


Ideation Phase

Brainstorm & Idea Prioritization Template

Team ID	PNT2022TMID13204
Project Name	AI Powered Nutrition Analyzer forFitness Enthusiasts.
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

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➔

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 hit the pencil (switch to switch) icon to start drawing!

HARITHAN S

Nutrition may also support muscle recovery by reducing inflammation.

drink poetry of
birds with every
meal, whether
or not you've
the poetic wing.

Bring a daily
balanced
essential
mineral in diet
that gives you
your needs

VINOTH J

- Does not require a lot of effort to calculate calories intake
- snaps a food photo and get the nutritional information of your meal.
- Provides healthier alternatives to some food choices.

Makes us aware of what we are eating

- encourages healthy lifestyle
- Can be used as a reminder to eat healthy
- Can provide personalized diet charts for all individual

SURIYA PRAKASH N P

"Lacking" calories intake makes you to know about your health

Health and fitness tips are given

It is also perfect for a vegan

Helps to stop using supplements

Natural growth can be attained

JAVEED AHMED RESHI

- It provides nutrients without every food to have a healthy diet
- It helps people having allergy to specific food and keeps a diary from the meal
- It is used to data if the user had certain intake with macro and micro nutrient

It is important
ways to focus on
your health.
Fix damage.
Exercise.

Encourage
Exercise
and activity.

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

based on nutrition

- helps regulate prostate
- helps in bone density maintenance
- Cardiovascular are important to maintain the diet

helps in
both weight
loss and
gain

Coronary arteries
are important to
maintain the
diet.

based on supplements

natural food
is preferred
over
supplements

Customised material rubrics are given

the amount
taken should
be
measured

based on breakfast

- To help you perform better, avoid overloading on or empty stomachs.
- Proper nutrition is important to maximize athletic performance.
- Choose the right kind of breakfast cereal.

Proper nutrition
is key to achieving
optimal
athletic
performance

Choosing the right kind of breakfast cereal.

based on food

Nutrition may also support muscle recovery by reducing inflammation.

Provides
wealthier
alternatives to
some food
choices

five plots of
trees, we have
many
more, whether
you like it or
not.

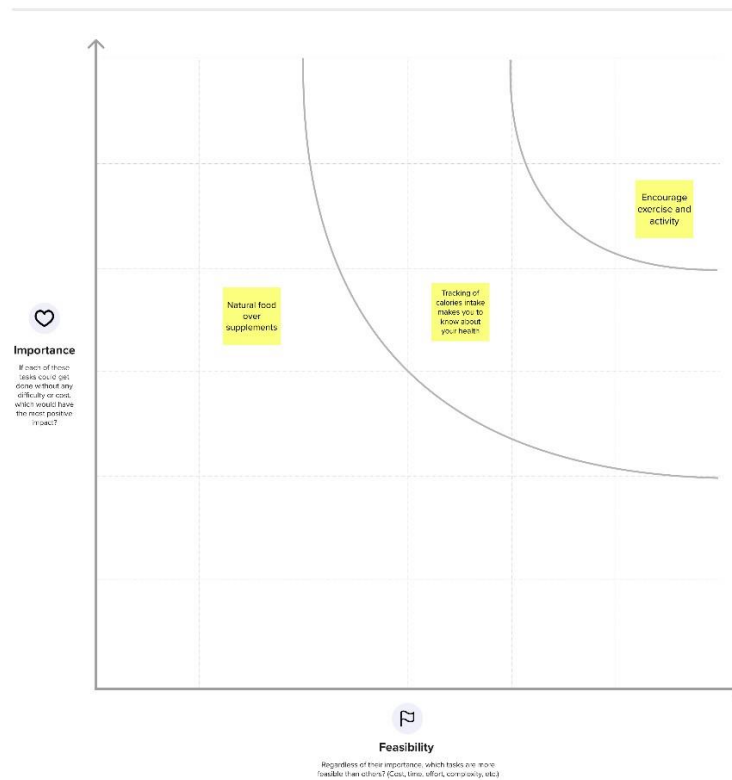
Step-3: Idea Prioritization

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



5

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 →](#)

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