# Ideation Phase
# Empathize & Discover

| Date | 19 September 2022 |
|---|---|
| Team ID | PNT2022TMID23685 |
| Project Name | Nutrition Assistant application |
| Maximum Marks | 4 Marks |

**Empathy Map Canvas:**

Good health can be achieved by maintaining good behaviors such as a good night sleep, enough exercise and good nutrition. However, the competitive environment nowadays prevents suchgood behaviors. Thus, this work aims to develop an application on mobile devices that is able to record the daily sleeping, exercise and nutrition information, analyze the collected informationin order to provide a notification or an alarm, and present the analyzed results in a simple and easy to understand format. The proposed application can collect data from other application and from the users. A set of simple data analys is methods is performed on the collected data in order to provide a personal health advice based on the user pre-defined preferences.