


BRAINSTORM

TEAM ID: PNT2022TMID16369

PROJECT NAME: AI Powered Nutrition analyzer for Fitness Enthusiastics

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
- 👤 2-6 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

People with high prevalence of physical inactivity and high rates of preventable health conditions and fitness stability increased participation in fitness and wellness activities can improve their overall health and wellbeing. ~~Our mission~~ purpose is to Maintain a healthy, balanced, and sustainable diet helps to build wellness across many areas of health.

PROBLEM

How might we (your problem statement)?

👤

Key rules of brainstorming

To run an smooth and productive session

1

Stay in topic

💡

Encourage wild ideas

1

Defer judgment

👂

Listen to others

🗣️

Go for volume

🖼️

If possible, be visual

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 sketch) icon to start drawing!

GAYATHRI PRIYA D

GLASSY
GLASSY
GLASSY
GLASSY

ONE-ON-ONE
NUTRITION
COACHING

GROUP
FITNESS
COMMUNITY

HEALTHY
REALITY
DELIVERY
SERVICE

WEEKLY
DETOX

POWER
LIFTING
TRAINING

CUSTOMER
SERVICE
WITHOUT
BARRIERS

ONLINE
FITNESS

GAYATHRI N

TAKE
YOUR
DOG TO
LONG
WALK

CUSTOMIZED
DIET
PLANS

AWARENCE
FOR
HEALTHY
EATING

DELICIOUS
DIET
MEAL
RECIPES

KETO DIET

PERSONALIZED
NUTRITION

PRACTICE
YOGA

TRACK
CYCLIST
TRAINING

POONTHAZHAI D

VEGAN/PLANT
BASED
NUTRITION

CURRIES
AND
SANDWICHES
SALADS

FITNESS
BLOGS

CROSS-FIT
RESISTANCE
TRAINING

PALEO
DIET

JOIN TEAM
SPORT

PROVIDE
SUPPORT/ADVICE
FOR THE
BUTTER

AEROBICS
TRAINING

MONISHA S

CLIMATE
FRIENDLY
SUSTAINABLE
DIET
PLAN

STRENGTH
TRAINING
CHALLENGES

CHANGING
FOOD
HABITS
TOWARDS
HEALTHY
DIET

YOGA/PIR
PRACTICES
MAINTENANCE

HYPER-PROTEIN
DIET
PLANS

TAKE
ENOUGH
AMOUNT
OF SLEEP

BONEKNOE

FUN
FITNESS
GAMES

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



TIP

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

4

Prioritize

Your team should all sit on the same page about what's important to you. Second, 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

1. **Show the mural**
Share a public link to the mural with collaborators to view. Share it in the dashboard for members of the group.
2. **Export the mural**
Export a copy of the mural as a PDF or PNG to share or archive. Export to PDF or PNG to share or archive.

Ready thinking for next

- Strategy diagram**
Define the components of a new idea or strategy.
[Open the diagram](#)
- Customer experience journey map**
Understand customer needs, motivations, and behaviors by mapping the journey.
[Open the diagram](#)
- Strengths, weaknesses, opportunities & threats**
Identify strengths, weaknesses, opportunities, and threats (SWOT) for a strategy or plan.
[Open the diagram](#)

More templates available