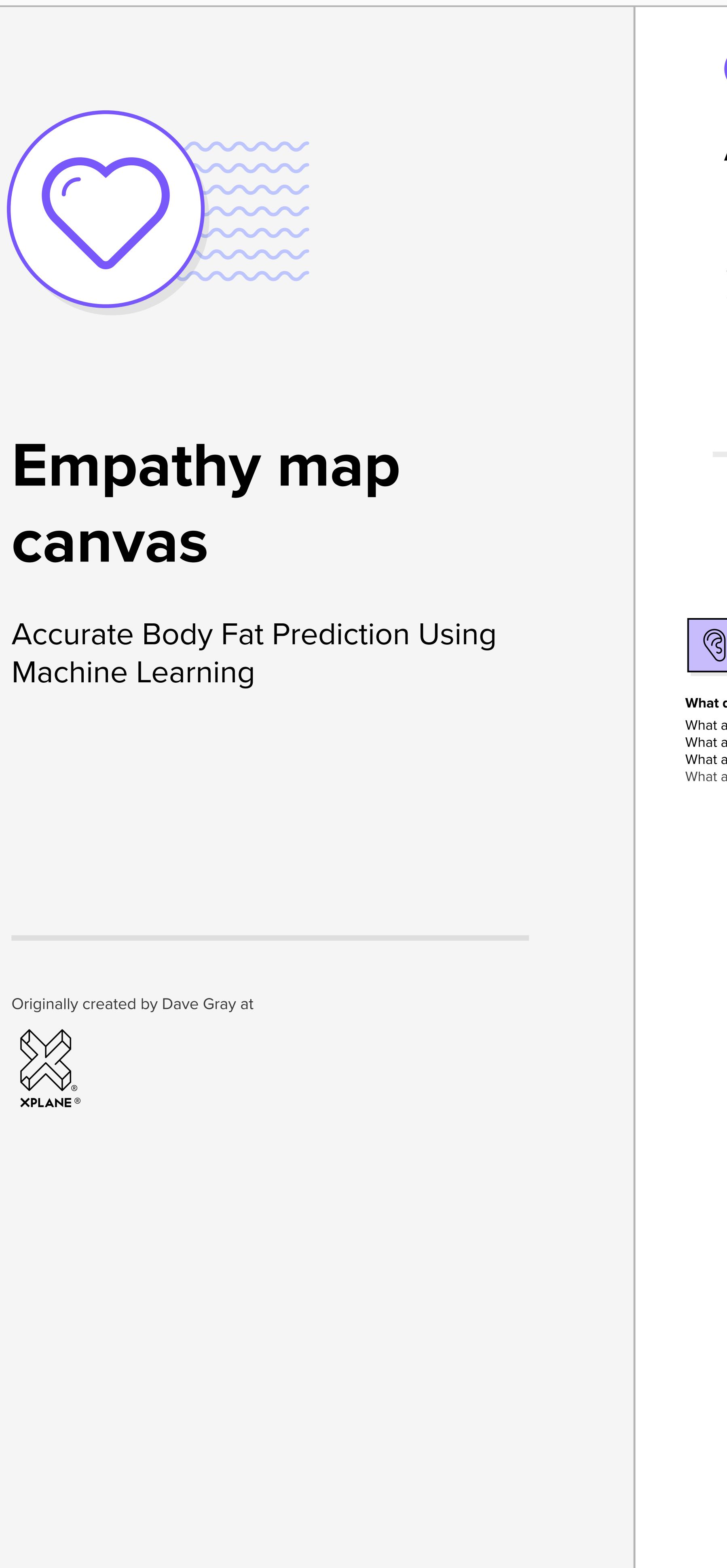
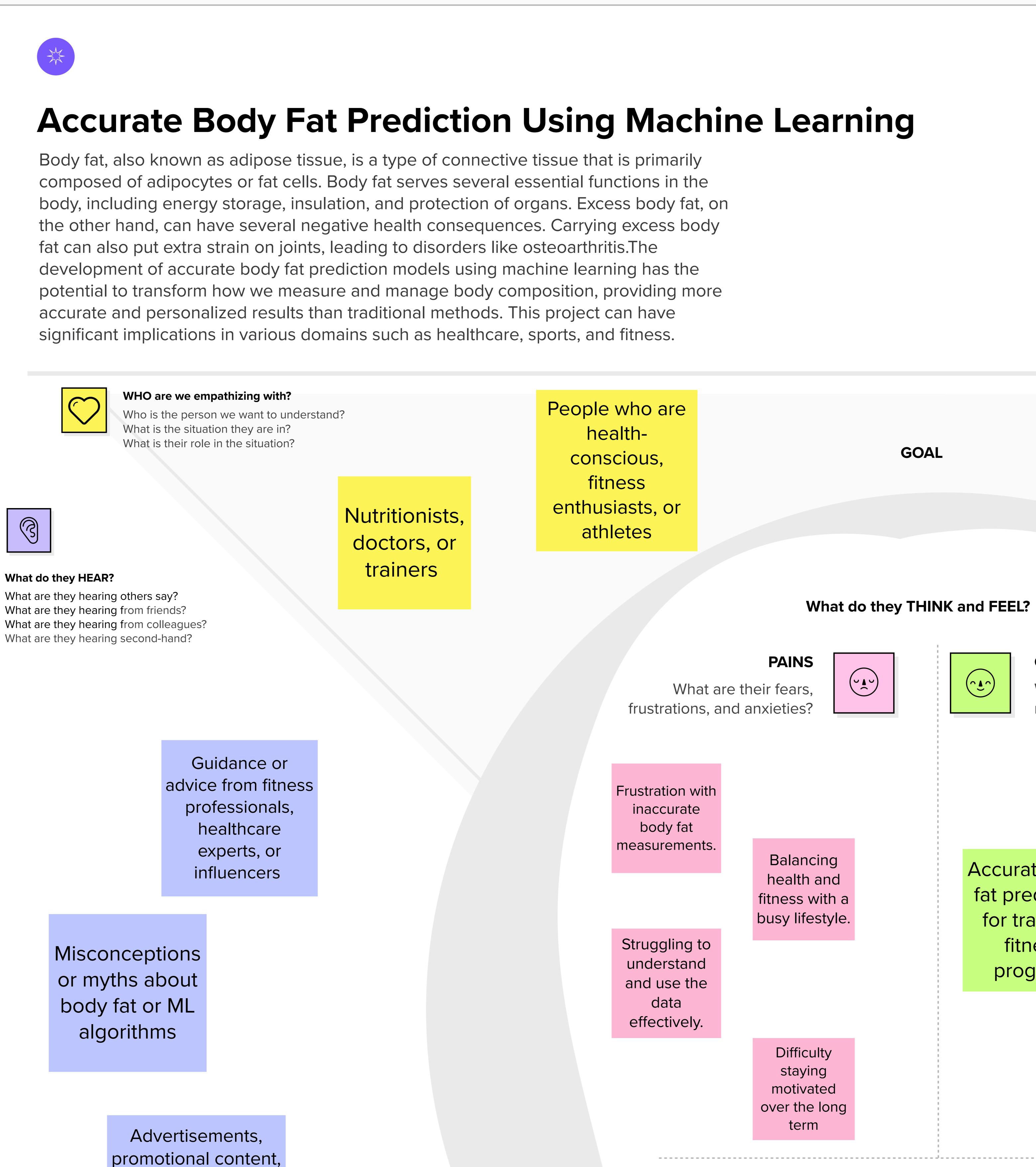




