**Project Initialization and Planning Phase**

**Define Problem Statements (Customer Problem Statement):**

The current nutritional guidance and diet planning processes challenge users, affecting their ability to make informed dietary decisions that align with their health goals. Users, especially those with specific dietary needs or health conditions like diabetes, face difficulties in obtaining personalized dietary advice. These challenges result in frustration and potentially suboptimal health outcomes. To enhance user experience and improve overall well-being, we aim to address these pain points by providing personalized and actionable nutritional guidance through our app. By understanding users' specific challenges in managing their diets and offering tailored solutions, we can create a practical, user-friendly experience that promotes healthier eating habits.

Problem Statement (PS):

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **I am** | **I’m trying to** | **But** | **Because** | **Which makes me feel** |
| A health-conscious individual | Manage my diet to achieve my health goals | I have specific dietary needs due to a health condition | I lack personalized dietary guidance that fits my lifestyle | Frustrated and uncertain about my food choices |