

Project Title:AI-powered Nutrition Analyzer for Fitness Enthusiasts

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| **SCENARIO**  **Browsing, booking, attending, and rating a local city tour** | **Entice**  How does someone initially become aware of this process? | **Enter**  What do people experience as they begin the process? | **Engage**  In the core moments in the process, what happens? | **Exit**  What do people typically experience  as the process finishes? | **Extend**  What happens after the experience is over? |
| **Steps**  What does the person (or group) typically experience? | **Connect to google Choose a plan account**  with the help of they will make a plan  google they such as when to eat,when  searches nutritious to practise,when to  food exercise etc. | **Researches about Creates Budjet Purchases foods**  they completely tries to they will create they will buy all the know about the food budget according to foods and things habits to be followed their list which are present in during fitness journey the list | **Sets Alarm Eats on time Handles Anxiety**  they will wake up they will eat on time when they practise  early in the morning because it is exercise they may feel  mandatory during stressed so they hear  to exercise regularly fitness songs to handle that | **Leaves the health Writes Reviews Thanks Mentor educator**  once their training is they will give a they will thank their over they will leave feedback about their mentor for their their health educator health educator training | **Personalised Personalised Health Recommendations offers**  they will often get  recommendation they will also recieve  from phone some of the health  regarding fitness offers |
| **Interactions**  What interactions do they have at each step along the way?  **People:** Who do they see or talk to?  **Places:** Where are they?  **Things:** What digital touchpoints or physical objects would they use? | gets engaged in  meets fitness trainer social media and  and gets advice collects information about diet  usually near to their locality or from their office | asks tips from installs health eats nutritious food neighbours monitoring apps  usually near to their locality or from their office  from their phone | avoids chat foods concentrates more practises in gym and oil foods on health | direct interaction  with the guide and Leaves Review about  other members from their mentor in their  the group profile  Leaves Review about their mentor in their profile | Recommendations  sapm across customer's email website,email etc  Leaves Review about their mentor in their profile |
| **Goals & motivations**  At each step, what is a person’s primary goal or motivation? (“Help me...” or “Help me avoid...”) | help me to set a goal help me to change help me to think fun  my perspective and variety | help me to schedule helps me to feel help me to feel regular workout time confident that my eager to use the  purchase is over purchased products | help me to stay  help me to practise stubborn that i regularly should not skip  practise | help me to leave help me to leave  with good feelings with good awareness | helps me to helps me to know remember those what i have done  days |
| **Positive moments**  What steps does a typical person find enjoyable, productive, fun, motivating, delightful, or exciting? | It's fun to look at options photos, videos, and imagine doing each and explanations are one of their experiences  exciting to see  It's reassuring to red reviews written by past practicers | Excitement about the Happiness after purchase seeing the  ("Here we go!") purchased product | People love their practise  Our guides tend to be so session  good that people are itself, we have a  reassured when they  meet their guide 98%  satisfaction rating | People generally leave with feeling refreshed and inspired | People like looking back on their past days |
| **Negative moments**  What steps does a typical person find frustrating, confusing, angering, costly, or time-consuming? | Several people People express a bit  expressed "information of fear of  overload" as they commitment at this  browse step | Trepidation about the purchase  ("I hope this will be worth it!") | People expressed Sometimes people are awkwardness about matched up with gym fnding their guide in a participants that they  public place don't really like | People are unclear People describe whether a tip is leaving a review as  necessary. an arduous process |  |
| **Areas of opportunity**  How might we make each step better? What ideas do we have? What have others suggested? | If you don't follow Make it easier to  this immediately after Provide a simpler compare and shop for paying, what should i summary to avoid experiences without do? information overload having to click on them |  | How can i ask doubt to a mentor?Should i call him or text him | How might we  How might we totally progressively disclose eliminate this the full review so that awkward moment? each step feels more  simple? | How might we help people celebrate and remember things they've done in the past?  How might we extend the personal connection to the mentor long after the trainingis over? |