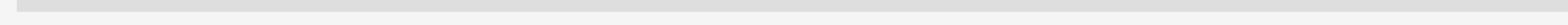




Brainstorm & idea prioritization

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



[Share template feedback](#)



Need some inspiration?

See a finished version of this template to kickstart your work.

[Open example](#)



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 an 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

TIP



You can select a sticky note and hit the pencil [switch to sketch] icon to start drawing!

Rahul S

Nutrition may also support muscle recovery by reducing inflammation	Every food item recognized by Food AI is paired with detailed nutrition information.	right balance of macro and micronutrients may vary depending on your fitness level and the type of activity you perform
Eating a healthy breakfast is especially important on days when exercise is on your agenda.	drink plenty of fluids with every meal, whether or not you will be exercising.	Carbohydrates are needed to provide energy during exercise.
keeping track of water intake since hydration keeps your heart rate from climbing too high, which, in turn, helps regulate your body temperature.		

Harish S

Tracking of calories intake makes you to know about your health	Health and fitness tips are given	It is also perfect for a vegan
training AI on cuisine from all over the world and is the most culturally diverse food identification system on the market.	Helps to stop using supplements	Acts as your personal assistant
Natural growth can be attained		

Shyam Sundhar R

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
encourages healthy lifestyle	Makes us aware of what we are eating	Can be used as a remainder to eat healthy
Can provide personalized diet charts for all individuals		

Parthiban v

It provides nutrients about every food to take a healthy diet	It helps people having allergy to specific food and keeps it away from the meal	It is used to determine your ideal calorie intake and macronutrient ratio.
It can make you addictive by constant notification and warnings	It is targeted way to focus on your health	Encourage Exercise and activity.
building detailed nutritional user profiles and recommend customized diets.		

Shyam Sundhar R

It improves healthy eating perception and nutrition knowledge.	Easy accessibility to personal coaches.	The app let's user quickly pull up their nutritional information.
Provides diet tips and suggestions for healthier life.	Keeps you motivated.	Reduce the risk of some diseases
providing notifications facility to set up regular reminders aswell as encourage the user		

