

Brain storming and idea

prioritization unique; holding a productive brainstorm is. Great brainstorms are ones that set the stage for fresh and generative thinking through simple guidelines and an open and collaborative environment. Use this when you're just kicking-off a new project and want to hit the ground running with big ideas that will move your team forward.

15 minutes to prepare **30-60 minutes** to collaborate

3-8 people recommended

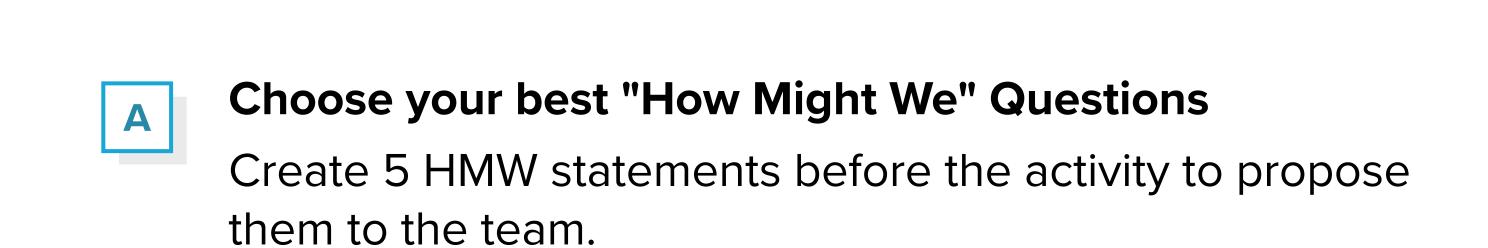
Created in partnership with Meta



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.

① 15 minutes



Set the stage for creativity and inclusivity Go over the brainstorming rules and keep them in front of your team while brainstorming to encourage collaboration, optimism, and creativity.

> 1. Encourage wild ideas (If none of the ideas sound a bit ridiculous, then you are filtering yourself too much.) 2. **Defer judgement** (This can be as direct as harsh words or as subtle as a condescending tone or talking over one another.)

3. Build on the ideas of others ("I want to build on that idea" or the use of "yes, and...") 4. Stay focused on the topic at hand

5. Have one conversation at a time 6. Be visual (Draw and/or upload to show ideas, whenever possible.)

Interested in learning more? Check out the Meta Think Kit website for additional tools and resources to help your team collaborate,

Open the website →

7. Go for quantity



Define the Problem statement

Share the top 5 brainstorm questions that you created and let the group determine where to begin by selecting one question to move forward with based on what seems to be the most promising for idea generation in the areas you are trying to impact.

① 10 minutes

PROBLEM STATEMENT

Due to the ignorance of healthy food habits, obesity rates are increasing at an alarming speed.so there are many people's are affected by anxiety and health issues. It increase more cholesterol and it caused to TB diseases.so the affected people should ne food calories and diet plan and so it is necessary to lead a healthy life.



Brainstorm solo

brainstorming ideas and placing them into the template. This "silent-storming" avoids group-think and creates an inclusive environment for introverts and extroverts alike. Set a time limit. Encourage people to go for quantity.

① 10 minutes

DHIVAGAR



Have each participant begin in the "solo brainstorm space" by silently

RAJESH VASANTH

To Provide a Tracking news feed about low calorie calorie food

TAMIL OLI

YOKESH

chart or aintain olan	Provides personalised diet chart	The exercise plan to reduce obesity	Provide customizab meal plan for individual
alorie ounter imation	weekly diet notify reminder	Provide high nutrition food list	best individual fitness trainer

Technical implementation

Brainstorm as a group

the way.

