**Ideation Phase**

**Define the Problem Statements**

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| --- | --- |
| Date | 20 September 2022 |
| Team ID | PNT2022TMID36311 |
| Project Name | Nutrition Assistant Application |
| Maximum Marks | 2 Marks |

**Customer Problem Statement Template:**

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| --- | --- | --- | --- | --- | --- |
| **Problem**  **Statement (PS)** | **I am (Customer)** | **I am trying to** | **But** | **Because** | **Which makes me feel** |
| PS-1 | Fitness freak | Finding a perfect pre workout plan  for maintaining fitness | I can't choose a correct plan | It is Confusing | A perfect daily pre workout 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 |

Due to the ignorance of healthy food habits, obesity rates are increasing at an alarming speed, and this is reflective of the risks to people’s health. People need to control their daily calorie intake by eating healthier foods, which is the most basic method to avoid obesity. However, although food packaging comes with nutrition (and calorie) labels, it’s still not very convenient for people to refer to App-based nutrient dashboard systems which can analyse real-time images of a meal and analyse it for nutritional content which can be very handy and improves the dietary habits, and therefore, helps in maintaining a healthy lifestyle. The main objective of this project is to building a web App that automatically estimates food attributes such as ingredients and nutritional value by classifying the input image of food.

**Nutrition Assistant Application**

**Customer Problem Statement :**

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| --- | --- | --- | --- | --- | --- |
| PS-4 | Athlete | Choose a best nutrition plan and  workout technique. to increase my sprinting speed | Confused with many techniques. | I want to increase 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 don’t have idea about the yoga and exercise | User friendly application to choose the beginner based  type of yoga, exercises and nutrition base diet  plan |