

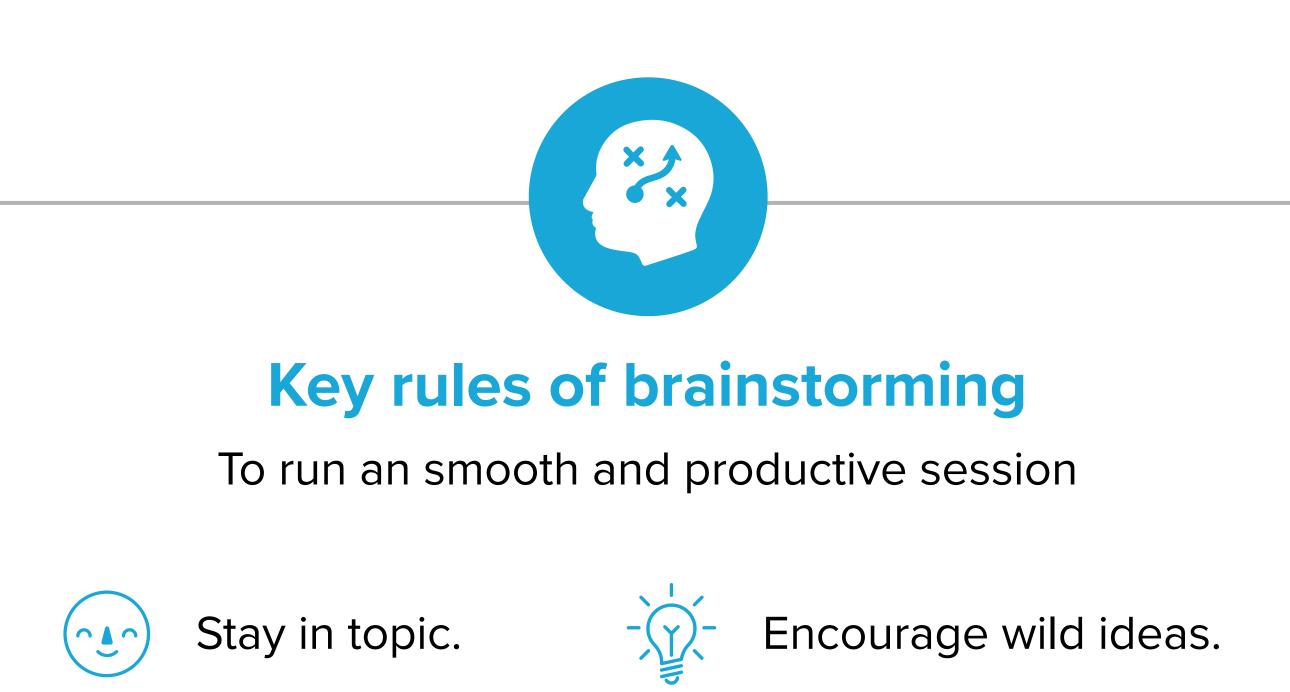
Define your problem statement

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

Sam is a Busy Manager who needs a way to integrate healthy eating habits because he doesn't want to feel like he's on diet.





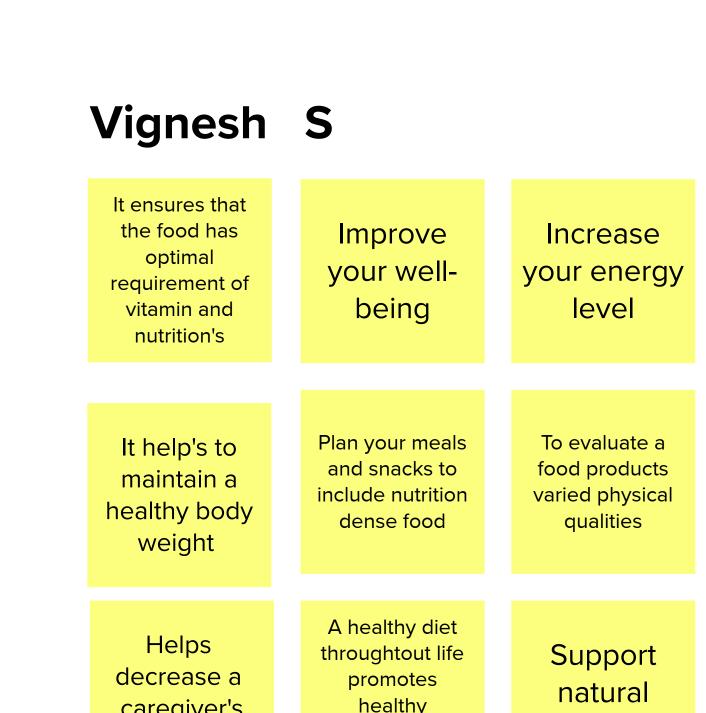
Brainstorm

Write down any ideas that come to mind that address your problem statement.

