

BRAIN STORMING AND IDEATION

Date	19 September 2022
Team ID	PNT2022TMID37006
Project Name	Nutrition Analyser
Maximum Marks	2 Marks



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

🗨️ Share template feedback



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



Team gathering

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



Set the goal

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](#) →

1

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.

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 [switch to sketch] icon to start drawing!



Siddhardha

Not all people understand the importance of reducing their food intake.	Every food item has a different nutritional value. It is important to know the nutritional value of the food item.	It is important to know the nutritional value of the food item.
Calorie is a unit of energy. It is important to know the calorie content of the food item.	It is important to know the calorie content of the food item.	Carbohydrates are needed to provide energy during exercise.
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Vinay

Tracking of calories intake makes you to know about your health.	Health and fitness tips are given.	It is also perfect for a vegan.
Natural growth can be attained.	It helps to stop using supplements.	Acts as your personal assistant.

Roshanth

Does not require a lot of effort to calculate calories intake.	Sends a food photo and get the nutritional information of your meal.	Provides healthier alternatives to some food choices.
Encourages healthy lifestyle.	Makes us aware of what we are eating.	Can be used as a reminder to eat healthy.
Can provide personalized diet charts for all individuals.		

Rahul

It provides nutrients from every food to take healthy diet.	It helps people looking along its specific food and know it away from the rest.	It is used to determine your diet, calorie intake and fat intake.
It can make you addictive by constant notification and warnings.	It is targeted way to focus on your health.	Encourage exercise and activity.
Building detailed nutritional diet plan and personalized diet charts.		

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

Nutrition tips

Including some protein with every meal can help balance blood sugar levels

Eat oily fish
*Omega-3 fatty acids can reduce the risk of cardiovascular disease

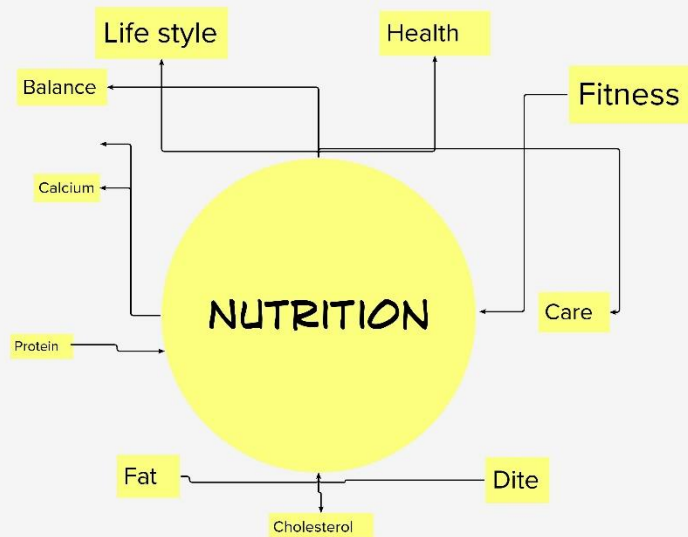
Eat whole grains
*Recommended to people eat whole grains than refined grains

Eat a rainbow fruits
*People should eat different colored fruits and vegetables

Drink herbal teas
*catechins in green, black and other herbal teas may have antimicrobial properties

TIP

Add customizable tags to sticky notes to make it easier to find, browse, organize, and categorize important ideas as themes within your mural.



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



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.

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.
- 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.

Keep moving forward

- Strategy blueprint**
Define the components of a new idea or strategy.
[Open the template →](#)
- Customer experience journey map**
Understand customer needs, motivations, and obstacles for an experience.
[Open the template →](#)
- Strengths, weaknesses, opportunities & threats**
Identify strengths, weaknesses, opportunities, and threats (SWOT) to develop a plan.
[Open the template →](#)

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