① 15 minutes

An user

friendly

interface

Track nutrition by values

Have everyone move their ideas into the "group sharing space" within the

template and have the team silently read through them. As a team, sort and

group them by thematic topics or similarities. Discuss and answer any questions

that arise. Encourage "Yes, and..." and build on the ideas of other people along

Monitor user progress

May user scan the food using scan option

Help section

FAQ questions for users

Importance about Nutrition health

Do's and Dont's for users

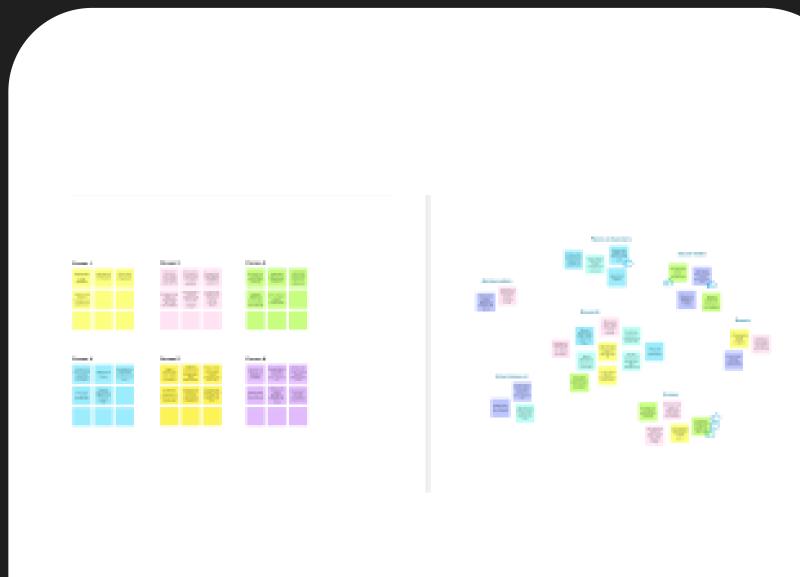
Process

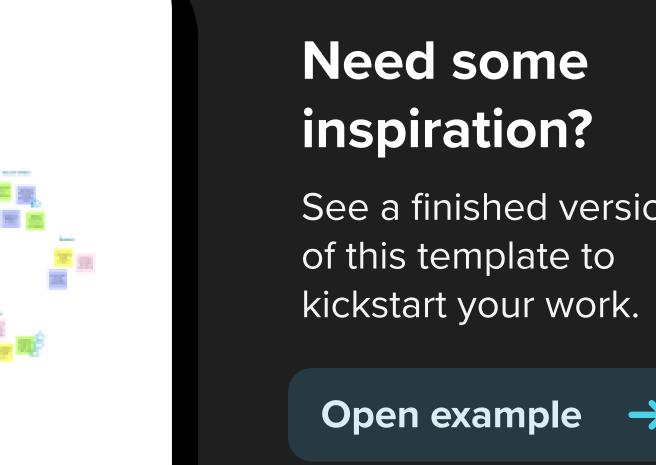
User may or may not

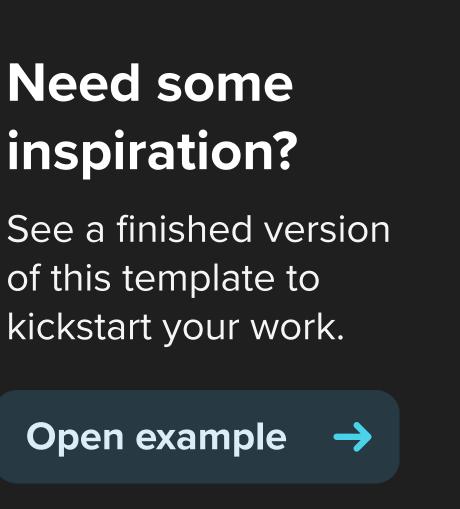
and sent the request to get Then server will respond the nutritional value foe where the

