**Project Title: NUTRITION ASSISTANT APPLICATION Project Design Phase-I** - **Solution Fit Template Team ID:** PNT2022TMID36715

**Focus on J&P, tap into BE, understand RC**

**Explore AS, differentiate**

**Deﬁne CS, ﬁt into CC**

**AS**

**5. AVAILABLE SOLUTIONS**

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

The person has limitations to certain foods which they cannot or will not eat.

Some recipes could cause health allergies in people.

**CC**

**6. CUSTOMER CONSTRAINTS**

**CS**

1. **CUSTOMER SEGMENT(S)**

People of all age groups who neglect their health.

**Explore AS, differentiate**

**Define CS, fit into CC**

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

**BE**

**7. BEHAVIOUR**

**RC**

**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 increases your risk of becoming malnourished.

**J&P**

**2. JOBS-TO-BE-DONE / PROBLEMS**

Obesity and the users anxiety about developing health related problems.

**Focus on J&P, tap into BE, understand RC**

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**Identify strong TR & EM**

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| **Identify strong TR & EM** | **3. TRIGGERS TR**  Make sure you are eating adequately and consistently throughout the day to lead a healthy life. | **10. YOUR SOLUTION SL**  By taking user details through app, the user can learn the nutritional value of food they are consuming. | 1. **CHANNELS of BEHAVIOUR CH**     1. **ONLINE**   The application offers a user friendly that enables users to communicate with chatbots to clarify doubts.   * 1. **OFFLINE**   Offline gathering , nutritionist conducting offline sessions. |  |
| **4. EMOTIONS: BEFORE / AFTER EM**  Constantly giving you a positive mindset and keeping yourself away from negativity and motivate them to adopt a healthy lifestyle. |