

ABSTRACT

An information processing device according to the present application includes a receiving unit that receives a goal of training from a subject user and a provision unit
5 that provides the subject user with suggestion information on a suggestion of coaching according to the goal (for example, information on a suggestion of a coach who does coaching on the subject user) based on a relationship of body shape change information on a change between body
10 shapes of the user before and after training and coaching information on coaching in the training.

FIG.3