details from the IBM DB2

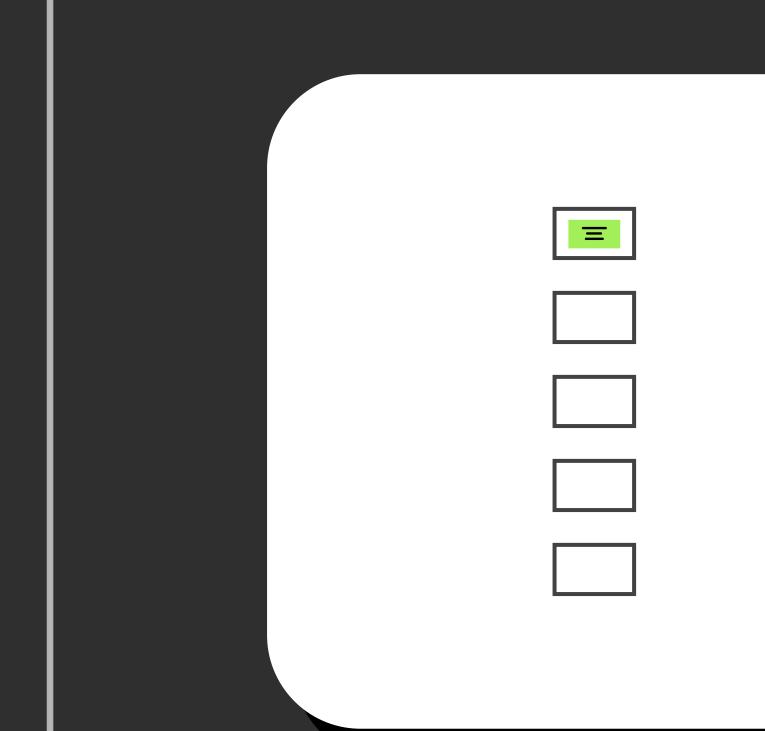
You can use the **Voting**session tool above to focus
on the strongest ideas.

