**Project Initialization and Planning Phase**

| Date | 12 July 2024 |
| --- | --- |
| Team ID | xxxxxx |
| Project Name | Nutrition App Using Gemini Pro : Your Comprehensive Guide To Healthy Eating And Well-Being |
| Maximum Marks | 3 Marks |

**Define Problem Statements:**

**Problem Statement 1: Weight Loss Journey**

**Who:** Sarah, a 28-year-old vegetarian with a moderate activity level

**What:** Needs to lose 15 pounds through a calorie-controlled, nutrient-dense vegetarian diet

**Why:** To ensure proper nutrition while achieving her weight loss goal

**Current Experience:** Sarah struggles to track her meals accurately and receive feedback on their nutritional content. She lacks a comprehensive tool that integrates her dietary preferences, calorie goals, and physical activity data to provide personalized meal plans and real-time feedback.

**Desired Experience:** Sarah wants a user-friendly app that allows her to log meals by taking photos or scanning barcodes, receive immediate analysis of her calorie intake, and get suggestions for necessary adjustments. She also wants to sync her fitness tracker to get holistic insights into her progress.

**Impact:** By having a tailored solution, Sarah will be able to stay on track with her weight loss journey while maintaining proper nutrition, ultimately leading to a healthier lifestyle.

**Problem Statement 2: Managing Diabetes**

**Who:** John, a 45-year-old with Type 2 Diabetes

**What:** Needs to manage his condition through a low-carb, high-fiber diet

**Why:** To control his blood sugar levels and improve his overall health

**Current Experience:** John finds it challenging to create meal plans that focus on low carbohydrate and high fiber content. He lacks a tool that provides immediate feedback on the suitability of his meals for diabetes management and educational resources to help him make informed food choices.

**Desired Experience:** John wants an app that generates meal plans based on his dietary preferences and diabetes condition. He needs detailed nutritional breakdowns highlighting carbohydrate content and glycemic index for each meal. Additionally, he seeks educational resources about managing diabetes through diet.

**Impact:** With a personalized solution, John will be able to control his blood sugar levels more effectively, leading to better management of his diabetes and improved quality of life.

**Example:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Problem**  **Statement (PS)** | **I am**  **(Customer)** | **I’m trying to** | **But** | **Because** | **Which makes me feel** |
| PS-1 | Sarah, a 28-year-old vegetarian with a moderate activity level | lose 15 pounds through a calorie-controlled, nutrient-dense vegetarian diet | I struggle to track my meals accurately and receive feedback on their nutritional content | I lack a comprehensive tool that integrates my dietary preferences, calorie goals, and physical activity data | frustrated and unsure about my progress |
| PS-2 | John, a 45-year-old with Type 2 Diabetes | manage my condition through a low-carb, high-fiber diet | I find it challenging to create meal plans that focus on low carbohydrate and high fiber content | I lack a tool that provides immediate feedback on the suitability of my meals for diabetes management and educational resources | overwhelmed and worried about my health |