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

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

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

Learn how to use the facilitation tools
Use the Facilitation Superpowers to run a happy and productive session.

Open article →

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

Poor nutrition can contribute to stress, tiredness and our capacity to work, and over time, it can contribute to the risk of developing some illnesses and other health problems such as being overweight or obese, tooth decay, high blood pressure and etc. To build a healthy lifestyle for nutrition in our everyday food with the help of today's technology?

Key rules of brainstorming

To run a smooth and productive session

- Stay in topic.
- Defer judgment.
- Go for volume.
- Encourage wild ideas.
- Listen to others.
- If possible, be visual.

Brainstorm

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

🕐 10 minutes

TIP
You can select a sticky note and hit the pencil (switch to sketch) icon to start drawing!

Imaya B

- Recognize nutrients in food
- It includes age, body weight, height, food allergies, preferred diet,
- Deep learning techniques be applied
- Provide dietary advice
- Images processing to identify food
- Identify multiple foods
- Analyze about their day to day activities
- All of these can enable users to change to healthy meal habits
- This let them create the best diet plan

Dharman M

- Database to display nutrient contents.
- Instant food recognition.
- Motivation for weight loss.
- Alert them to eat their food on time.
- Nutrition and Physiotherapy.
- Science is increasingly showing just how critical nutrition is to healing and recovery.
- Suggestion are made.
- Answers the questions.
- Give them a easiest diet chart to eat.

Sivamosan M

- Make them happy to relieve from stress
- Images processing to identify food.
- Recognize nutrients in food.
- Define the features that you want to integrate into your diet and nutrition applications.
- Giving them a proper diet plan
- suggest food alternative

Rajkumar S

- Acts as a diet consultant.
- Date base to display nutrient contents.
- These types of special diet apps target a certain audience and are highly effective.
- Good nutrition with ingredients recipes.
- The exact make-up of a diversified, balanced and healthy diet will vary depending on the individual needs.
- Use a food diary to track your nutrition.

Lokesh M

- Nutrition based analytics and data to its users.
- People are consuming more foods high in energy, fats, free sugars or salt/ sodium.
- Understand multiple foods.
- Define the features that you want to integrate into your diet and nutrition applications.
- Recognise nutrients in food.
- Track their sleep cycle.

