



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

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.

PROBLEM

Eating healthy food is important. For people who are keen on fitness or have health issues, maintenance of diet becomes crucial. This app is used to suggest best diet plans and analyse calories in your food.



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.

1

Brainstorm

Ideas that come to mind that address our problem statement are written.

🕒 10 minutes

Sanjana

Nutrition analysis process identifies nutrition in a food.

General Recommendations of healthy foods.

Recommend alternate healthy recipe for a food.

Diet plan generation according to the info gathered.

Rational information gathering for exact diet plan.

Different kinds of diet plans for different criteria.

Varsha

Plan meals to include your favorite foods.

Alteration to diet plans possible for user based on health criteria

The nutrition application collection input data on the food behavior of the users and on the interaction with a different screen.

Nutritional database recording the accuracy and variety of nutritional information

Consultancy with qualified and best diet experts in town

User progress percent in diet maintenance.

Pooja

First, gathering all information about the health condition of the user

Suggesting recipes according to the diet plan

Providing motivational quotes to the user

There will be a dashboard for sharing health tips

User can analyse healthy nutrition contributes to preventing diet related diseases

Notifying harmful ingredients in the food

Ranjani

The Diet Tracking Of Each User Is Done Using a Search Interface

The User Can Perform a Free Text Search for nutritional analysis if he wants

The Food Item To Receive Some More Detail Information On a Foods Nutrition And Choose a Custom Portion Size To Add To The Diary

In Search Interface User Select One Of His/Her Recent Or Favourite Items

Updation of user actions done by user.

The Recommendations Features Shows a List Of Recommended Recipes Split By Meal Type To The User.

2

Group ideas

Sharing ideas while clustering similar or related notes as we go. Once all sticky notes have been grouped, each cluster given a sentence-like label. If a cluster is bigger than six sticky notes, broken into smaller sub groups.

🕒 20 minutes

Health nutrition prevents and controls diet related diseases.

Diet plans generated based on information gathered by user.

There will be a dashboard for sharing health tips

The food item to receive some more detail information on a foods nutrition and choose a custom portion size to add to the diary.

3

Prioritize

Ideas on this grid to determine which ideas are important and which are feasible.

🕒 20 minutes

