


Ideation Phase

Brainstorm & Idea Prioritization Template

Date	15 October 2022
Team ID	PNT2022TMID54073
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

📄 Share template feedback

➔

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 hit the pencil (switch to switch) icon to start drawing!

HARITHAN S

Nutrition may also support muscle recovery by reducing inflammation.

drink plenty of fluids with every meal, whether or not you will be exercising.

Carbohydrates are needed to provide energy during exercise.

VINOTH J

Does not require a lot of effort to calculate calories intake	Keep a food photo and get the nutritional information on your meal.	Provides healthier alternatives to some food choices
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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
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SURIYA PRAKASH N P

"Lacking 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

Natural growth can be attained

JAVEED AH

- It provides nutrients without empty food to take a healthy diet
- It helps people living with type 2 diabetes to eat specific food and keep a diary from the meal
- It is used to data if the user can eat the food and nutritional fort info.

It is important
way to focus on
your health.
Fix damage.
Exercise.

Encourage Exercise and activity.

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

based on supplements

zijn reger-
prote

helps in
both wajan
and qan

Coronary arteries are important to maintain the diet.

natural food
is preferred
over
supplements

Customised material numbers are given

the amount
taken should
be
measured

based on breakfast

based on food

To help you perform better, and recording on or single stomach's

Proper nutrition is integral to maximizing athletic performance.

Choosing the right kind of breakfast cereal

Nutrition may also support insulin sensitivity by reducing inflammation.

Provides healthier alternatives to some food choices

other plants of
this area - many
more, whether
2 - 3000 will
be worth it.

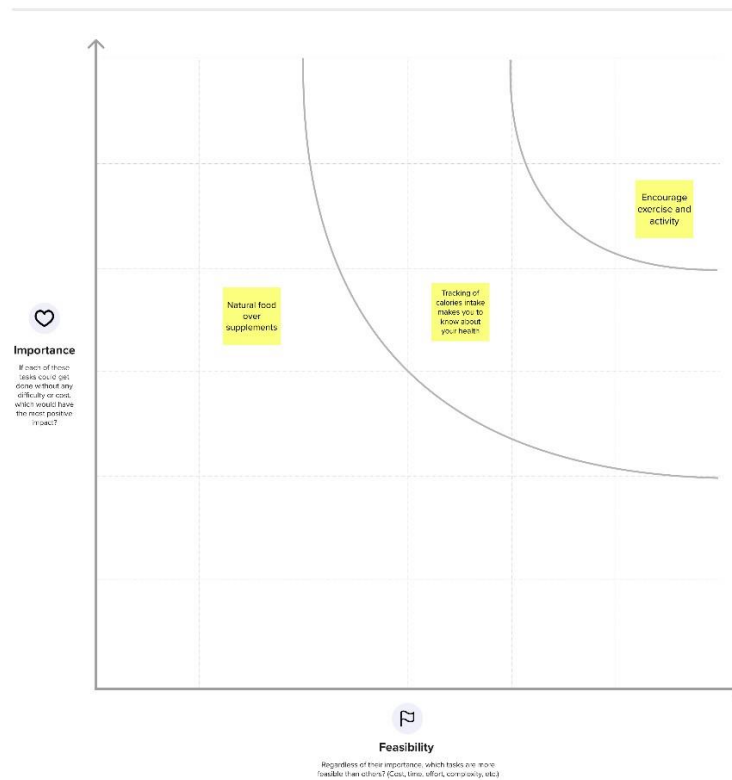
Step-3: Idea Prioritization

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



5

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 →](#)

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