

## Ideation Phase

### Define the Problem Statements

Date	19 September 2022
Team ID	PNT2022TMID26133
Project Name	Nutrition Assistant Application
Maximum Marks	2 Marks

### Nutrition Assistant Application

#### PROBLEM STATEMENT

A variety of medical problems can affect your appetite. Your illness, medicines or surgery can cause these problems. Many people become frustrated when they know they need to eat to get well but they aren't hungry, or when they gain weight because they are fatigued and unable to exercise. Each of the following sections describes a nutritional problem and suggests possible solutions. Not all solutions will work for everyone.

Problem Statement (PS)	I am (Customer)	Im trying to	But	Because	Which makes me feel
PS-1	Fitness freak	Finding a perfect preworkout plan for maintaining fitness	I can't choose a correct plan	It is Confusing	A perfect daily preworkout plan suggestion
PS-2	student	Find a balanced nutrition diet to loss weight	There is no balanced diet available without workout	I have no time to do workout	A best nutritional based diet plan with less workout
Ps-3	Body Builder	Choose a best plan for whole body workout	It is hard to select a best workout plan	A wrong workout plan will lead to a change in the shape of my body	Perfect diet and workout plan for bodybuilding

Ps-4	Athlete	Choose a best nutrition paln and workoutworkout technique to increase my sprinting speed	Confused with many techniques	I want to increse my sprinting speed very much before than ever	Perfect suggestions
Ps-5	pregnant woman	Choose a yoga and healthy nutrition diet for the normal pregnancy delivery	I am not familiar with yoga and diet	I dont have idea about the yoga and exercise	User friendly application to choose the beginner based type of yoga ,exercises and nutrition base diet plan

