

**Need some inspiration?**

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

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

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**10 minutes** to prepare

**1 hour** to collaborate

**2-8 people** recommended

**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.



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**Keep moving forward**

**Strategy blueprint**

Define the components of a new idea or strategy.

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

**Customer experience journey map**

Understand customer needs, motivations, and obstacles for an experience.

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

**Strengths, weaknesses, opportunities & threats**

Identify strengths, weaknesses, opportunities, and threats (SWOT) to develop a plan.

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

**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.

**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.

**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.

Template



**1**

**Define your problem statement**

Due to unhealthy food habits obesity rates are increasing rapidly. Although food packaging comes with the nutritional content it is not sufficient. So we are going to build a web app.

**2**

**Brainstorm**

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

**10 minutes**

**DEEPAK KUMAR**

**POZHIL**

**MUKILAN**

**HARI**

**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.

**C Learn how to use the facilitation tools**

Use the Facilitation Superpowers to run a happy and productive session.

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

**B Set the goal**

Think about the problem you'll be focusing on solving in the brainstorming session.

**A Team gathering**

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

**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**

**PROBLEM**

Due to the ignorance of healthy food habits, obesity rates are increasing at an alarming speed, and this is reflective of the risks to people’s health. People need to control their daily calorie intake by eating healthier foods, which is the most basic method to avoid obesity. However, although food packaging comes with nutrition (and calorie) labels, it’s still not very convenient for people to refer to App-based nutrient dashboard systems which can analyze real-time images of a meal and analyze it for nutritional content which can be very handy and improves the dietary habits, and therefore, helps in maintaining a healthy lifestyle.

Monitor users progress

Then tracking their health condition

notifying harmful ingredients in the food

notifying motivational quotes

suggest routines

setting and tracking goals

Suggesting recipes according to the diet plan

First, gathering all information about the health condition of the user

Apply the change in their dashboard

give feedback about the calories content in the image

There will be a dashboard for sharing health tips

bmi will be calculated and encouragement message is send to them for keep them motivated

classify the nutritional content present in the image

User uploads image of the food they eat

user search for recipes and according to their report they will be provided with recipes

user is required to give their medical conditions to prepare diet for them



User account

Get input from user

Suggesting diets

Monitoring progress

**3**

**Group ideas**

Take turns sharing your ideas while clustering similar or related notes as you go. In the last 10 minutes, 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**

Monitoring the health condition

Diet monitoring

Calorie monitoring and BMI calculation

Classify nutritional content present in the food

Notifying harmful ingredients in the food

Sharing health tips

Tracking their intake of food

Recipes according to diet

Nutrition Assistant application

Name of the food

Profile picture if necessary

medical report

user's height and weight

Snap of the food

Setting their goal

Personal details

Username and password



**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**

**Importance**

If each of these tasks could get done without any difficulty or cost, which would have the most positive impact?

**Feasibility**

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

Snap or name of the food

Setting their goal

medical report

Personal details

Recepies according to diet

Monitoring the health condition

user's height and weight

Classify nutritional content present in the food

Calorie monitoring and BMI calculation

Diet monitoring