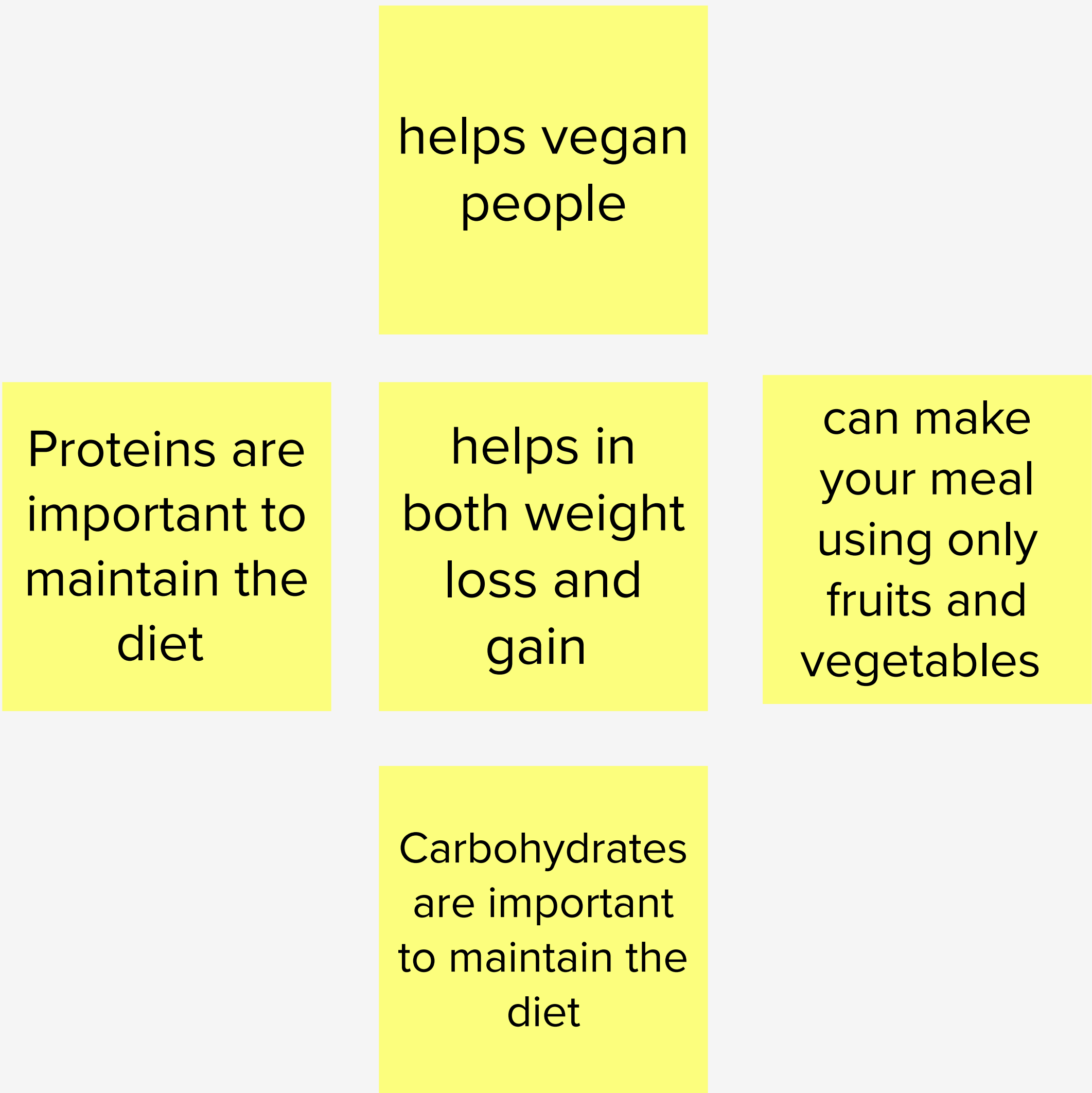


Group ideas

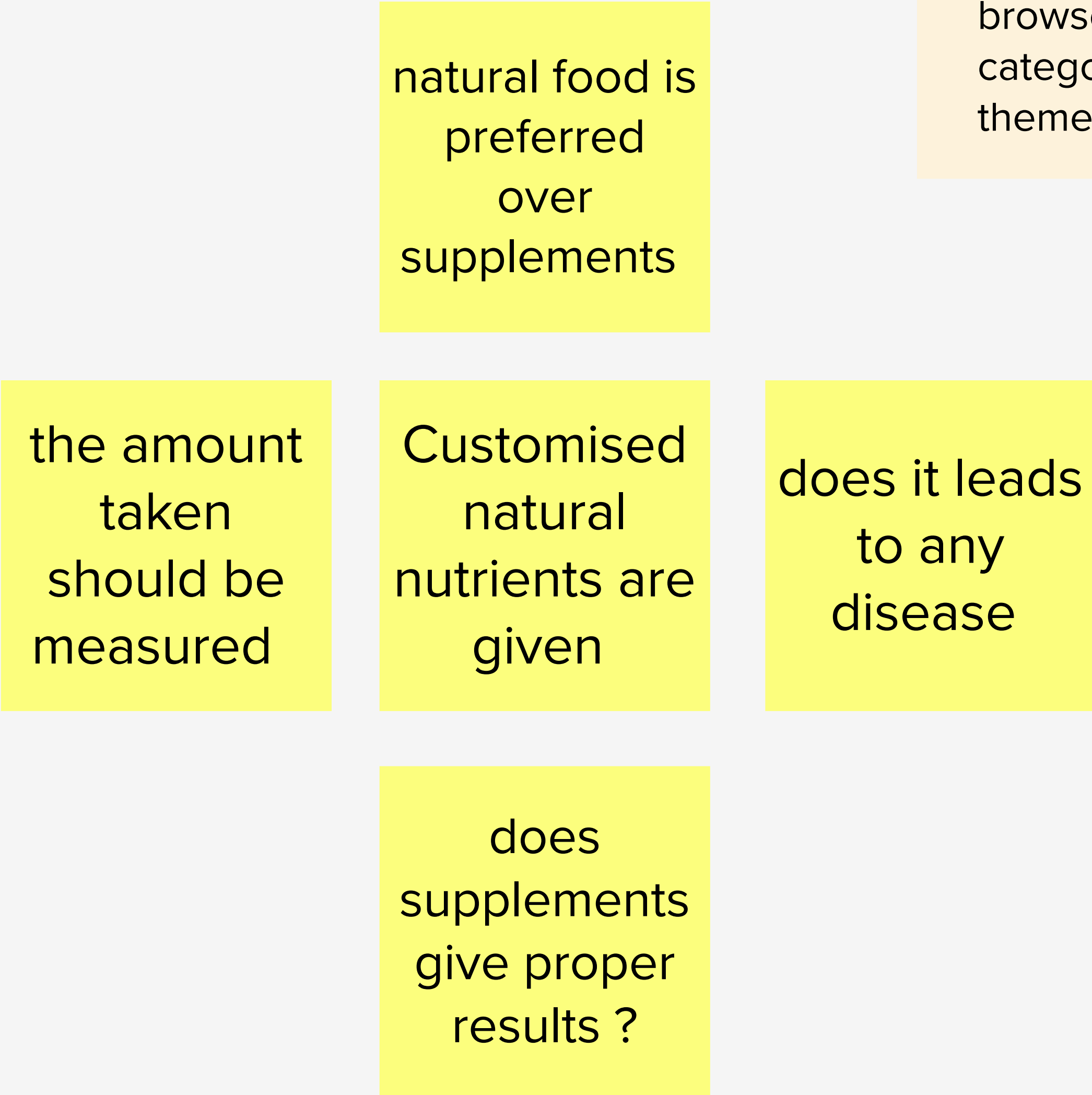
Take turns sharing your ideas while clustering similar or related notes as you go. Once all sticky notes have been grouped, give each cluster a sentence-like label. If a cluster is bigger than six sticky notes, try and see if you and break it up into smaller sub-groups.


