


Ideation Phase

Brainstorm & Idea Prioritization Template

Date	25 October 2022
Team ID	PNT2022TMID20551
Project Name	AI Powered Nutrition Analyst for Fitness Enthusiasts
Maximum Marks	4 Marks




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

Template




Brainstorm & idea prioritization

Use this template in your own brainstorming sessions so your team can unleash their imagination and start shaping concepts even if you're not sitting in the same room.


 10 minutes to prepare
 1 hour to collaborate
 2-8 people recommended

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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

A

Team gathering

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

B

Set the goal

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

C

Learn how to use the facilitation tools


Use the Facilitation Superpowers to run a happy and productive session.

[Open article](#) →

1


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


How might we [your problem statement]?





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.

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 click the pencil icon to edit it.

HARITHAN S

Nutrition info can support muscle recovery by reducing inflammation.

Even food has some health benefits. It's not just about the calories.

Right source of protein can help with muscle recovery and performance.

Drink plenty of fluids, not just water, to keep you hydrated.

Becky, a nutritionist, says that a healthy diet can help with muscle recovery.

Carbohydrates are needed to provide energy during exercise.

SURYA PRAKASH N P

Tackling of common issues makes you know about your secrets.

Health and fitness tips are given.

It is also perfect for a veggie.

Helps to stop using supplements.

Natural growth can be attained.

Acts as your personal assistant.

VINOTH J

Does not require a lot of effort, calculate calories intake.

Simple food photo and get the nutritional information or your food.

Provides healthier alternatives to some food choices.

Makes you aware of what you are eating.

Encourages healthy lifestyle.

Can be used as a reminder to eat healthy.

Can provide personalized diet charts for all individuals.

JAYVEED AHMED RESHE

It provides nutrition and energy food to have a healthy diet.

It helps to track the progress of your diet.

It helps to track the progress of your diet.

It helps to track the progress of your diet.

It helps to track the progress of your diet.

It helps to track the progress of your diet.

It helps to track the progress of your diet.

It helps to track the progress of your diet.

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 can break it up into smaller sub-groups.

20 minutes

based on nutrition

Helps to track the progress of your diet.

Helps to track the progress of your diet.

Helps to track the progress of your diet.

based on supplements

Helps to track the progress of your diet.

Helps to track the progress of your diet.

Helps to track the progress of your diet.

based on breakfast

Helps to track the progress of your diet.

Helps to track the progress of your diet.

Helps to track the progress of your diet.

based on food

Helps to track the progress of your diet.

Helps to track the progress of your diet.

Helps to track the progress of your diet.

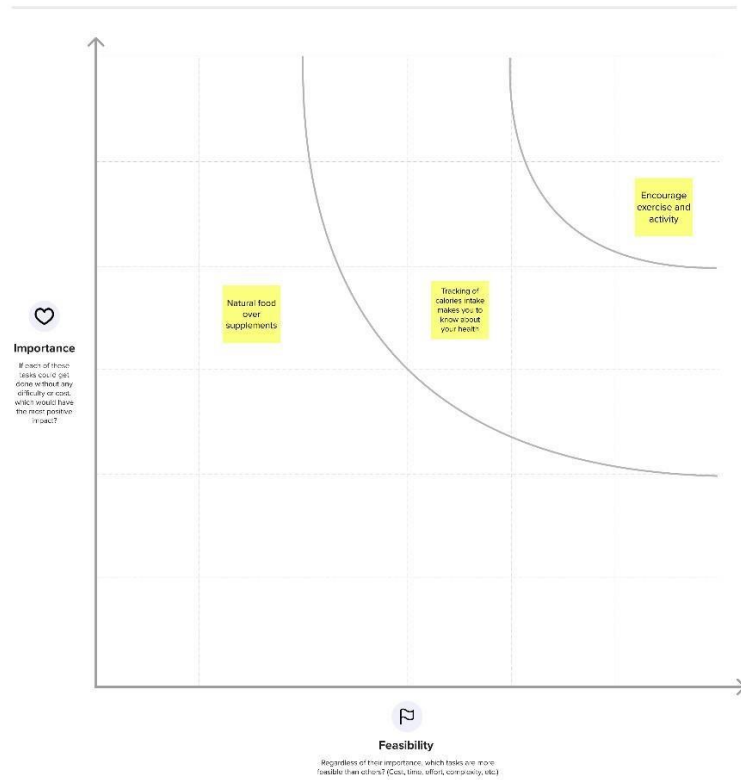
Step-3: Idea Prioritization

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



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.

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