

Date	19 September 2022
Team ID	PNT2022TMID32449
Project Name	Project –AI powered Nutrition Analyzer for fitness Enthusiasts
Maximum Marks	4 Marks

Brainstorming provides a free and open environment that encourages everyone within a team to participate in the creative thinking process that leads to problem solving. Prioritizing volume over value, out-of-the-box ideas are welcome and built upon, and all participants are encouraged to collaborate, helping each other develop a rich amount of creative solutions. 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. Reference: <https://www.mural.co/templates/empathy-map-canvas>

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

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

Food is essential for human life and has been the concern of many healthcare conventions. Nowadays new dietary assessment and nutrition analysis tools enable more opportunities to help people understand their daily eating habits, exploring nutrition patterns and maintain a healthy diet. Nutritional analysis is the process of determining the nutritional content of food. It is a vital part of analytical chemistry that provides information about the chemical composition, processing, quality control and contamination of food.

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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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!

Sneha

DIET	NUTRITIONAL IMBALANCE	BODY WEIGHT
EXERCISE	FATS	ENERGY
FRUITS	VEGETABLES	FIBRE
CORRECT NUTRITION	OVERWEIGHT	UNDER WEIGHT

Sowmiya

OVERWEIGHT WEIGHT	UNDERWEIGHT	CALORIES
DIET	EXERCISE	ENERGY
FRUITS	VEGETABLES	FIBRE
CORRECT NUTRITION	OVERWEIGHT	UNDER WEIGHT

Umavathi

WEIGHT THE BODY IS NOT	METABOLIC RATE	EXERCISE
SPORTS	AGE	HEIGHT
ACTIVITY	DEFICIENCY	REGULAR SLEEPING
GENDER	AVOID JUNK FOODS	SWEETENING

Vinisha

NOTIFY FOODS	DIET IMBALANCE	HEALTHY FOODS
WATER CONSUMPTION	FITNESS	FOODTIMER
DEFICIENCY REMINDER	REGULAR FOODCYCLE	EXERCISE
FOODS WE SHOULD USE	CALORIES COUNTER	SCHEDULE FOODS

Group ideas

Take turns sharing your ideas while clustering similar or related notes as you go. In the last 10 minutes, 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 customizable tags to sticky notes to make it easier to find, browse, organize, and categorize important ideas as themes within your mural.

FITNESS

HYPERHYDROTIC EMERGENCY	NUTRITIONAL IMBALANCES	ENERGY
EXERCISE	VEGETABLES	FRUITS
FIBRE	DIETARY FIBRE	NUTRITION DIET

FOOD KNOWLEDGE

DIETARY FIBRE	DIETARY FIBRE	DIETARY FIBRE
DIETARY FIBRE	DIETARY FIBRE	DIETARY FIBRE
DIETARY FIBRE	DIETARY FIBRE	DIETARY FIBRE

CALORIES COUNTER

WEIGHT MANAGEMENT	METABOLIC RATE	DEFICIENCY
AGE & GENDER	REGULAR SLEEPING	EXERCISE
ACTIVITY	SPORTS	CALORIES COUNTING MACHINE

FOOD REMINDER

NOTIFY FOODS	DIET MANAGEMENT	HEALTHY FOODS
WATER CONSUMPTION	FOOD TIMER	REGULAR FOODCYCLE
DEFICIENCY REMINDER	EXERCISE	CALORIES COUNTER

Step-3: Idea Prioritization

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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

