

Define CS, fit into CC	1. CUSTOMER SEGMENT(S) <div>CS</div> <b>A person from the age of 18 to 50 years old.</b>	6. CUSTOMER CONSTRAINTS <div>CC</div> <b>People who are stressed. People who want to improve their physical well-being. People who want to look and feel younger. People who want to boost their energy levels. Then customer takes nutrition foods .</b>	5. AVAILABLE SOLUTIONS <b>1. Keep your daily calorie intake to a reasonable amount</b> <b>2. Enjoy your food but eat less.</b> <b>3. Keep portion sizes of food to a reasonable and recommended amount.</b>	Explore AS, differentiate
	2. JOBS-TO-BE-DONE / PROBLEMS <div>—</div> <b>To detect the nutrient food for fitness enthusiasts</b> <b>To analyse the nutrition food values and suggestions for fitness.</b>	9. PROBLEM ROOT CAUSE <div>RC</div> <b>Low intake of food</b> <ul style="list-style-type: none"><li>• cancer.</li><li>• liver disease.</li><li>• conditions that cause nausea or make it difficult to eat or swallow.</li><li>• taking medications that make eating difficult — due to nausea, for example.</li></ul>	7. BEHAVIOUR <div>BE</div> <b>Nutritional behavior is “the sum of all planned, spontaneous, or habitual actions of individuals or social groups to procure, prepare, and consume food as well as those actions related to storage and clearance.</b>	

Identify	3. TRIGGERS <div>TR</div> <b>Health and fitness enthusiasts are people passionate about fitness and health.</b> <b>They enjoy activities like jogging or group classes such as yoga and Pilates.</b>	10. YOUR SOLUTION <div>SL</div> <b>You can improve your health by keeping a balanced diet.</b> You should eat foods that contain vitamins and minerals. This includes fruits, vegetables, whole grains, dairy, and a source of protein.	8. CHANNELS of BEHAVIOUR <div>CH</div> <b>8.1 ONLINE</b> <b>Search for nutrition food channels.</b> <b>8.2 OFFLINE</b> <b>Visit the best Nutritionists doctors to develop their fitness.</b>	Identify

4. EMOTIONS: BEFORE / AFTER

EM

Fitness can also heighten existing emotions, and **may leave you feeling more stressed out than before you started.**

Before ,fitness we have low confidence,depressed.