exercises given their busy schedules; and helps them keep track of local supermarkets and grocery delivery services. In order to reduce food waste, it can be helpful to recommend dishes from the person's refrigerator. It can also be helpful to plan ahead for meals. It can be useful to find a professional trainer anywhere in the globe. It can also be helpful to develop good eating habits.	8. CHANNELS of BEHAVIOUR 8.1 ONLINE Update their status, Can view the status of others 8.2 OFFLINE Following instructions, making this as a habit
4. EMOTIONS: BEFORE / AFTER lost > confident, unhealthy > healthy brisk > active		