

Step-2: Brainstorm, Idea Listing and Grouping

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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 icon in the bottom right corner to edit the text.

Nithisha S - Team Lead

Nutrition may also support muscle recovery by reducing inflammation

Carbohydrates are needed to provide energy during exercise

Health and fitness tips are given

Helps to stop using supplements

Durgadevi R - Team Member 1

It is also perfect for a vegan

Natural growth can be attained

Acts as your personal assistant

Tracking you to know about your health

Lakshana L - Team Member 2

Does not require a lot of effort to calculate calories intake

Make us aware of what we are eating

Encourages healthy lifestyle

Can be used as to eat healthy

Chalcedony J- Team Member 3

It can make you addictive by constant notification and warning

Encourage exercise and activity

It provides nutrients about every food to take a healthy diet

Can provide personalized diet charts for all individual

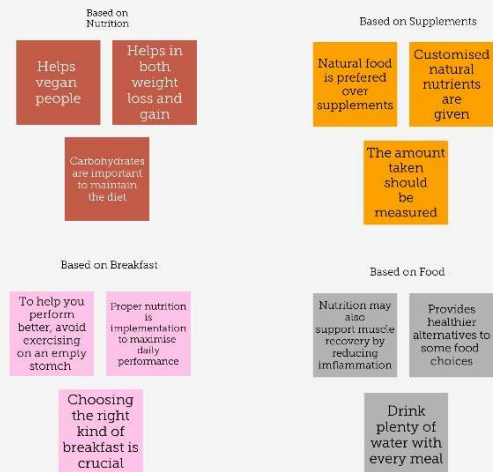
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Group ideas

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
Ask a sticky note to stick to the wall to make it easier to find, move, or group. The sticky note is not meant to be used as a permanent note.



Step-3: Idea Prioritization

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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

