# Define Problem Statements

## Date

1 July 2025

## Team ID

## LTVIP2025TMID48379

## Project Name

Student Health and Lifestyle Analysis

## Problem Statement 1

I am a student.  
 I’m trying to maintain a healthy lifestyle.  
 But my busy academic schedule leads me to skip meals and rely on unhealthy food.  
 Because I lack time management and access to quick healthy options.  
 Which makes me feel stressed, unhealthy, and guilty.

## Problem Statement 2

I am a student.  
 I’m trying to balance regular physical activity with studies.  
 But I often skip workouts due to academic pressure.  
 Because I prioritize studies over health unintentionally.  
 Which makes me feel lethargic and dissatisfied with my fitness.

## Reference

https://miro.com/templates/customer-problem-statement/