

# AI-Powered Nutrition Analyzer For Fitness Enthusiasts

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## PROBLEM-SOLUTION FIT

Define CS, fit into CL	<b>1. CUSTOMER SEGMENT(S)</b> <b>CS</b>  Who is your customer?  customers who need to keep track of their diet and exercise regime, take expert advice and connect to other fitness enthusiasts	<b>6. CUSTOMER LIMITATIONS</b> <b>CL</b> <small>EG. BUDGET, DEVICES</small>  What limits your customers to act when problem occurs? 1.This application will be supported by all devices 2.this app is able to map its users nutritional patterns and needs. 3.it will monitor the progress	<b>5. AVAILABLE SOLUTIONS</b> <b>AS</b> <small>PLUSES &amp; MINUSES</small>  Which solutions are available to the customer when he/she is facing the problem? What had he/she tried in the past? Pluses & minuses 1.The system plans offer its customer and fitness enthusiasts many beauty tips options that can help them reach their goals. 2.Users will be able to order food as per their diet plan	Explore AS, differentiate
	<b>2. PROBLEMS / PAINS</b> <b>PR</b> <small>+ ITS FREQUENCY</small>  Which problem do you solve for your customer? There could be more than one, explore different sides. 1.It wants to help millions of customers achieve their goals by Engaging with nutritionists and other health experts empowered with artificial intelligence. 2.It solves health problems such as fitness problem, inappropriate diet, mental problems etc. 3.The main objective of this work to recommend a diet to different individual for their health problems	<b>9. PROBLEM ROOT / CAUSE</b> <b>RC</b>  What is the root of every problem from the list? 1.customer don't know where to start for the balanced diet. 2.they lack the information about health problems 3.Not following the guidance properly	<b>7. BEHAVIOR</b> <b>BE</b> <small>+ ITS INTENSITY</small>  What does your customer do about / around / directly or indirectly related to the problem? 1.Make sure customers takes the balanced diet that gives your body the nutrients it needs to function correctly. 2.it will Build Activity into customer daily routine for health balance	
Focus on PR, tap into BE, understand RC	<b>3. TRIGGERS TO ACT</b> <b>TR</b>  What triggers customer to act?  customer should know their process for their fitness goal	<b>10. YOUR SOLUTION</b> <b>SL</b>  1. To Consider your Fitness Goal 2.To Create a balanced routine 3. To Build Activity into your daily routine 4. Start slowly and build up gradually and Listen to your body 5. Will monitor your progress	<b>8. CHANNELS of BEHAVIOR</b> <b>CH</b>  <b>ONLINE</b> Extract channels from Behavior block The model analyses the image and detect the nutrition based on the fruits like (Sugar, Fibre, Protein, Calories, etc.).  <b>OFFLINE</b> Extract channels from Behavior block and use for customer development The customer can capture the images of different fruits and then the image will be sent the trained model which will analyse nutrition	Extract online & offline CH of BE
	<b>4. EMOTIONS</b> <b>EM</b> <small>BEFORE / AFTER</small>  Which emotions do people feel before/after this problem is solved? customer will be motivated and become confident after following fitness guidance to maintain their health issues			
Identify strong TR & EM				

