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| **Problem Solving (A3) Report** | **Topic: Overweight Application** | **Date: January 20, 2021** |
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| **1. Identify a Problem** | **PLAN** |  | **4. Propose & Implement Countermeasures** | **PLAN/DO** |
| * One third of the world's population is overweight * This causes that in the future they begin to experience health problems. * Until it can finally cause death | |  | * Create a program that daily selects a random exercise routine and at the end of the routine tells you how your blood pressure is, cholesterol and other things through your pulses. * Also, give you a daily diet according to how the results of the exercises are. This will help you with obesity and you will have a much better lifestyle. | |
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| **2. Set the Target** | **PLAN** |  | **5. Check/Evaluate** | **CHECK** |
| Helping obese people will allow them to have a better lifestyle. Besides that, they will feel better about themselves. | |  | ***ASK:***   * Did the countermeasures work? * Was the target achieved * Can I verify that the Root Cause was eliminated (can I turn it off & on) * If the Countermeasure was not effective, why didn’t it work   ***SHOW:***  The results; describe the reliability of the new process  ***TOOLS:***  Line graph, pareto | |
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| **3. Analyze the Causes** | **PLAN** |  | **6. Act and/or Standardize** | **ACT** |
| * Obese people generally tend to have problems psychologically. * Obesity does not allow you to have a normal life. * Many things you like you cannot buy. | |  | ***ASK:***   * How will we ensure the process continues to work (stays solved)? * What have we learned? * Where else can we apply this learning?   ***SHOW:***  New or changed procedures, plans to apply learning in other areas  ***TOOLS:***  Standard Operating Procedures | |