

Brainstorm

&ideaprioritization

Nutrition assistant Application

#### Use this template in your ownbrainstormingsessionssoyourteamcan unleash their imagination andstart shaping concepts even if you'renotsittinginthesameroom.

**10minutes**toprepare

**1hour**tocollaborate

**2-8Mohamed Alijas,bharath,kabilan,sheik mubarak**

**Beforeyoucollaborate**

Alittlebitofpreparationgoesalongwaywith this session. Here’s what you needtodotogetgoing.

**10minutes**

1. **Teamgathering**

Definewhoshouldparticipateinthesessionandsendaninvite.Sharerelevantinformationorpre-workahead.

1. **Setthegoal**

Think aboutthe problemyou'llbe focusingonsolving inthebrainstormingsession.

1. **Learnhowtousethefacilitationtools**

Use the Facilitation Superpowersto run ahappy andproductivesession.

[**Openarticle**](https://support.mural.co/en/articles/2113740-facilitation-superpowers)

**1**

### Defineyourproblemstatement

What problem are you trying to solve? Frame yourproblemasaHowMightWestatement.Thiswillbethefocusofyourbrainstorm.

**5minutes**

**PROBLEM**

**Peoplenowadaysdoesn'tcare about their health andbecoming unhealthy in lotofways.**

##### Keyrulesofbrainstorming

Torunansmoothandproductivesession

**2**

### Brainstorm

Writedownanyideasthatcometomindthataddressyourproblemstatement.

**10minutes**

**deepika elanthendral**

Alerts todrinkwater

Heartbeatratemonitor

Caloriesburnedinaday

Distancecoveredinaday

Steptracker

Target fortheday

**TIP**

Youcanselectastickynoteand hit the pencil [switch tosketch]icontostartdrawing!

# pavithra

Categorizinginto adults ,youngandchildren

Instructionsto avoidsteroids andunwanteddrugs

Dietplanner

Foods to beavoided

Replace theexisting foodhabits withbetter andgoodones

Consultingnutritioniston regularbasis

Cholestrolmonitor

Suggesthealthyrecepies

**3**

### Groupideas

Taketurnssharingyourideaswhileclusteringsimilarorrelatednotesasyougo.Onceallsticky notes have been grouped, give each cluster a sentence-like label. If a cluster isbiggerthansixstickynotes,tryandseeifyouandbreakitupintosmallersub-groups.

**20 minutes**

## 

Instructionsto avoidsteroids andunwanteddrugs

Who, when,and whattype ofexercisestheycando

Report onpreviousmedications

Replace theexisting foodhabits withbetter andgoodones

**4**

### Prioritize

Yourteamshouldallbeonthesamepageaboutwhat'simportantmoving forward. Place your ideas on this grid to determine whichideasareimportantandwhicharefeasible.

**20 minutes**

## 

Consultingnutritionistonregularbasis

Who, when,and whattype ofexercisestheycando

Steptracker

Socialinteractions

Suggesthealthyrecepies

Categorizinginto adults ,young andchildren

Cholestrolmonitor

### Afteryoucollaborate

Youcanexportthemuralasanimageorpdftosharewithmembersofyourcompanywhomightfindithelpful.

##### Quickadd-ons

1. **Sharethemural**

**Shareaviewlink**tothemuralwithstakeholderstokeepthemintheloopabouttheoutcomesofthesession.

1. **Exportthemural**

Export a copy of the mural as a PNG or PDF to attach toemails,includeinslides,orsaveinyourdrive.

##### Keepmovingforward

**Strategyblueprint**

Define the components of a new idea orstrategy.

[**Openthe template**](https://app.mural.co/template/e95f612a-f72a-4772-bc48-545aaa04e0c9/984865a6-0a96-4472-a48d-47639307b3ca)

**Customerexperiencejourneymap**

Stay in topic.Deferjudgment.

Target fortheday

Foods to beavoided

Advisories

Balancingmentalhealth

Genreal

Encourage wild ideas.Listentoothers.

##### Importance

Suggesthealthyrecepies

Suggestingexcersises

Do's anddont's aboutexercises

Consultingnutritioniston regularbasis

If eachofthese

Do's anddont's aboutexercises

Understand customer needs, motivations, andobstaclesforanexperience.

[**Openthe template**](https://app.mural.co/template/b7114010-3a67-4d63-a51d-6f2cedc9633f/c1b465ab-57af-4624-8faf-ebb312edc0eb)

Replacethe

existingfood

habitswith

betterand

goodones

Report onpreviousmedications

Suggestingexcersises

Caloriesburned in aday

Goforvolume. Ifpossible,bevisual.

# Keerthana leelavathi

taskscouldget

done without anydifficulty or cost,which would havethemostpositiveimpact?

Target fortheday

Behaviouralmonitor

Weight andheightmonitor

Progessinginhealth

Steptracker

Heartbeatratemonitor

Caloriesburned in aday

BMI andobesecheck

Weight andheightmonitor

Do's anddont's aboutexercises

Behaviouralmonitor

Instructionsto avoidsteroids andunwanteddrugs

Balancingmentalhealth

Balancingmentalhealth

Distancecovered in aday

Heart beatratemonitor

**Strengths,weaknesses,opportunities&threats**

Identify strengths, weaknesses, opportunities,andthreats(SWOT)todevelopaplan.

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[**Openthe template**](https://app.mural.co/template/6a062671-89ee-4b76-9409-2603d8b098be/ca270343-1d54-4952-9d8c-fbc303ffd0f2)

[**Sharetemplatefeedback**](https://muralco.typeform.com/to/CiqaHVat?typeform-source=app.mural.co)

Alerts todrinkwater

Behaviouralmonitor

Trackings

Distancecovered in aday

BMI andobesecheck

Foods to beavoided

Progessinginhealth

## 

Who, when,and whattype ofexercisestheycando

Suggestingexcersises

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Alerts todrinkwater

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Socialinteractions

Dietplanner

Cholestrolmonitor

**TIP**

Participants can use theircursors to point at wheresticky notes shouldgo onthe grid. The facilitator canconfirm the spot by usingthe laser pointer holding the**Hkey**onthekeyboard.

Weight andheightmonitor

BMI andobesecheck

##### Feasibility

Regardlessoftheirimportance,whichtasksaremorefeasiblethanothers?(Cost,time,effort,complexity,etc.)

**Template**

**Need someinspiration?**

See a finished versionof this template tokickstartyourwork.

[**Openexample**](https://app.mural.co/template/e5a93b7b-49f2-48c9-afd7-a635d860eba6/93f1b98d-b2d2-4695-8e85-7e9c0d2fd9b9)