

Date	17 October 2022
Team ID	PNT2022TMID23685
Project Name	Nutrition Assistant Application
Maximum Marks	4 Marks

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
- 2-8 people recommended

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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](#)

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 [your problem statement]?

Key rules of brainstorming

To run a smooth and productive session

- Stay in topic.
- Encourage wild ideas.
- Defer judgment.
- Listen to others.
- Go for volume.
- If possible, be visual.

Step-2: Brainstorm, Idea Listing and Grouping

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 icon in the bottom right corner to start drawing.

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

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

Based on Nutrition

Helps vegan people

Helps in both weight loss and gain

Carbohydrates are important to maintain the diet

Based on Supplements

Natural food is preferred over supplements

Customised natural nutrients are given

The amount taken should be measured

Based on Breakfast

To help you perform better, avoid exercising on an empty stomach

Proper nutrition is implementation to maximise daily performance

Choosing the right kind of breakfast is crucial

Based on Food

Nutrition may also support muscle recovery by reducing inflammation

Provides healthier alternatives to some food choices

Drink plenty of water with every meal

Step-3: Idea Prioritization

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

