

& 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



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.

① 10 minutes



Team gathering

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



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

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 [provide nutrition assistance for people instantly]?



Key rules of brainstorming

To run an smooth and productive session









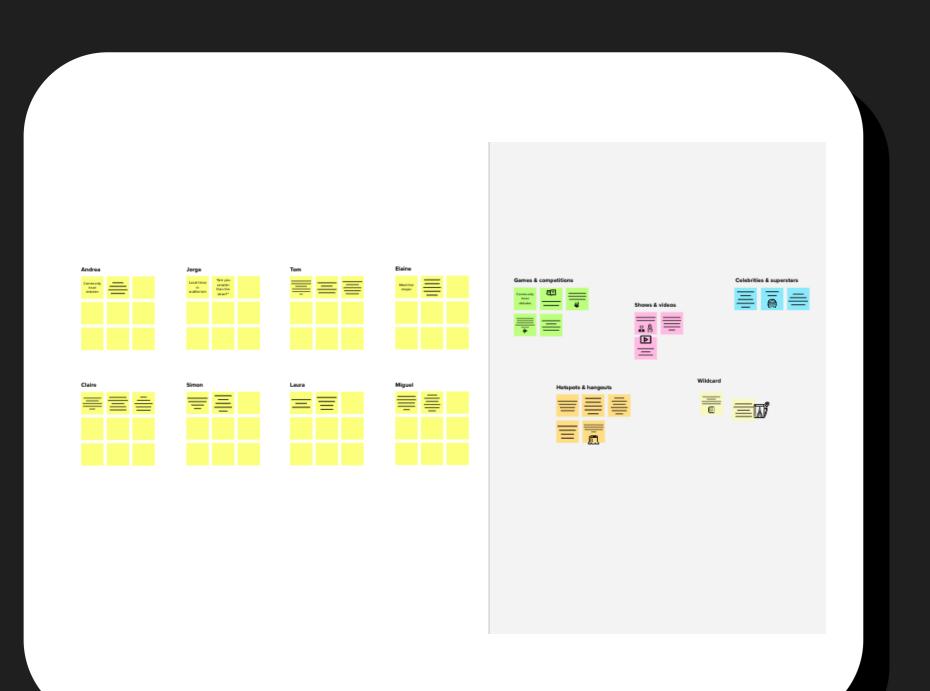


Go for volume.



If possible, be visual.

Share template feedback



Need some inspiration? See a finished version of this template to kickstart your work.