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 and break it up into smaller sub-groups.
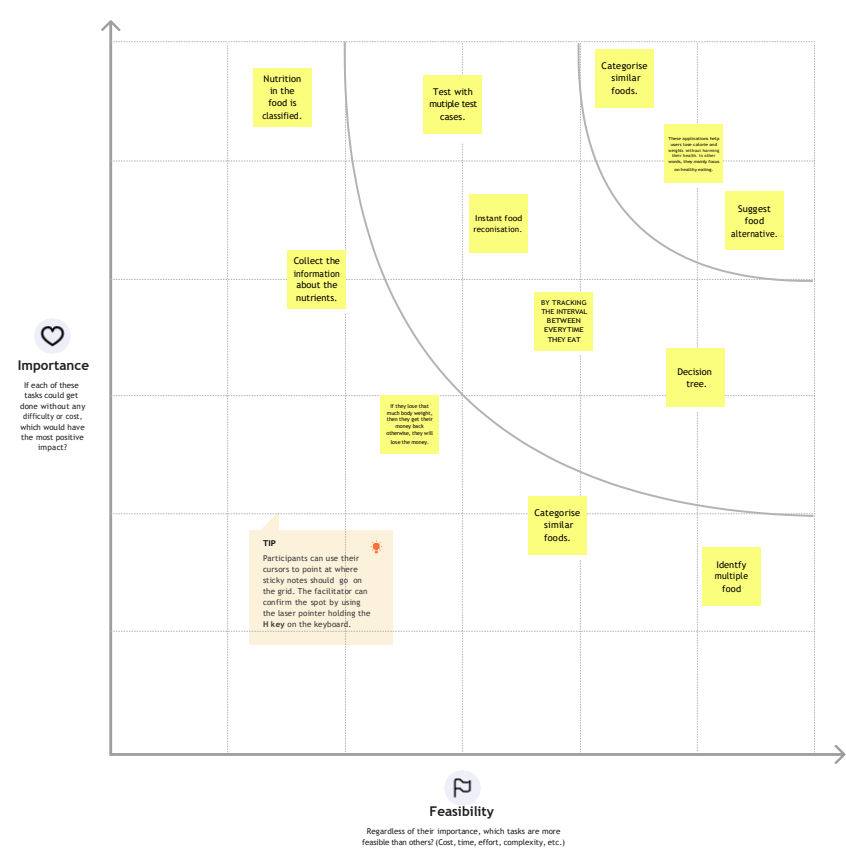
🕐 20 minutes
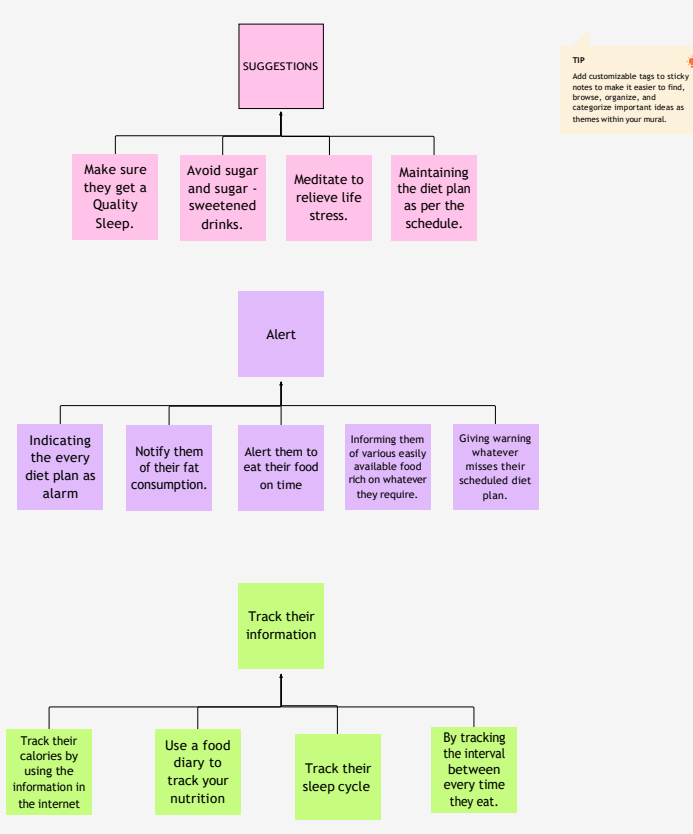
TIP
Add customisable tags to sticky notes to make it easier to find, browse, organise, and categorize important ideas as themes within your mural.

SUGGESTIONS
- Make sure they get a Quality Sleep.
- Avoid sugar and sugar - sweetened drinks.
- Meditate to relieve life stress.
- Maintaining the diet plan as per the schedule.

Alert
- Indicating the every diet plan as alarm
- Notify them of their fat consumption.
- Alert them to eat their food on time
- Informing them of various easily available food rich on whatever they require.
- Giving warning whatever misses their scheduled diet plan.

Track their information
- Track their calories by using the information in the internet
- Use a food diary to track your nutrition
- Track their sleep cycle
- By tracking the interval between every time they eat.

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

Importance
If each of these tasks could get done without any difficulty or cost, which would have the most positive impact?

- Nutrition in the food is classified.
- Test with multiple test cases.
- Categorise similar foods.
- Collect the information about the nutrients.
- Instant food recintation.
- These types of special diet apps target a certain audience and are highly effective...
- Suggest food alternative.
- If they face that must lose weight, they may get an alternate diet otherwise, they will lose the money.
- BY TRACKING THE INTERVAL BETWEEN EVERY TIME THEY EAT
- Decision tree.
- Categorise similar foods.
- Identify multiple food
- **TIP** Participants can use their cursors to point at where sticky notes should go on the grid. The facilitator can confirm the spot by using the laser pointer holding the M key on the keyboard.

Feasibility
Regardless of their importance, which tasks are more feasible than others? (Cost, time, effort, complexity, etc.)

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
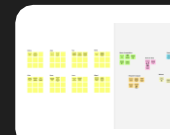Understand customer needs, motivations, and obstacles for an experience.
Open the template →

Strengths, weaknesses, opportunities & threats
Identify strengths, weaknesses, opportunities, and threats (SWOT) to develop a plan.
Open the template →

Share template feedback

Need some inspiration?
See a finished version of this template to kickstart your work.
Open example →