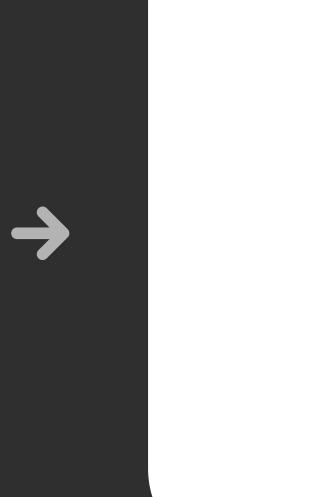


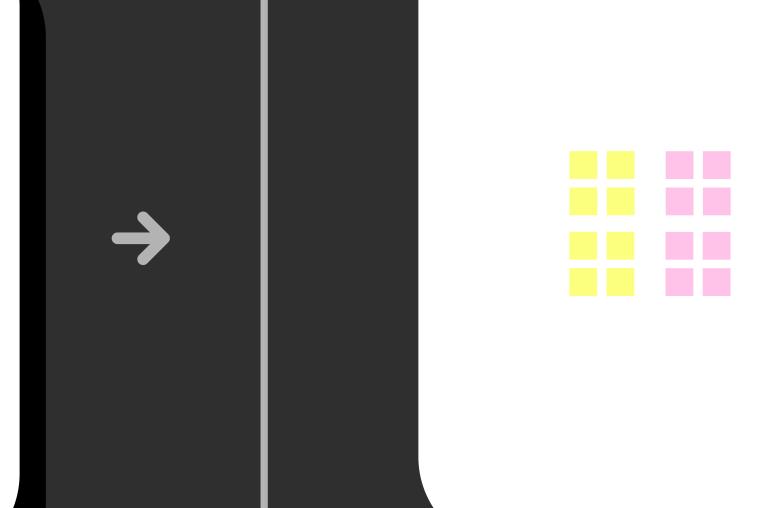


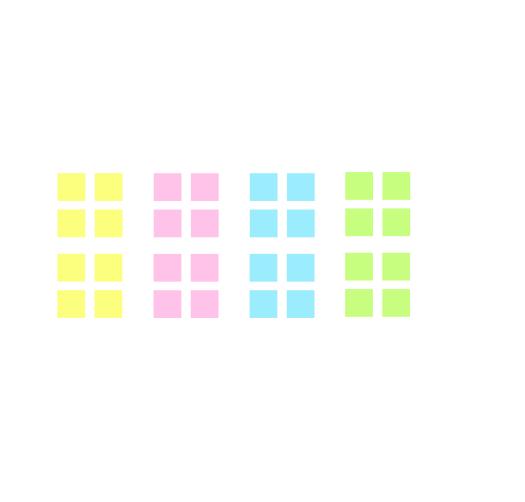


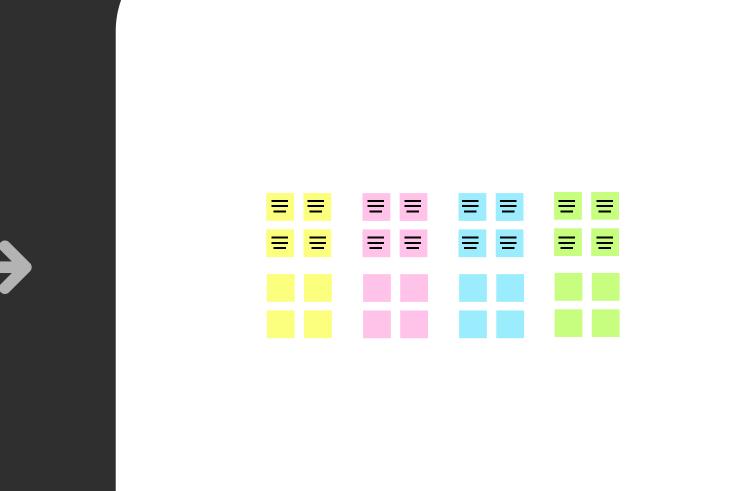


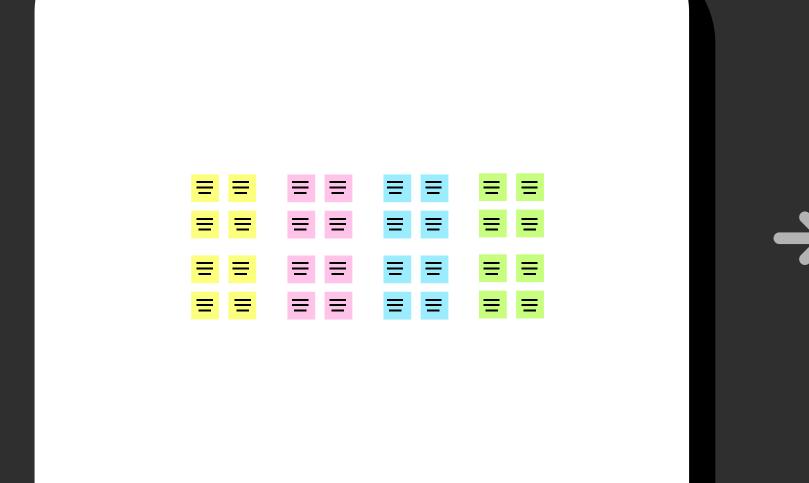


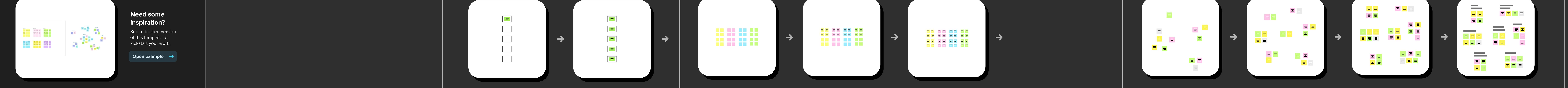


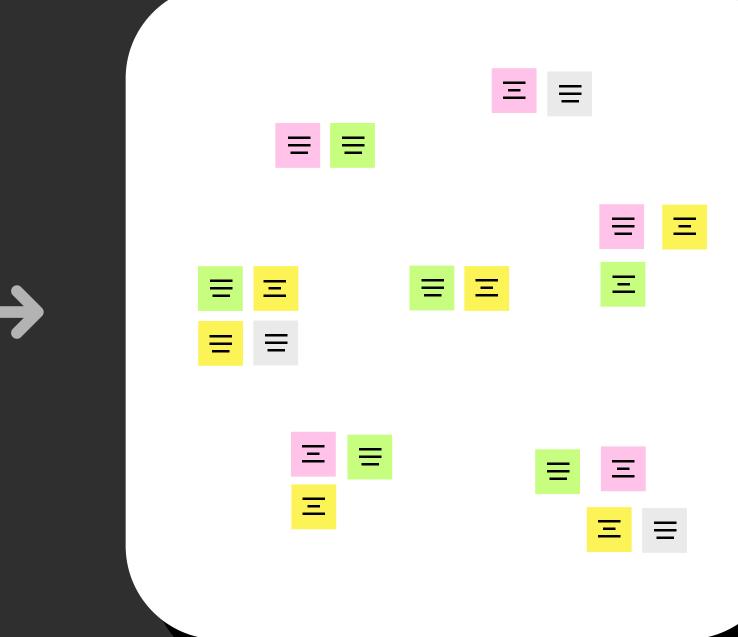