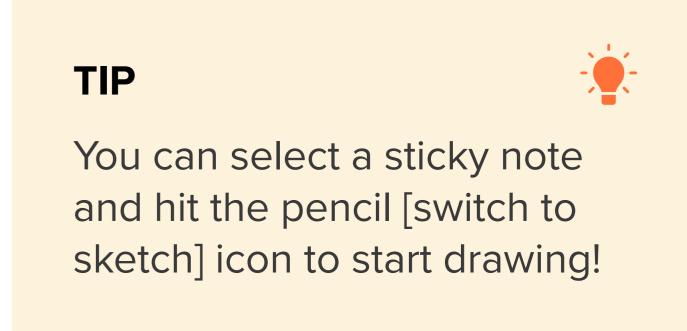
Open example ->



Brainstorm

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

① 10 minutes



Harshita L

Track calories per day

Tell the nutritional values of food you eat

Giving appreciations when goals are achieved through notifications

Get personal information and set personal goals

G S Sruthi

Notifications
to give
nutritional
and diet tips

Recommend
the correct
quantity of
ingredients for
a meal

Search for healthy recipies

Break wrong eating habits

Kavya Keerthana M

List out foods to avoid

Help a
person
understand
his/her
eating habits

Providing education on balanced diet

Suggest healthy recipies

Riduvarshini S R

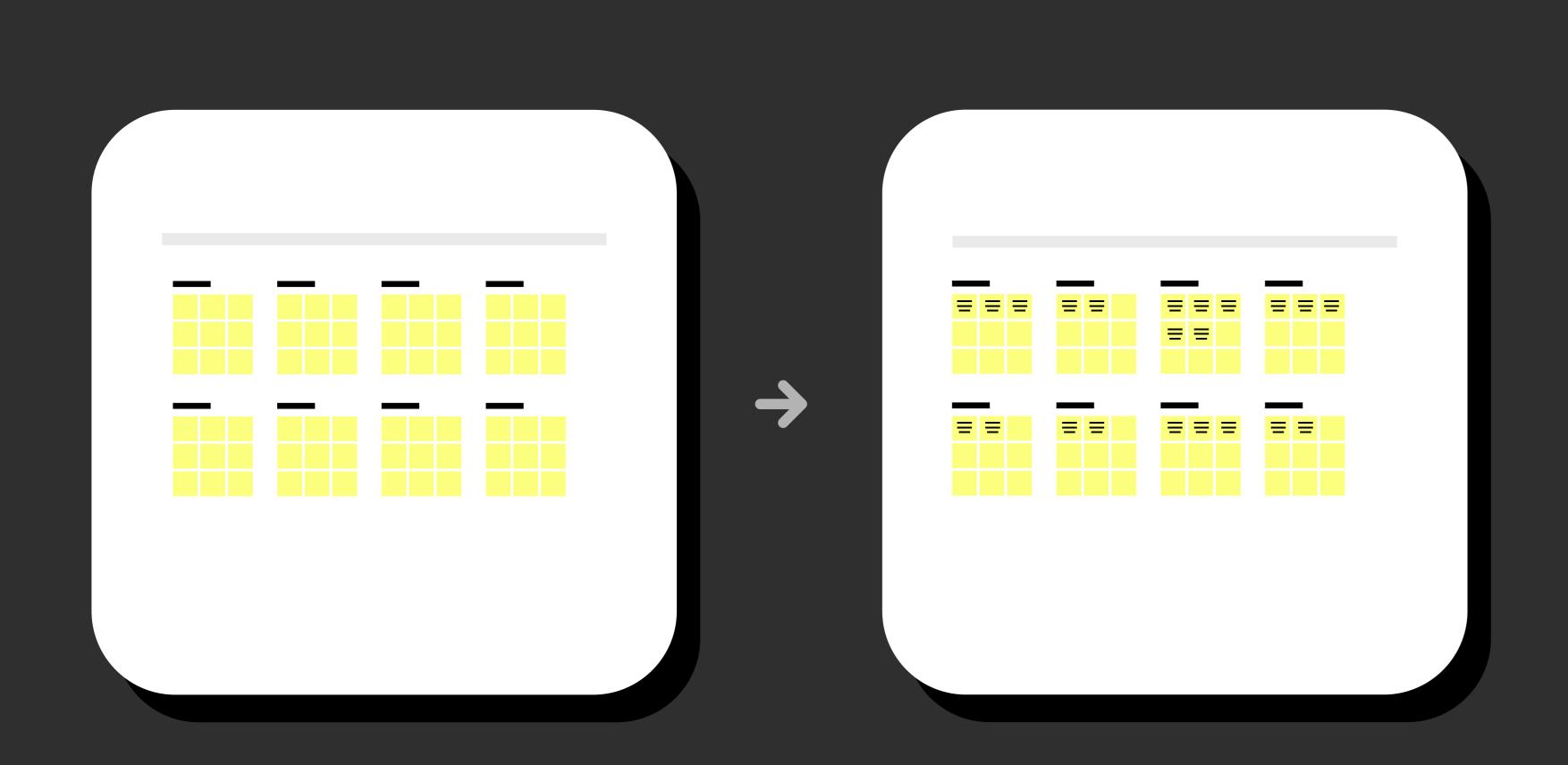
Categorise food based on nutritional value

Break wrong eating habits

Search for a particular ingredient and get its nutritional value

Track calorie content, and suggest a meal plan accordingly

Set recipes which we eat regularly





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.

