**Project Title:**Nutrition assistant Application **Project Design Phase-I** - **Solution Fit Template** **Team ID:** PNT2022TMID24963





| **Identif**  **y strong TR & EM** | **3. TRIGGERS TR**  A balanced diet has been noted as important to recovery.1 For some clients, poor eating habits and the substitution of alcohol for food result | **10. YOUR SOLUTION SL**  The app helps you set goals, monitor your weight trends, and track your intake based on the specific diet plan you select. It also offers detailed nutrient information for each ingredient in your food log and a daily analysis to help keep you on track. | 1. **CHANNELS of BEHAVIOUR CH**     1. **ONLINE**   MyPlate Calorie Counter, MyFitnessPal, Yummly, Lifesum, MyNet Diary Calorie Counter, Spokin, and Ovia Pregnancy Tracker   * 1. **OFFLINE**   Keeps track of diet details and has remainders that help the customer to keep track of their schedule |  |
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| **4. EMOTIONS: BEFORE / AFTER EM**  Before-Adequate food and fluid should be consumed before, during, and after exercise to help maintain blood glucose concentration during exercise, maximize exercise performance, and improve recovery time  After-guide you in forming well-balanced eating habits by selecting foods that are nutritious and vital for your body. Doing so can help prevent disease, and in turn, make you feel better |