Ideation Phase
Brainstorm & Idea Prioritization Template

Date	10 October 2022
Team ID	PNT2022TMID16719
Project Name	AI-powered Nutrition Analyzer for Fitness Enthusiasts
Maximum Marks	4 Marks

Step-1: Team Gathering, Collaboration and Select the Problem Statement

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
- Every food item needs healthy food & be served with calorie nutrition information
- right amount of macros are allotted ensuring very essential get your macros workout the type of activity you perform
- drink plenty of fluids with every meal, whether or not you will be exercising.
- Being a healthy is both an extremely important to have what proteins for your goals
- local grown vegetables make more quicker temptuous food take that matter very high nutrients help regulate our bodyprocess us
- Carbohydrates are needed to provide energy during exercise

SURIYA PRAKASH N P

- "Tracking of 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
- to eat, when to eat, what to eat all to know that a nutritional value of measures every vegetables given
- Natural growth can be attained
- Acts as your personal assistant

VINOTH J

- Does not require a lot of effort to calculate calories intake
- snap 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

JAVEED AHMED RESHI

- It provides nutrients about every food to have a healthy diet
- It helps people having allergy to specific food and keeps away from the meal
- It is used to does the your total calorie intake and measurement ratio.
- It is tagered way to focus on your health through exercise
- Encourage Exercise and activity.
- building optimal nutritional over routines and awareness in consume active
- It can make you addictive by constant notification and warnings

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 and break it up into smaller sub-groups.

⏱ 20 minutes

based on nutrition

- helps vegan people
- helps in both weight loss and gain
- Calorie tracktes are important to calculate the diet

based on supplements

- natural food is preferred over supplements
- Customized natural nutrition is given
- the amount taken should be measured

based on breakfast

- to help you perform better, avoid snacking or an empty stomach
- Proper nutrition is imperative to maximise athletic performance
- Choosing the right kind of breakfast is crucial.

based on food

- Nutrition may also support muscle recovery by reducing inflammation
- Provides healthier alternatives to some food choices
- drink plenty of fluids with every meal, whether or not you will be exercising
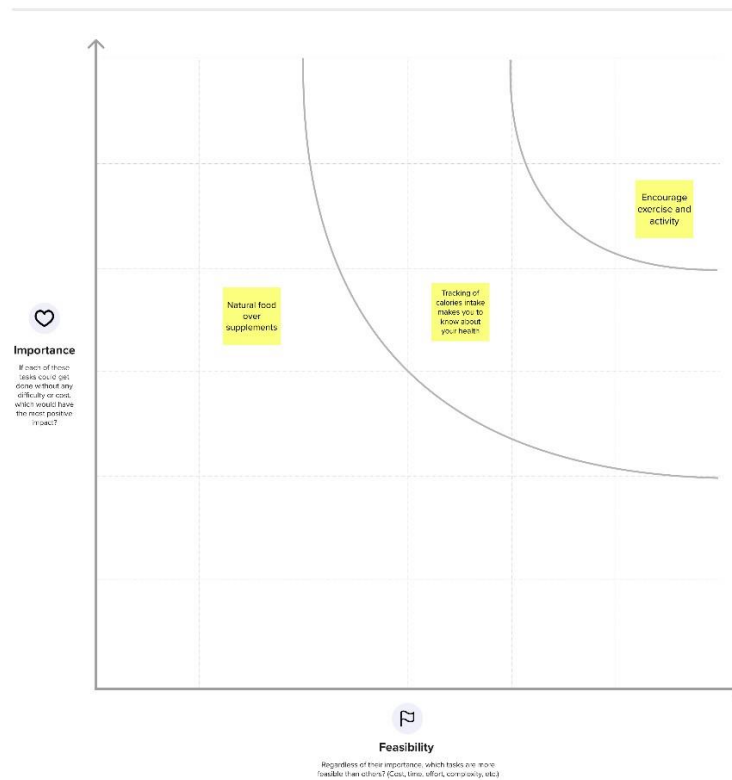
Step-3: Idea Prioritization

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

Importance

If each of these tasks could get done without any difficulty or cost, which would have the most positive impact?

Feasibility

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

Sticky notes on grid:
- Encourage exercise and activity
- Natural food over supplements
- Tracking of calories intake makes you to know about your health

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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

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

B — **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 →

💬 Share template feedback