① 20 minutes

Personal Tracker

Track
calories per
day

Track calorie content, and suggest a meal plan accordingly

Set recipes
which we eat
regularly

Get personal information and set personal goals

Help a
person
understand
his/her
eating habits

Add customizable tags to sticky

notes to make it easier to find,

categorize important ideas as

themes within your mural.

browse, organize, and

TIP

Balanced diet

List out foods to avoid

Categorise food based on nutritional value

Providing education on balanced diet

Recipes and ingredients recommendation

Search for healthy recipies

Suggest healthy recipies

Recommend the correct quantity of ingredients for a meal

Notification alerts

Giving appreciations when goals are achieved through notifications

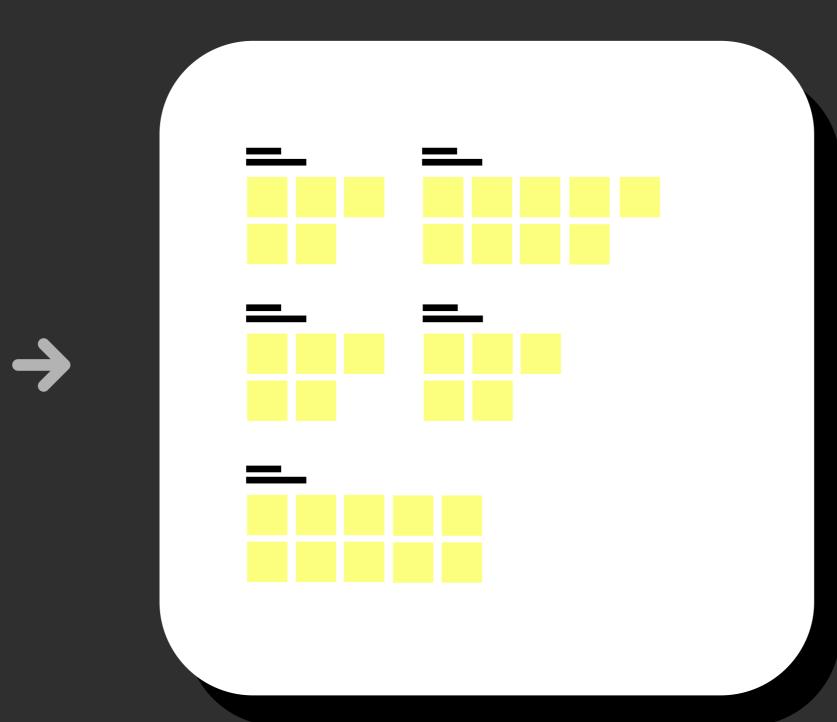
Notifications to give nutritional and diet tips