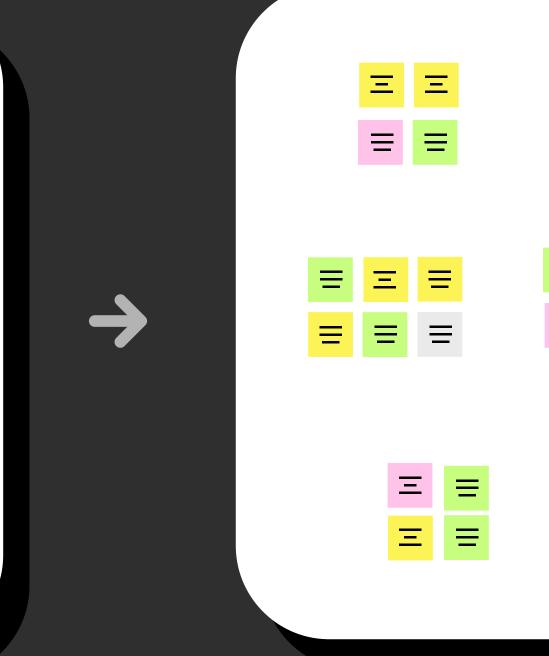


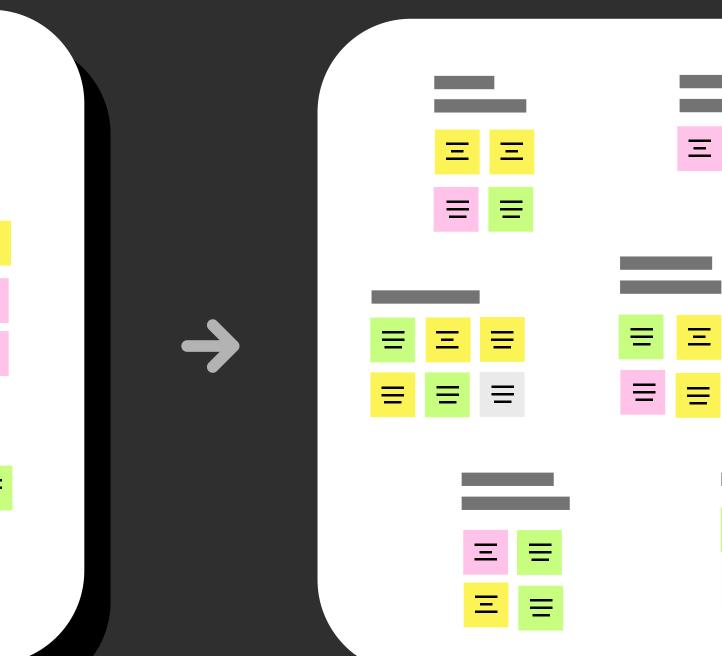










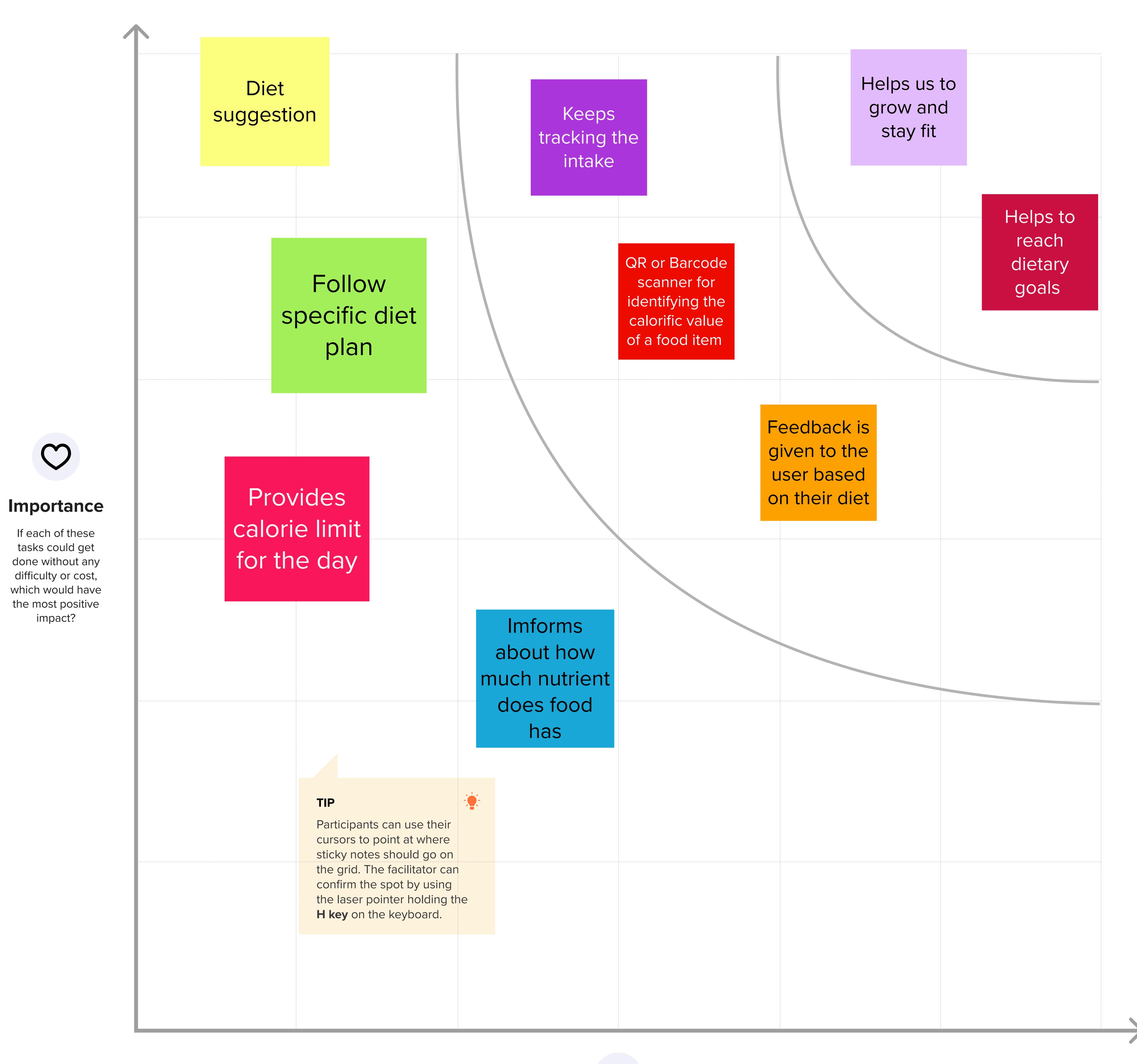




Prioritize

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.

① 20 minutes





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 a view link to the mural with stakeholders to keep them in the loop about the outcomes of the session.



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.

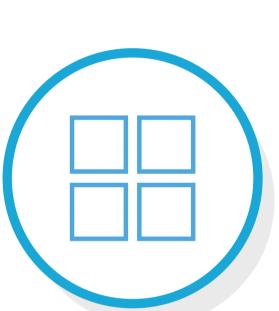
Open the template →



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

