


Ideation Phase

Brainstorm & Idea Prioritization

Date	17 October 2022
Team ID	PNT2022TMID04940
Project Name	Nutrition Assistant Application
Maximum Marks	4 Marks




Step-1: Team Gathering, Collaboration and Select the Problem Statement

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

[Share template feedback](#)



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 a smooth and productive session


 Stay in topic.

 Encourage wild ideas.

 Defer judgment.

 Listen to others.

 Go for volume.

 If possible, be visual.

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 and not the pencil points in boxes, can't be moved.

Nithisha S - Team Lead

Nutrition may also support muscle recovery by reducing inflammation

Carbohydrates are needed to provide energy during exercise

Health and fitness tips are given

Helps to stop using supplements

Durgadevi R - Team Member 1

It is also perfect for a vegan

Natural growth can be attained

Acts as your personal assistant

Tracking you to know about your health

Lakshana L - Team Member 2

Does not require a lot of effort to calculate calories intake

Make us aware of what we are eating

Encourages healthy lifestyle

Can be used as to eat healthy

Chalcedony J- Team Member 3

It can make you addictive by constant notification and warning

Encourage exercise and activity

It provides nutrients about every food to take a healthy diet

Can provide personalized diet charts for all individual

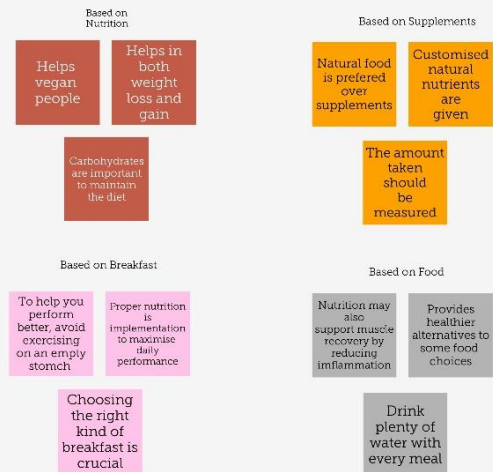
3

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

TIP
Annotate sticky notes to sticky notes to make it easier to find, track, organize, and categorize important ideas as they develop your model.



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

