

# FitFlex: Your Personal Fitness Companion

## Ideation Phase

### Empathize & Discover

Date	31 January 2025
Team ID	SWTID1741519652153631
Project Name	Fitness App
Maximum Marks	4 Marks

Team Leader	Premika.L
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### Empathy Map Canvas:

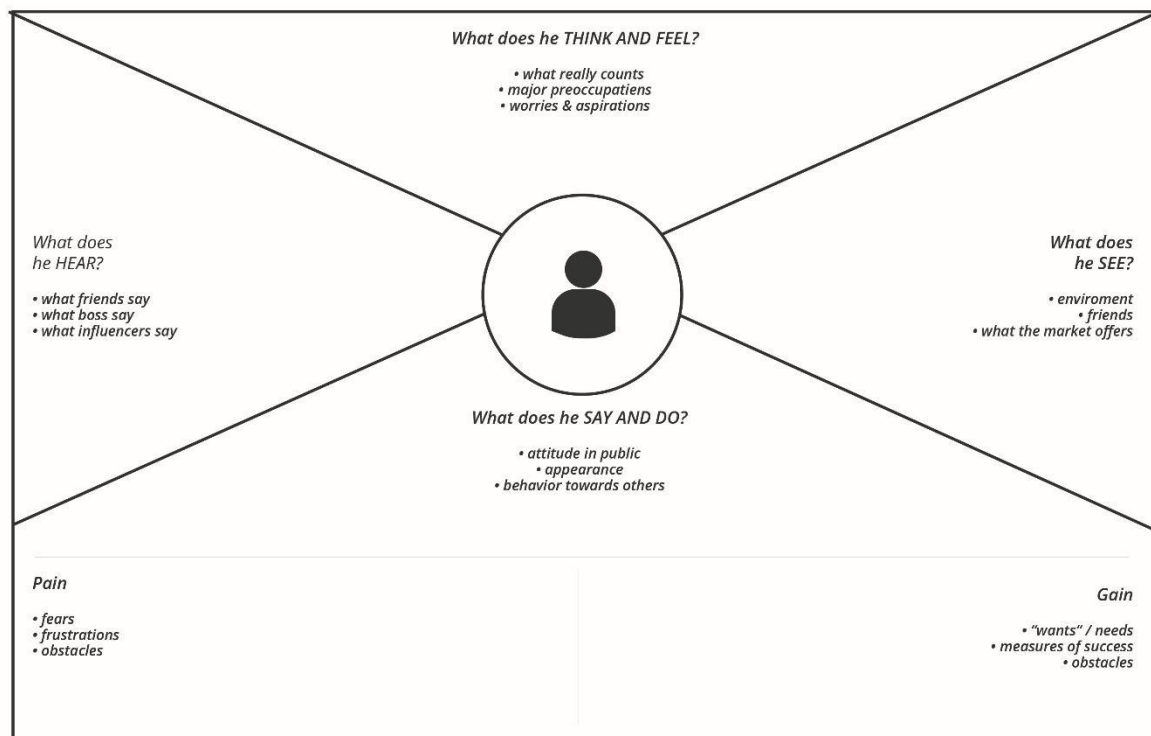
An empathy map is a simple, easy-to-digest visual that captures knowledge about a user's behaviours and attitudes.

It is a useful tool to help teams better understand their users.

Creating an effective solution requires understanding the true problem and the person who is experiencing it. The exercise of creating the map helps participants consider things from the user's perspective along with his or her goals and challenges.

### Example:

#### Empathy Map



Reference: <https://www.mural.co/templates/empathy-map-canvas>

