

## Ideation Phase

### Define the Problem Statements

Date	19 September 2022
Team ID	<b>PNT2022TMID24575</b>
Project Name	Project - Nutrition Assistant Application
Maximum Marks	2 Marks

I am

I'm trying to

But

Because

Which makes me feel

a student

get into good physique

I am unable to maintain my diet

I am unaware of the nutrition contents of the food

demotivated in the journey of fitness

Problem Statement (PS)	I am (Customer)	I'm trying to	But	Because	Which makes me feel
PS-1	A health freak and looking for the application to be accurate in analysing the micronutrient and macronutrient.	Sustain proper diet to preserve good physique.	At times it is not possible to monitor my diet.	It is hard to stick to a diet over a long period.	The suggestion given by the application might be difficult to cope up with in the daily routine.
PS-2	A health enthusiast who needs to track their food intake in order to maintain their calorie count.	Maintain and lead a healthy lifestyle.	Sometimes it is not easy to follow the prescriptions of the dietician.	Some meals may induce them while seeing them.	Carvings, mood swings and stress will make it difficult to follow the diet plan.