

Date	5 October 2022
Team ID	PNT2022TMID31264
Project Name	AI Powered Nutrition Analyst for Fitness Enthusiasts.
Maximum Marks	4 Marks

Template

## Brainstorm & idea prioritization

Use this template in your own brainstorming sessions so your team can unleash their imagination and start shaping concepts even if you're not sitting in the same room.

🕒 10 minutes to prepare

🕒 1 hour to collaborate

👤 2-8 people recommended

### Before you collaborate

A little bit of preparation goes a long way with this session. Here's what you need to do to get going.

🕒 10 minutes

#### A Team gathering

Define who should participate in the session and send an invite. Share relevant information or pre-work ahead.

#### B Set the goal

Think about the problem you'll be focusing on solving in the brainstorming session.

#### C Learn how to use the facilitation tools

Use the Facilitation Superpowers to run a happy and productive session.

[Open article](#)

1

### Define your problem statement

What problem are you trying to solve? Frame your problem as a How Might We statement. This will be the focus of your brainstorm.

🕒 5 minutes

PROBLEM

How might we [your problem statement]?

### Key rules of brainstorming

To run an smooth and productive session

Stay in topic.

Encourage wild ideas.

Defer judgment.

Listen to others.

Go for volume.

If possible, be visual.

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## Step-2: Brainstorm, Idea Listing and Grouping

2

### Brainstorm

Write down any ideas that come to mind that address your problem statement.

10 minutes

Tip  
You can select a sticky note or 3/4 of the page if you wish to select a sticky note to start drawing

HARITHAN S

nutrition may also support muscle recovery for reducing inflammation

Excess food intake increases weight, which is an added stress on the body and can lead to health issues

drinking plenty of water and staying hydrated is important for overall health

Exercising regularly helps to burn calories and improve metabolism, which can lead to weight loss

Coconut oil is a healthy fat that can be used in cooking and baking to provide energy during exercise

SURIYA DEEAKASH N P

Tracking of calories intake makes you know about your health

Health and fitness tips are given

It is also perfect for a vegan

Helps to stop using single meats

Natural growth can be attained

Acts as your personal assistant

VINOTH J

Does not require a lot of effort to achieve

Provides healthy alternatives to some food choices

Minimizes the risk of getting

encourages healthy lifestyle

Can be used as a reminder to eat healthy

Can provide personal advice and tips for all individuals

JAYEED AHMED RESHI

It promotes healthy eating habits and helps to lose weight

It is a natural way to lose weight and improve health

Helps to stop using single meats

Natural growth can be attained

Acts as your personal assistant

Helps to stop using single meats

Natural growth can be attained

Acts as your personal assistant

3

### Group ideas

Take turns sharing your ideas while clustering similar or related notes as you go. Once all sticky notes have been grouped, give each cluster a sentence-like label. If a cluster is bigger than six sticky notes, try and see if you can break it up into smaller sub-groups.

20 minutes

based on nutrition

based on supplements

helps to stop using single meats

Helps to stop using single meats

Coconut oil is a healthy fat that can be used in cooking and baking to provide energy during exercise

Natural growth can be attained

Acts as your personal assistant

based on breakfast

based on food

Helps to stop using single meats

Helps to stop using single meats

Coconut oil is a healthy fat that can be used in cooking and baking to provide energy during exercise

Natural growth can be attained

Acts as your personal assistant

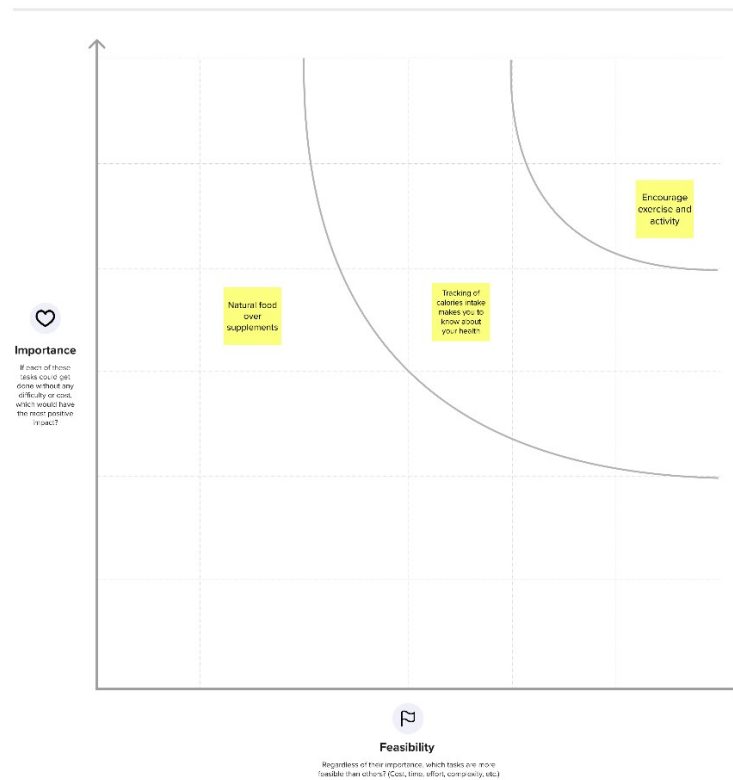
## Step-3: Idea Prioritization

4

### Prioritize

Your team should all be on the same page about what's important moving forward. Place your ideas on this grid to determine which ideas are important and which are feasible.

🕒 20 minutes



➔

### After you collaborate

You can export the mural as an image or pdf to share with members of your company who might find it helpful.

#### Quick add-ons



##### Share the mural

Share a view link to the mural with stakeholders to keep them in the loop about the outcomes of the session.



##### Export the mural

Export a copy of the mural as a PNG or PDF to attach to emails, include in slides, or save in your drive.

#### Keep moving forward



##### Strategy blueprint

Define the components of a new idea or strategy.

[Open the template →](#)



##### Customer experience journey map

Understand customer needs, motivations, and obstacles for an experience.

[Open the template →](#)



##### Strengths, weaknesses, opportunities & threats

Identify strengths, weaknesses, opportunities, and threats (SWOT) to develop a plan.

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