# Empathy Map Canvas

## Date

1 July 2025

## Team ID

## LTVIP2025TMID48379

## Project Name

Student Health and Lifestyle Analysis

## Empathy Map Canvas

Empathy Map for Students based on Health and Lifestyle Dashboard  
  
 1. Says:  
 - "I try to eat healthy but college life makes it tough."  
 - "I often skip breakfast due to lack of time."  
 - "I exercise occasionally but not regularly."  
  
 2. Thinks:  
 - Concerned about health and weight.  
 - Wonders how diet impacts GPA and lifestyle.  
 - Feels guilty about poor eating habits.  
  
 3. Does:  
 - Eats out frequently.  
 - Participates in some sports but irregularly.  
 - Prefers comfort food in stressful situations.  
  
 4. Feels:  
 - Stressed about studies and health balance.  
 - Frustrated with lack of healthy eating options.  
 - Motivated when seeing fitness improvements.  
  
 Reference: https://www.mural.co/templates/empathy-map-canvas