Based on the results from 3 collected surveys, here's a summarized analysis:

**1. Problem Area: Work Intensity and Energy Needs**

Insight: Different construction workers have varying energy and nutritional requirements depending on their job intensity.

User Pain Point: Workers need to choose the appropriate food tailored to their specific job role to ensure sustained energy and efficiency.

Implication for App Design: The app could offer personalized dietary recommendations based on a user's profession and work intensity.

**2. Problem Area: Balancing Convenience with Health**

Insight: Due to tight schedules or job site constraints, workers might lean towards fast food or other convenient meal options.

User Pain Point: While workers wish to eat healthier, the quick and handy choices may not always be the best.

Implication for App Design: Our project could assist construction workers in achieving a balance between convenience and health by offering quick, straightforward, and balanced meal ideas, and potentially guiding them to nearby healthy eating spots.

**3. Problem Area: The Relationship Between Food and Work Efficiency**

Insight: Workers have a clear understanding of how food impacts their work performance.

User Pain Point: Foods that offer high energy and efficient absorption allow them to rapidly regain strength and focus. Based on the feedback from the three respondents, foods like hotdogs, burgers, or certain snacks like energy bars can give a quick satiating effect. However, they sometimes ponder over the long-term impacts, finding it challenging to alter their ingrained habits.

Implication for App Design: The app could provide food suggestions based on workers' needs, aiding them in maintaining energy and concentration.

**4. problem Area: Self-awareness of Dietary Habits and Desire for Improvement**

Insight: Construction workers have a reasonable awareness of their current dietary habits and seek guidance for improvement.

User Pain Point: Even if some workers have a vague or precise understanding of healthy eating, they might not know where to start or how to maintain it. The plethora of information available through various channels might be overwhelming, and discerning any immediate health improvements or deteriorations can be challenging.

Implication for App Design: The app could offer daily or weekly meal plans, track workers' progress, and provide guidance and educational content on refining dietary habits.

**Conclusion:**

To cater to the needs of Australian construction workers, a successful dietary app should be able to deliver personalized dietary suggestions based on distinct job roles and intensities. Furthermore, given that workers often grapple with time and location constraints, offering quick, simple, and healthy meal choices becomes crucial. Providing them with tools and resources on refining their dietary habits and helping them maintain these improvements might be the key to our design's success.