① 10 minutes

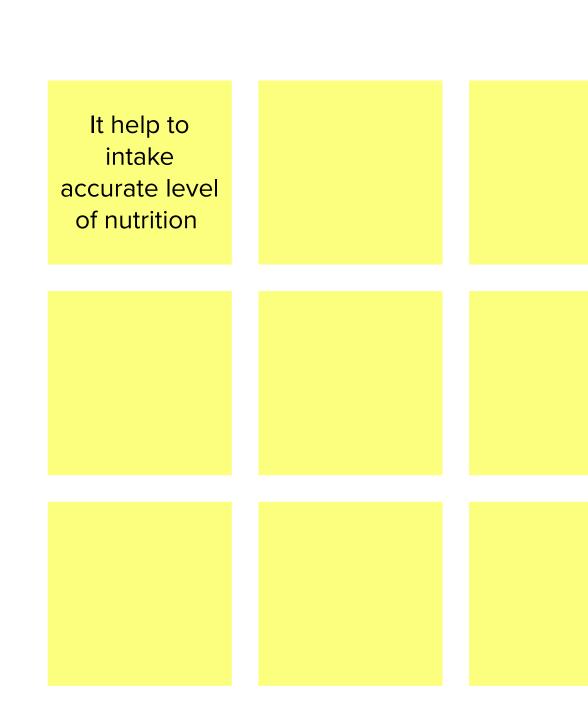
create meal plans for your specific digestive system best website for nutrition Artificial intelligence made it possible to analyze personal health metrics

Nandhakumar S Give the regular diet Maintain the body metabolism Set the alarm for regular food Give the notification to take food Recipe building by performing indepth market analysis Food Quality Analyzer It helps to maintain a Improve your woll To detect the exact nutritional





Nandhini V





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.

① 20 minutes

calorie intake and shares food suggestions	recip by p ir a

building
forming
lepth
rket
lysis

Artificial
intelligence
made it possi
to analyze
personal hea
metrics

Food patterns and diet are important factors to improve the lifestyle by preventing diseases

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To detect the		•
exact nutritional		
value of any		
given food item		

How Nutrition
Al determines
people's
health
metrices

o evaluate a nod products aried physical aualities



Helps
decrease a
caregiver's
risk

Taikored Food Recommendation system A healthy diet throughtout life promotes healthy pregnency

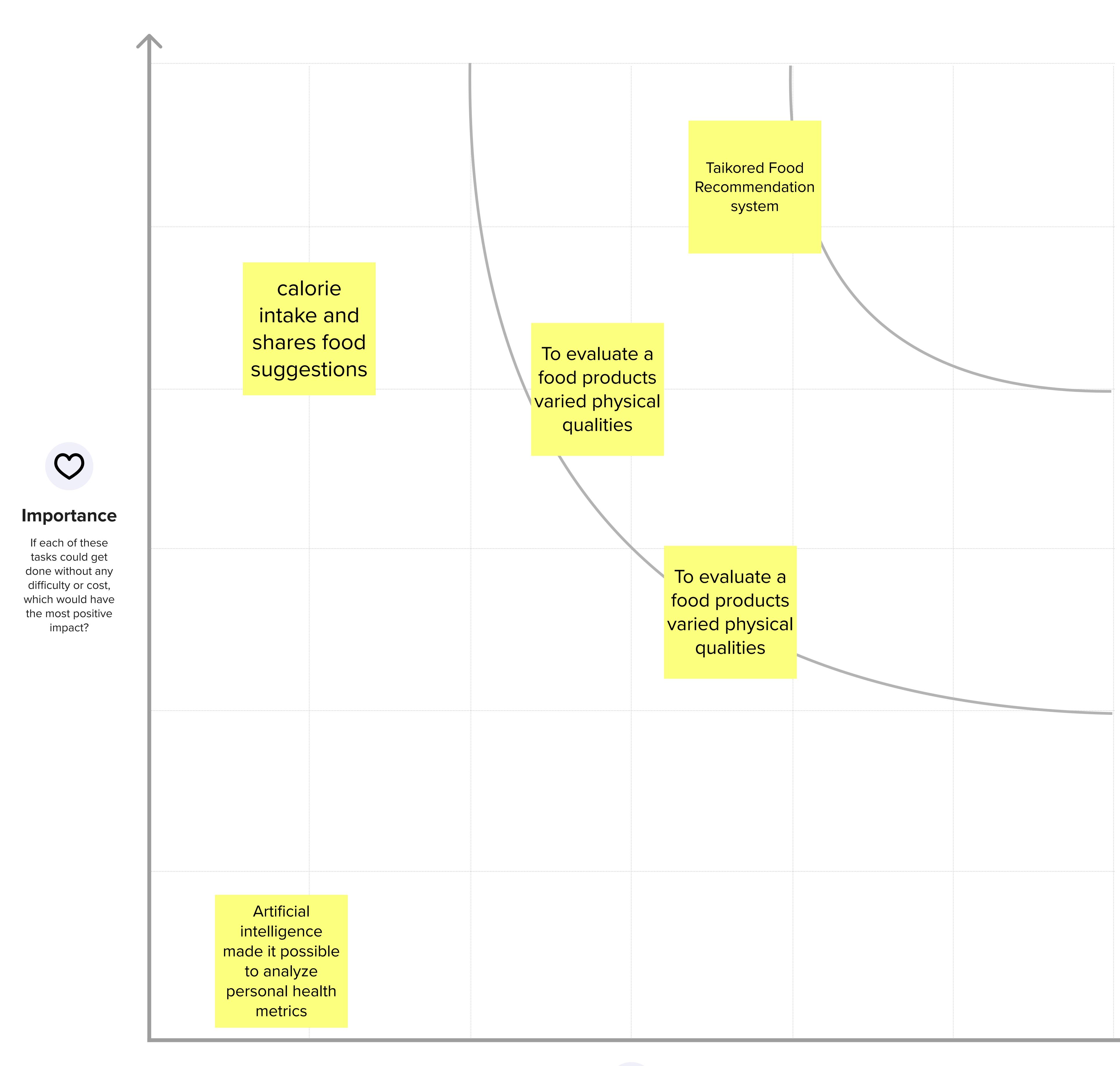
Plan your meals and snacks to include nutrition dense food



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





Feasibil

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