

ABSTRACT

An information processing apparatus according to the present application includes an acquisition unit that acquires state information on a state of a user (for
5 example, body information on a body of the user, a service that is available to the user, attribute information, or the like), a setting unit that sets an index that is achievable in the state of the user with respect to a change in a body shape of the user, based on the state
10 information that is acquired by the acquisition unit, and a providing unit that provides information on the index that is set by the setting unit to the user.

FIG.3