🕒 20 minutes

based on nutrition



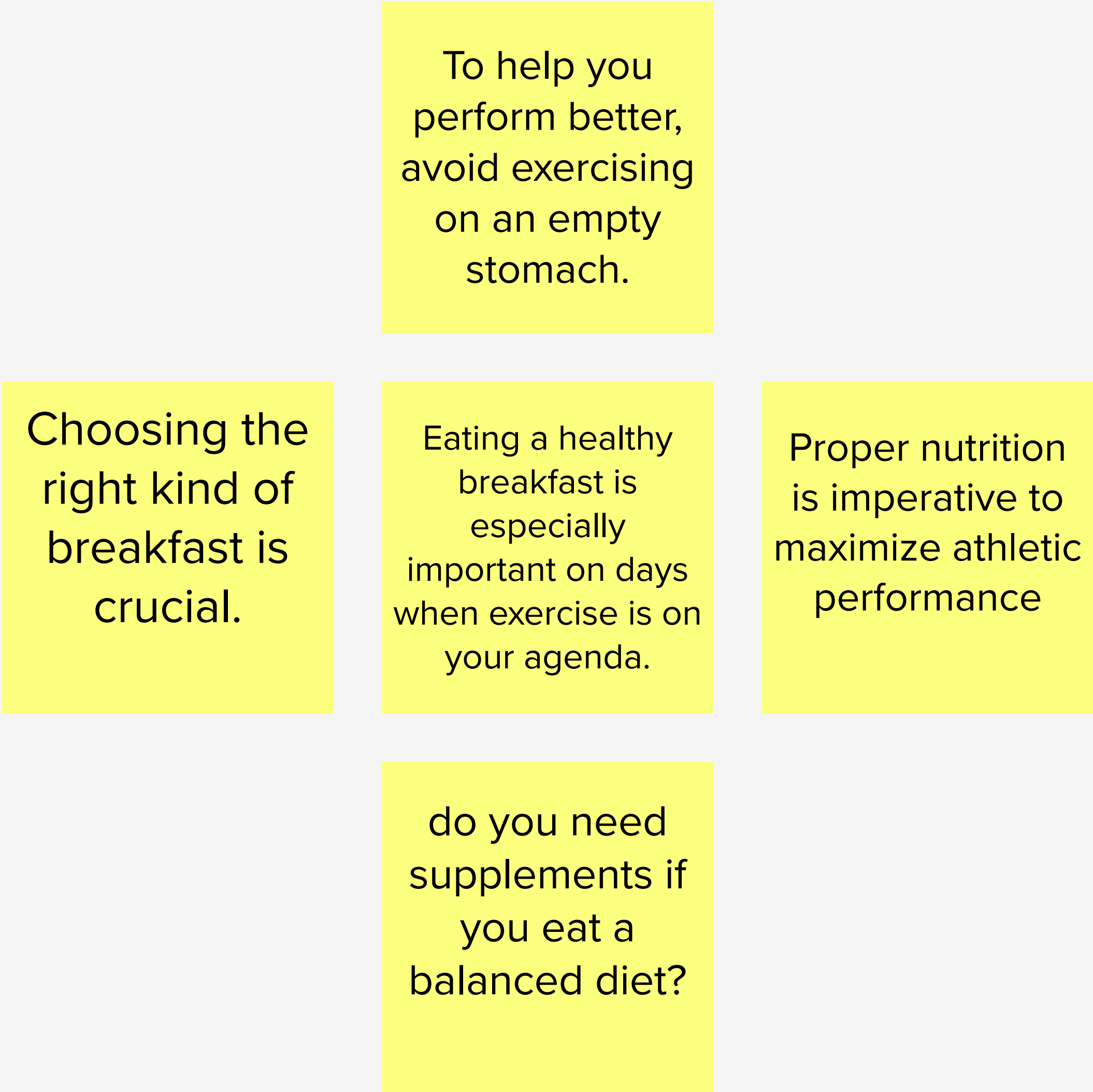
based on supplements



