

1. CUSTOMER SEGMENT(S) <div>cs</div> <div>Fitness Enthusiasts who like to lead a healthy life and well balance diet.</div>		6. CUSTOMER CONSTRAINTS <div>Lack Of or inaccurate information about foods nutrition values. Only thinking about leading healthy life without taking actions. Not having a personal assistant to monitor their daily nutritional intake</div>	5. AVAILABLE SOLUTIONS <div>Artificial Intelligence based software solutions to aid in predicting foods and analysing nutritions that help fitness enthusiasts to track their daily nutrition intake to maintain a healthy life,</div>	
2. JOBS-TO-BE-DONE / PROBLEMS <div>Define Cs, fit into CC Focus on J&P, tap into BE, understand RC</div> <div>Individual physical exercise or yoga without prior knowledge may lead to muscle cramp, So can be tackled by use of animated guide videos for that.</div>		9, PROBLEM ROOT CAUSE <div>Tracking daily nutrition intake which is important to stay fit, Due to abundant resources online about fitness, tracking nutrition will become more challenging and inaccurate.</div>	7, BEHAVIOUR <div>BE</div> <div>Have a regular and enough sleep Have a application to track their daily nutrition values.<ul style="list-style-type: none">Have a perfectly balanced diet plan.</div>	Focus on J&P, tap into BE, understand RC
3. TRIGGERS <div>Share the neighbor's motivated content to stimulate the user</div>	4. EMOTIONS: BEFORE / AFTER <div>Before: People cannot track their health details People cannot improve their health in proper manner After r: Users can maintain and can improve their body fitness</div>	10. YOUR SOLUTION <div>Creating a web application for users to track, monitor and maintain their health by performing specialized suggestions for each and every user.</div>	8. CHANNELS of BEHAVIOUR <div>8.1 ONLINE Taking advice from the nutrition expert and following fitness based online apps. 8.2 OFFLINE Working out regularly, and maintaining the regular activities as per the prescribed schedule</div>	Identify strong TR & EM