

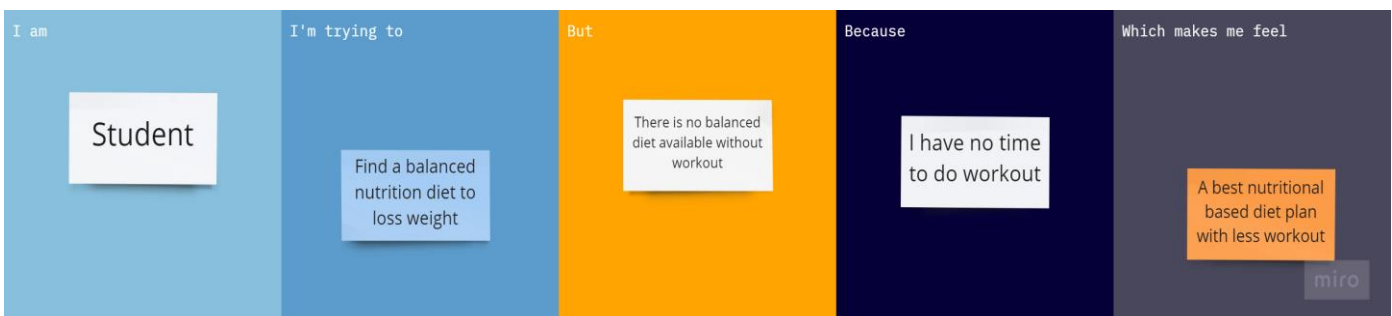
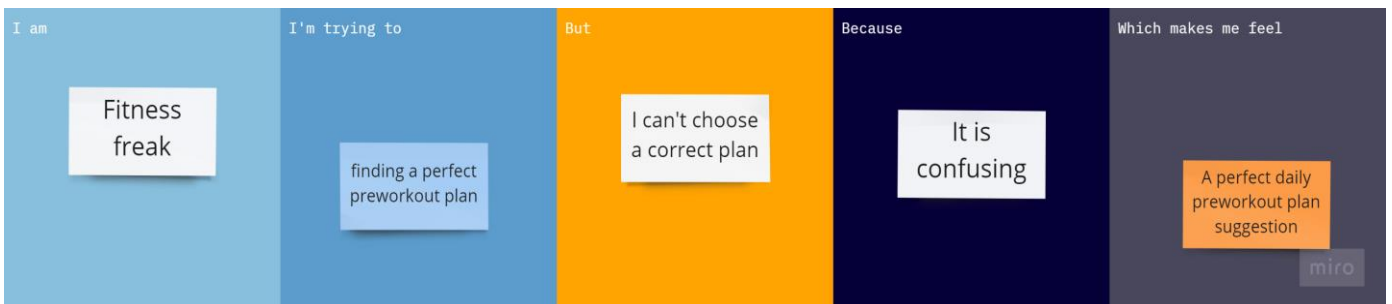
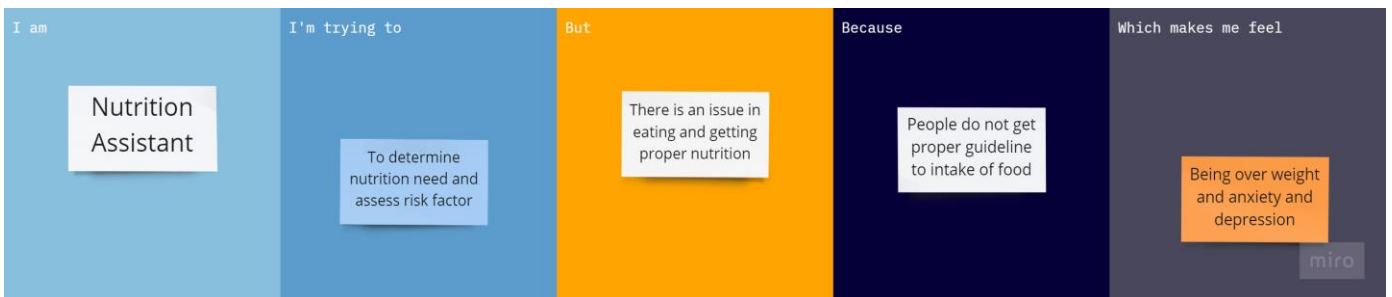
Ideation Phase

Define the problem statement

Date	22 October 2022
Team ID	PNT2022TMID46444
Project Name	Nutrition Assistant Application
Maximum Marks	2Mark

Problem statement:

Nutrition assistant application:





Problem Statement PS-1	I am (customer)	I'm trying to	But	Because	Which make me feel
PS-1	Nutrition Assistant	To determine nutrition need and assess risk factor	There is an issue in eating and getting proper nutrition	People do not get proper guideline to intake of food	Being over weight and anxiety and depression
PS-2	Fitness freak	Findings a perfect preworkout plan	I can't choose a correct plan	It is confusing	A perfect daily preworkout plan suggestion
PS-3	Student	Find a balanced nutrition diet to loss weight	There is no balanced diet available without workout	I have no time to do workout	A best nutritional based diet plan with less workout
PS-4	Cricketer	Choose a best nutrition plan and workout to increase my stamina level	confused with many technique	I want to increase my stamina level	Perfect suggestions
PS-5	Pregnant women	Choose a yoga and healthy nutrition diet for normal pregnancy delivery	I am not familiar with yoga and diet	I don't have idea about the yoga and healthy foods	To suggest beginner based type of yoga and healthy foods