## **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

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. 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

Before you collaborate

→ 5 minutes

Define your problem statement PROBLEM Due to the ignorance of healthy food habits, obesity rates are increasing at an alarming speed and this is refective of th risks to people's health, people need to control their daily calorie intake by eating healther foods, which is the most bas Key rules of brainstorming To run an smooth and productive session Encourage wild ideas. Defer judgment. Listen to others. Go for volume. If possible, be visual.

2 Brainstorm → 10 minutes First, gathering all information about the health condition of the user Then tracking their health condition Choose high calorie and high protein foods

user search for recipes and according to their report they will be provided

Write down any ideas that come to mind that address your problem statement. You can select a sticky note and hit the pencil [switch to sketch] icon to start drawing! Rethic Suggesting recipes according to the diet plan There will be a dashboard for sharing health tips notifying harmful ingredients in the food Selva Moniter users progress Balaji setting and tracking goals suggest routines Likhi If any queries ask help from the physical trainer in the app Snap of the food notifying motivational quotes Provide proper cardio and workout guidelines summarize the feedback classify the nutritional content present in the image showing the weekly statistics Identify the incredients in the food and its nutritions

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 and break it up into smaller sub-groups. → 20 minutes User Account height and Username Personal weight and and

Get the input from the user Snap of the food details medical report Profle Name of the picture if food necessary Nutrition Assistant

application

Suggesting diets health tips harmful and Recepies ingredients according to in the food diet Classify nutritional content present in the food

Monitering monitering the health and BMI condition calculation

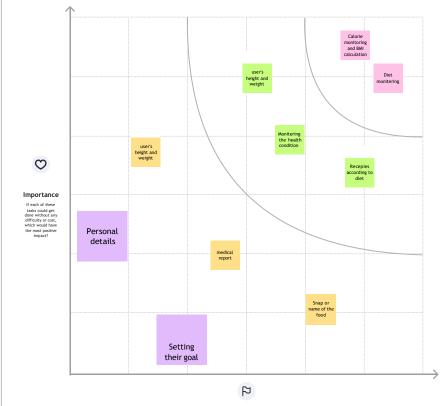
Monitoring progress

Tracking their intake of food

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



Feasibility

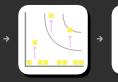
Regardless of their importance, which tasks are more feasible than others? (Cost, time, effort, complexity, etc.

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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

After you collaborate

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

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