



<div>1</div> <div>Phases</div> <div>High-level steps your user needs to accomplish from start to finish</div>	Installation	Register	Processing	Feed back
<div>2</div> <div>Steps</div> <div>Detailed actions your user has to perform</div>	Google play StoreApp storeMicrosoft store	LoginChoose the payment PackageAcces daily plan	Direct app viewingMonitoringExperiencing the app	Review User Activity
<div>3</div> <div>Feelings</div> <div>What your user might be thinking and feeling at the moment</div> <div>👍</div> <div>👎</div>	New BeginningTechnology ImprovementAssurity	Healthy way fitnessNo health issuestiming food chart	Physical activitydiet consiousHydrating	Get proper Result
	Need internet connectionPhone StorageRegular Checking	Regular Excersises!Is this worth for money !Avoid favorite junk foods!	Consistent NotificationAvoid Favorite snacksManaging Time	Cannot use after Subscription end
<div>4</div> <div>Pain points</div> <div>Problems your user runs into</div>	Its a app they need to install	Its not free	Feeling tedious sometimes	Sometimes missing Daily Routine
<div>5</div> <div>Opportunities</div> <div>Potential improvements or enhancements to the experience</div>	Chances to gain weightChance to loss weightchances to maintain fitnes	To Groom theiarselvesUpdating daily feed	Get the result as we want	Learn to maintain their health