is it quit and diffiicult to follow?

App provide any messages before to start ?

Is it manditory to

fallow? We can follow other

diet plan periodically?

whether the diet is measurable?

Will give prior messages if we skip the routine

whether the app provide Will give prior messages

bot assistant if we skip the routine

Thinks

Does

Overwhelmed

Maintain proper profile

Is it safe

Follow correct routine

Provides proper nutrient info

Recommend to others

GAIN

You can ask your queries to the app bot

Quiet challenging to follow

Improper in taken of food

PAIN

Measure your Growthness level

Reliability of your data

Sometime Bot assistant didn’t track your datas