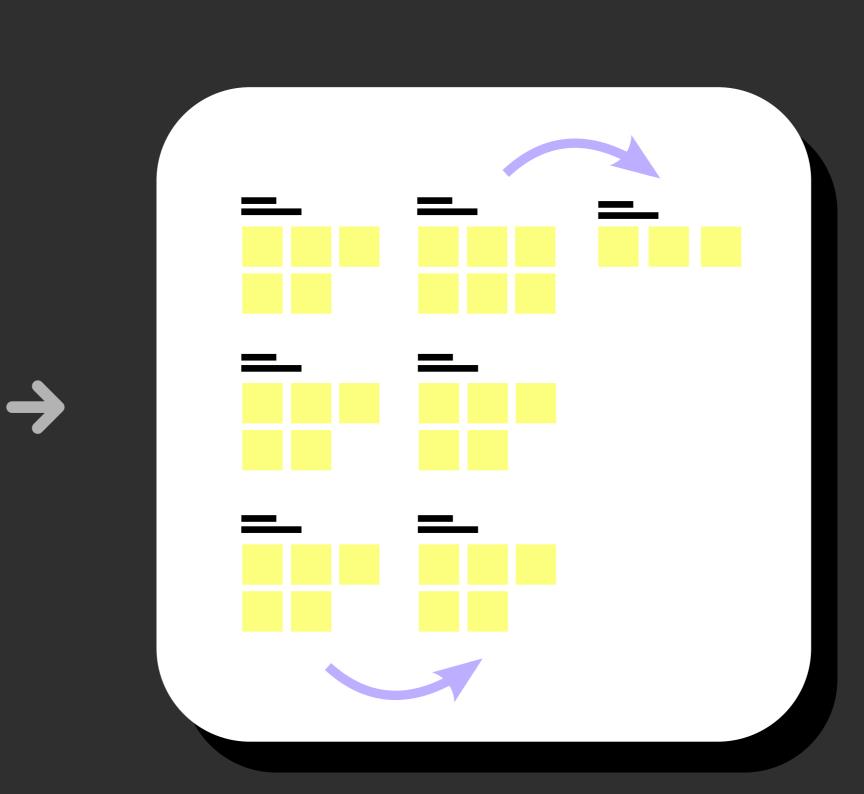
Get nutritional value

Search for a particular ingredient and get its nutritional value

Tell the nutritional values of food you eat





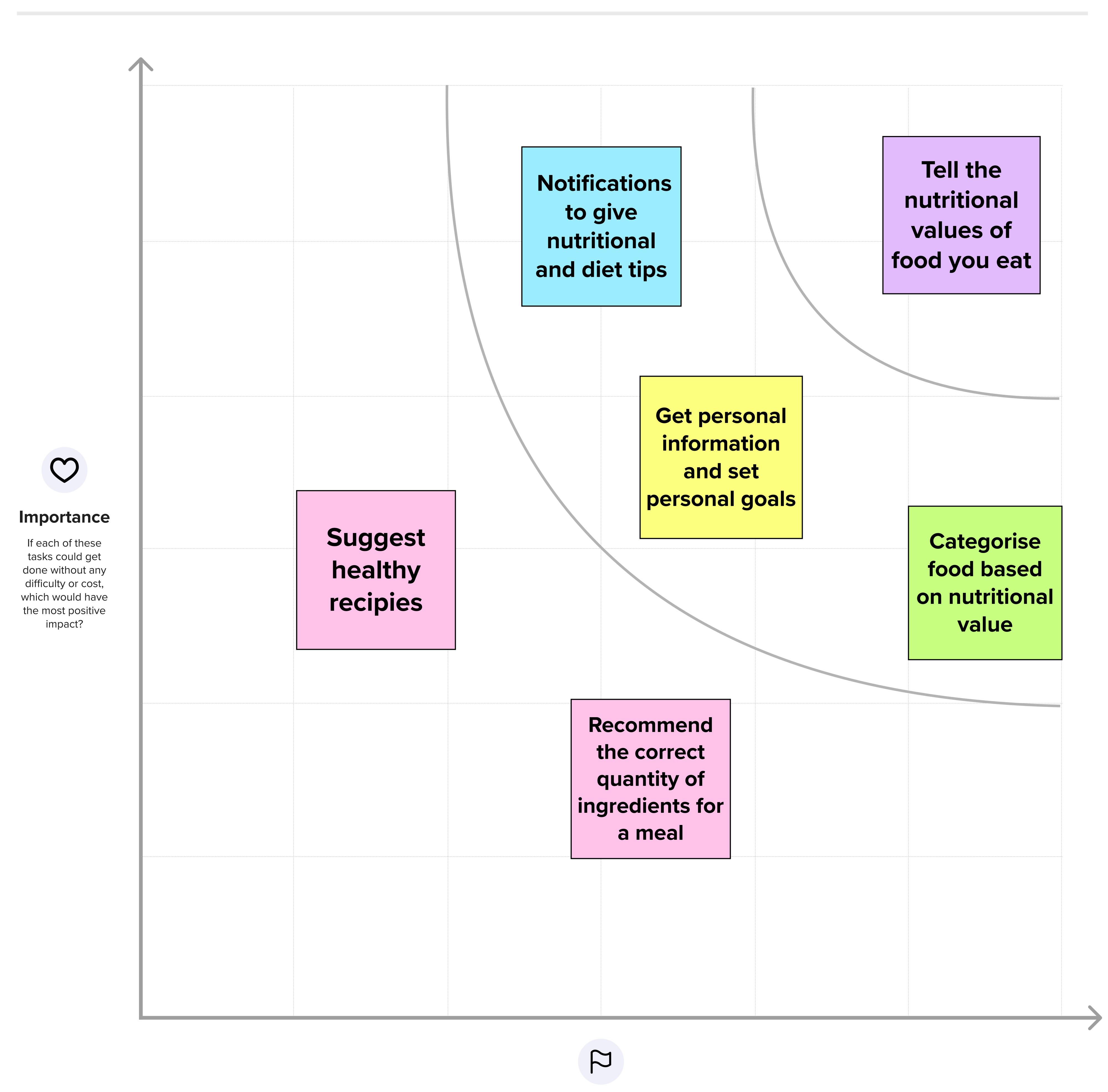




Prioritize

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.

① 20 minutes



Feasibility

Regardless of their importance, which tasks are more feasible than others? (Cost, time, effort, complexity, etc.)