Share template feedback





What are their wants, needs, hopes, and dreams? Understanding and insights into how the machine learning model Balancing works Accurate body health and fat prediction fitness with a busy lifestyle. for tracking fitness progress Improved health, reduced risk of Difficulty diseases, and increased motivated longevity. over the long What other thoughts and feelings might influence their behavior? Frustration: **Hope:** That When Concern: About accurate body progress is their health, fat prediction slow or goals body image, or can help them are not met. the risk of lead a healthier obesity-related diseases.

GOAL

GAINS

Exploring different body fat prediction tools available in the market, possibly through online searches, reviews, or recommendations.

Comparing current and past body fat predictions to observe patterns, trends, or changes in their body fat percentage over time.

What do they need to do differently? What job(s) do they want or need to get done? What decision(s) do they need to make? How will we know they were successful?

What do they need to DO?

Following specific instructions or guidelines provided by the tool to ensure accurate measurements.

observe food

packaging,

nutrition labels

and make

dietary choices

After the body fat

prediction, users

need to interpret

and understand the

results presented by

the tool.

Input specific data

for measurements

into the tool, such

as weight, height,

body

measurements

visual representations of their body fat percentages and related

track calorie intake, exercise routines, and progress toward

their goals.

What do they SEE?

What do they see in the marketplace? What do they see in their immediate environment? What do they see others saying and doing? What are they watching and reading?

What do they SAY?

What have we heard them say?

What can we magine them saying?

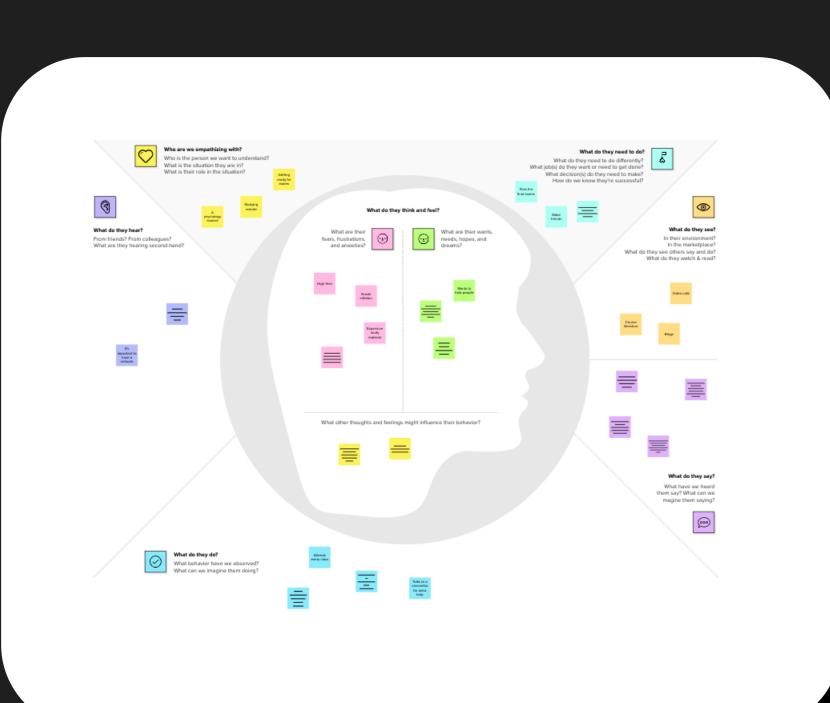
vocalize their frustrations and challenges related to managing their

body fat

how to use the machine learning tools effectively.

how body fat levels impact their self-esteem.

specific dietary plans and calorie tracking to manage their body fat levels and overall nutrition.



Need some inspiration? See a finished version of this template to kickstart your work.



or marketing

campaigns related

to body fat

prediction tools and

their accuracy.

What do they DO?

What do they do today?

What behavior have we observed?

What can we imagine them doing?