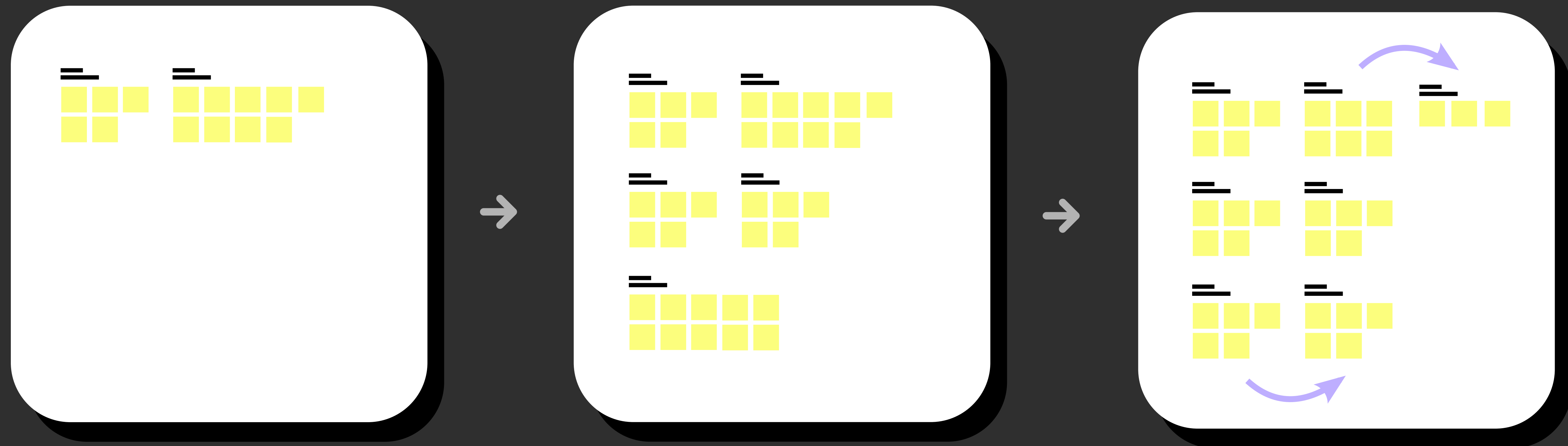
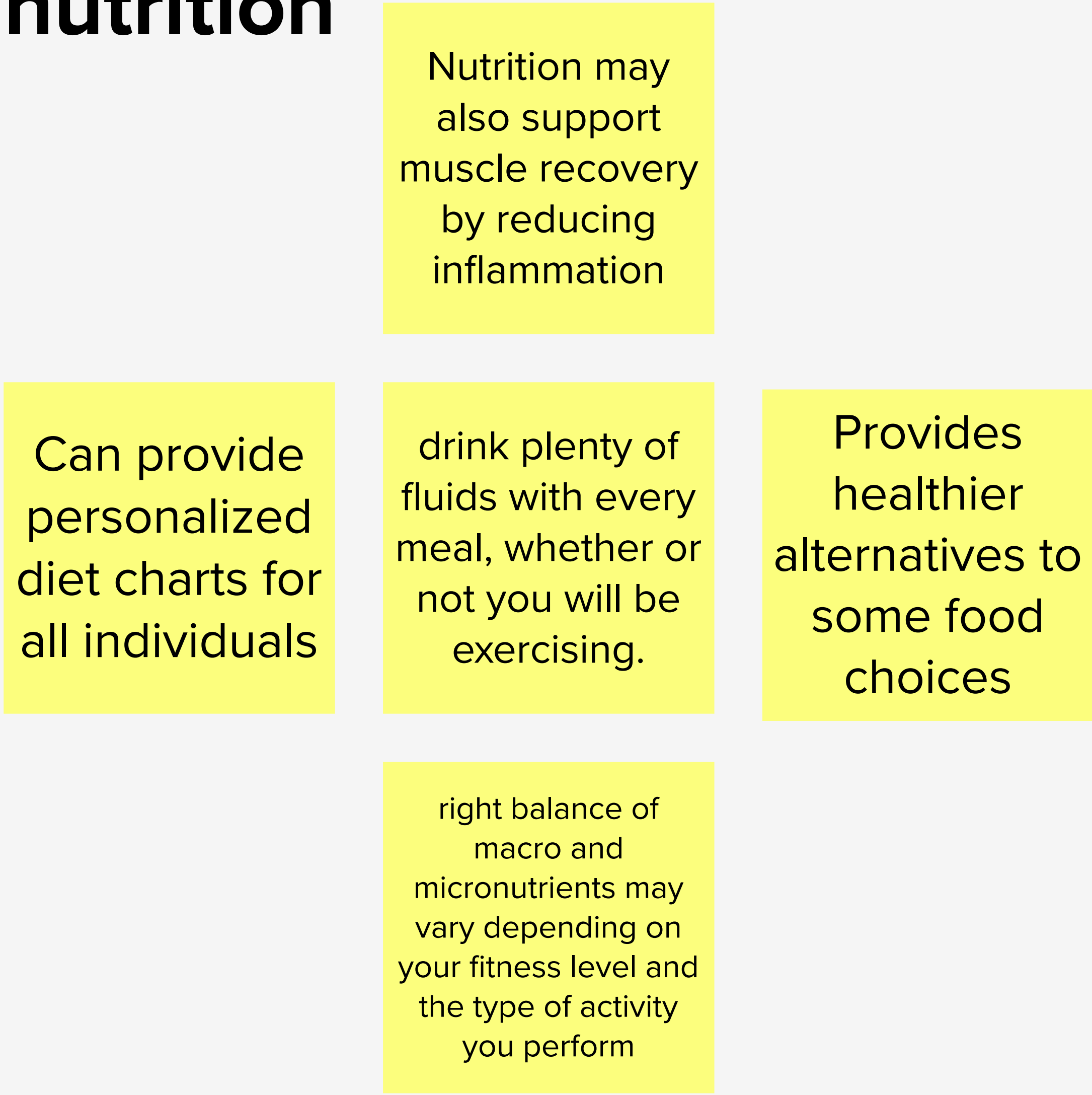
TIP

