

# Project Design Phase-I

## PROBLEM-FIT

Date	19 September 2022
Team ID	PNT2022TMID42340
Team ID	Nutrition Assistant Application (Cloud computing)
Maximum Marks	2 Marks

### 1. Customers segment:

All age group people who are careless about their health due to their busy schedule make use of healthy diet.

### 2. Customer constraints:

The customer should provide a clear image for knowing the nutrition content about the food. The app can't provide an accurate result if the image is not clear. In some cases, the recipes may be allergic to their

### 3. Available solutions:

Although the food packaging comes with nutrition (and calorie) labels, it's still not very convenient for people to refer to App-based nutrient dashboard systems.

### 4. Problems:

The problem and pains of the usually are obesity, fear of getting health related issues. They will get frustrated of not getting immediate result and difficult to do tedious work. Lack of confidence due to appearance.

### 5. Root/cause:

It is easy to fall into a trap of calling unhealthy foods which is heavy in calories. Once the nutritional value is replaced by foods high in sugar and salt it leads to various health issues so users need to control their daily calorie intake to lead a healthy lifestyle.

### 6. Behaviour:

The behavioural changes in users reflect in their day-to-day life such that they will maintain a proper diet and follow the daily routine in eating and intake of healthy food ,So that it helps them to improve their health.

### 7. Triggers:

Desire to live a healthy style by knowing the success story of people who achieved their goal. By seeing people who are fit and healthy

### 10. Solution:

The solution is user can know the nutritional content of the food they intake .By taking picture of body (optional) and uploading in AI – body detect model it is used for getting accurate identification for diet plan and APIs to give the nutritional value of the identified body to achieve goal .

### 9. Emotions :

They scared of declining health, so they got motivated towards eating healthy foods and move to a healthy lifestyle

### 8. Channels of Behaviour:

Application provides a user friendly environment that enables users to interact the board displayed to know the contents Connecting all the users through one medium and giving some complementary pills. Conducting offline session by nutrition expert.