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

**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**

1. **Team gathering**

Define who should participate in the session and send an

invite. Share relevant information or pre-work ahead.

1. **Set the goal**

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

the brainstorming session.

1. **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)

**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**

**PROBLE M**

**People nowadays doesn't care about their health and becoming unhealthy in lot**

**of ways.**

###### Key rules of brainstorming

To run an smooth and productive session

**2**

### Brainstorm

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

**10 minutes**

**ARYA**

Step tracker

Categorizing into adults , young and children

## 

Alerts to drink water

Heart beat rate monitor

Calories burned in a day

Distance covered in a day

Step tracker

Target for the day

**TIP**

You can select a sticky note and hit the pencil [switch to

sketch] icon to start drawing!

# SHANU

## 

Diet planner

Foods to be avoided

Replace the existing food habits with better and good ones

##### Cholestrol monitor

Suggest healthy recepies

**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 and break it up into smaller sub-groups.

**20 minutes**

## 

Instructions to avoid steroids and unwanted

drugs

Who, when, and what type of exercises

they can do

Report on previous medications

Replace the existing food habits with better and good ones

**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**

## 

Consulting nutritionist on regular

basis

Who, when, and what type of exercises

they can do

Social interactions

Suggest healthy recepies

Cholestrol monitor

Categorizing into adults , young and

children

Balancing mental health

Genreal

Consulting nutritionist on regular basis

Instructions to avoid steroids and unwanted

drugs

Replace the

Target for the day

Advisories

Foods to be avoided

existing food

### 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

1. **Share the mural**

**Share a view link** to the mural with stakeholders to keep them in the loop about the outcomes of the session.

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

**Customer experience journey map**

Stay in topic.

Defer judgment.

Encourage wild ideas.

Listen to others.

###### Importance

If each of these

Suggest healthy recepies

Suggesting excersises

Do's and dont's about exercises

Consulting nutritionist on regular basis

Report on previous

medications

Calories burned in a day

hab its with

better and

Suggesting excersises

good ones

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)

Go for volume. If possible, be visual.

# SREEJITH SUSI

tasks could get done without any difficulty or cost,

which would have the most positive impact?

Behavioural monitor

Do's and dont's about exercises

Progessing in health

Step tracker

Heart beat rate monitor

Calories burned in a day

BMI and obese check

Weight and height monitor

Do's and dont's about exercises

Behavioural monitor

Instructions to avoid steroids and unwanted

drugs

Balancing mental health

Heart beat rate monitor

Weight and height

monitor

Balancing mental

health

Target for the day

**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)

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

## 

Progessing in health

Foods to be avoided

Alerts to drink water

Alerts to drink water

Report on previous medications

Suggesting excersises

Who, when, and what type of exercises they can do

Categorizing into adults , young and children

Progessing in health

Social interactions

BMI and obese check

Trackings

Distance covered in a day

#### Weight and height monitor

Cholestrol monitor

##### Behavioural monitor

Distance covered in a day

**TIP**

BMI and obese check

Participants can use their cursors to point at where sticky notes should go on the grid. The facilitator can confirm the spot by using the laser pointer holding the

Diet planner

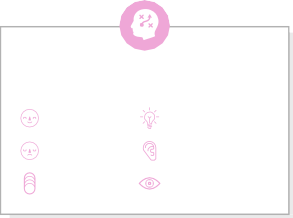
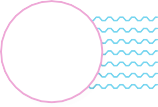
Social interactions

**H key** on the keyboard.

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

###### Feasibility

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



**Template**

**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)