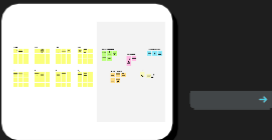




BRAINSTORM & IDEA PRIORITIZATION



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



Team gathering
Define who should participate in the session and send an invite. Share relevant information or pre-work ahead.



Set the goal
Think about the problem you'll be focusing on solving in the brainstorming session.



Learn how to use the facilitation tools
Use the Facilitation Superpowers to run a happy and productive session.

[Open article](#)



Define your problem statement

The problem is people don't consider their health due to their busy schedule that leads to various health related issues. Our objective is to create an app to monitor the eating habits and suggest healthy foods and recipes according to their body condition

PROBLEM

Due to the ignorance of healthy food habits, obesity rates are increasing at an alarming speed, and this is reflective of the risks to people's health. People need to control their daily calorie intake by eating healthier foods, which is the most basic method to avoid obesity. However, although food packaging comes with nutrition (and calorie) labels, it's still not very convenient for people to refer to App-based nutrient dashboard systems which can analyze real-time images of a meal and analyze it for nutritional content which can be very handy and improves the dietary habits, and therefore, helps in maintaining a healthy lifestyle.



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.



Brainstorm

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

10 minutes

MADHUMITHA M

user are required to give their medical conditions to prepare diet for them

user search for recepies and according to their report they will be provided with recepies

bmi will be calculated and encouragement message is send to them for keep them motivated

There will be a dashboard for sharing health tips

NIVETHITHA SY

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

Suggesting recipies according to the diet plan

Then tracking their health condition

Monitor users progress

LAYASHREE V

User uploads image of the food they eat

classify the nutritional content present in the image

give feedback about the calories content in the image

Apply the change in their dashboard

ROSE MISHNA M

setting and tracking goals

suggest routines

notifying motivational quotes

notifying harmful ingredients in the food



Group ideas

Take turns sharing your ideas while clustering similar or related notes as you go. In the last 10 minutes, 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

User account

Username and password

Personal details

Setting their goal

Profile picture if necessary

Nutrition Assistant application

Get input from user

user's height and weight

medical report

Snap of the food

Name of the food

Suggesting diets

Recepies according to diet

Notifying harmful ingredients in the food

Sharing health tips

Classify nutritional content present in the food

Monitoring progress

Tracking their intake of food

Calorie monitoring and BMI calculation

Diet monitoring

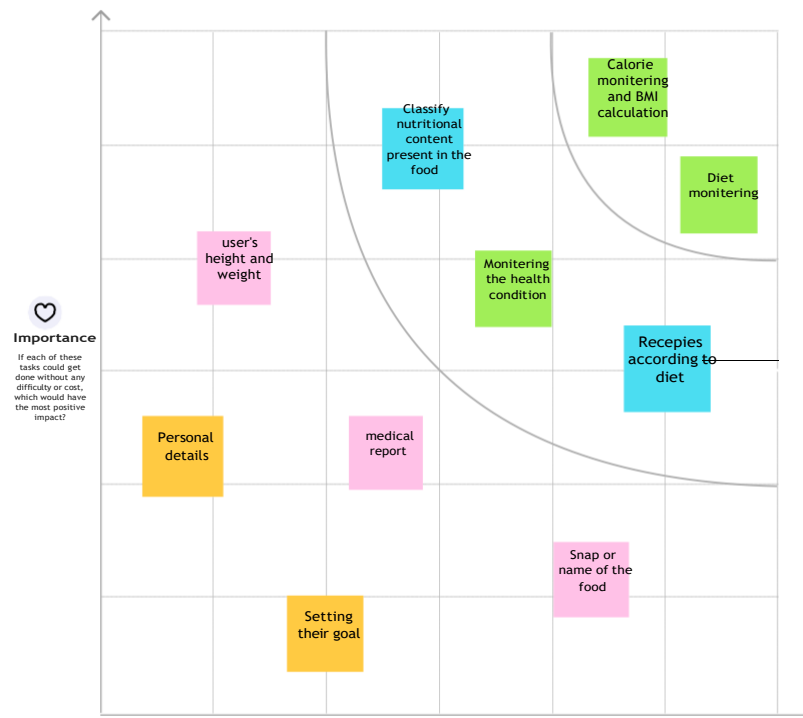
Monitoring the health condition



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



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](#)