Add customizable tags to sticky notes to make it easier to find, browse, organize, and categorize important ideas as themes within your mural.

based on breakfast



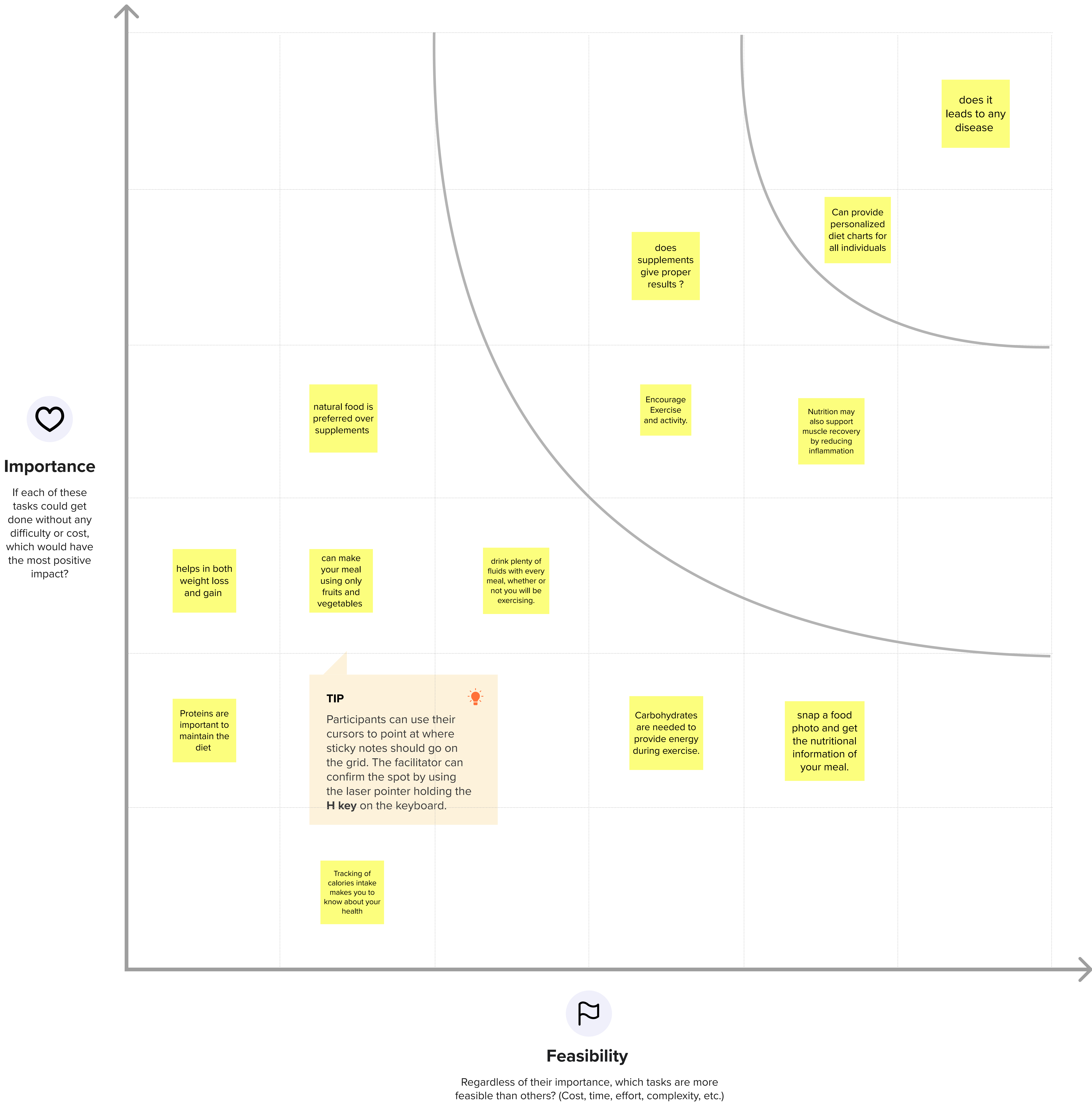
based on nutrition



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

- 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](#)