Stage 1 Report

# 1. Team Formation Overview

## Team Members & Roles

Saad Alarifi

Abdullah Alameeri

Ahmed Dawwari

## Collaboration Strategies

Weekly sync meetings via Zoom/Google Meet

Daily communication through Slack/Discord

Shared project board on Trello/Jira for task tracking

Centralized documentation on Google Docs/Notion

# 2. Ideas Explored

## Mental Health Support App

Description: AI-powered journaling + peer support

Reason for Rejection: Limited expertise in psychology; high risk for data privacy

## Language Exchange Platform

Description: Connects learners worldwide for conversation practice

Reason for Rejection: Strong competition (Tandem, HelloTalk); less innovative

## IoT Smart Plant Care

Description: Soil sensors + app for plant monitoring

Reason for Rejection: Hardware integration is too complex for the current timeline

## AI Resume Builder

Description: Tailors resumes to job postings automatically

Reason for Rejection: Requires advanced NLP training models; resource-heavy

# 3. Selected MVP Concept

## Chosen Idea: Personal Nutrition Assistant

Summary

A mobile/web application that suggests personalized meal plans and recipes based on user dietary preferences, restrictions, and local grocery availability.

## Reasons for Selection

Feasibility: Can be developed using simple databases and APIs for nutrition information

Innovation: Bridges personal health with convenience and real-time grocery data

Alignment: Matches the team’s skills in app development, API integration, and UX

Scalability: Potential to integrate with wearable devices, nutritionists, or delivery apps

## Potential Challenges

Ensuring accurate nutritional data for a wide range of foods

Building an intuitive and user-friendly interface

Handling diverse dietary restrictions (vegan, diabetic, etc.)

## Opportunities

Rising global focus on health and wellness

Partnerships with grocery chains, gyms, or nutritionists

Expansion into premium features (AI-driven meal coaching, grocery delivery)

# 4. Decision and Refinement

Brainstorming session conducted on [date] with all team members. Applied SCAMPER and mind-mapping techniques to generate and refine ideas. Feasibility analysis covered technical complexity, business value, and development timeline. Team vote selected Personal Nutrition Assistant as the MVP.

# 5. Documentation

All meeting notes are stored in Google Docs. Brainstorming boards saved in Trello. Decision-making matrix documented in Notion.