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| 1. CUSTOMER SEGMENT(S) <div>cs</div> <div>Fitness Enthusiasts who like to lead a healthy life and well balance diet.</div>   |  | 6. CUSTOMER CONSTRAINTS <div>Lack Of or inaccurate information about foods nutrition values. Only thinking about leading healthy life without taking actions.<br/>Not having a personal assistant to monitor their daily nutritional intake</div> | 5. AVAILABLE SOLUTIONS <div>Artificial Intelligence based software solutions to aid in predicting foods and analysing nutritions that help fitness enthusiasts to track their daily nutrition intake to maintain a healthy life,</div>  |  |
| 2. JOBS-TO-BE-DONE / PROBLEMS <div>Define Cs, fit into CC<br/>Focus on J&amp;P, tap into BE, understand RC</div> <div>Individual physical exercise or yoga without prior knowledge may lead to muscle cramp, So can be tackled by use of animated guide videos for that.</div> |  | 9, PROBLEM ROOT CAUSE <div>Tracking daily nutrition intake which is important to stay fit, Due to abundant resources online about fitness, tracking nutrition will become more challenging and inaccurate.</div>                                  | 7, BEHAVIOUR <div>BE</div> <div>Have a regular and enough sleep<br/>Have a application to track their daily nutrition values.<ul style="list-style-type: none"><li>Have a perfectly balanced diet plan.</li></ul></div> <div>Focus on J&amp;P, tap into BE, understand RC</div>             |  |
| 3. TRIGGERS <div>Identify strong TR &amp; EM</div> <div>Share the neighbor's motivated content to stimulate the user</div>   | 4. EMOTIONS: BEFORE / AFTER <div>Before:<br/>People cannot track their health details<br/>People cannot improve their health in proper manner<br/>After r:<br/>Users can maintain and can improve their body fitness</div> | 10. YOUR SOLUTION <div>Creating a web application for users to track, monitor and maintain their health by performing specialized suggestions for each and every user.</div>  | 8. CHANNELS of BEHAVIOUR <div>Identify strong TR &amp; EM</div> <div>8.1 ONLINE<br/>Taking advice from the nutrition expert and following fitness based online apps.<br/>8.2 OFFLINE<br/>Working out regularly, and maintaining the regular activities as per the prescribed schedule</div> |  |