


Ideation Phase

Brainstorm & Idea Prioritization Template

Date	19 September 2022
Team ID	PNT2022TMID17433
Project Name	AI-Powered Nutrition Analyzer For Fitness Enthusiasts
Maximum Marks	4 Marks

Step-1: Team Gathering, Collaboration and Select the Problem Statement

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](#) ➔

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 (enable more opportunities to help people understand their daily eating habits, exploring nutrition patterns and maintain a healthy diet)?

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.

Brainstorm

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

🕒 10 minutes

JAAFFER ZARIEF A

- Prefering Natural Medicine
- Calorie Counter
- Food Identifier
- Fast Relief Techniques
- Diet Preference

HARISHKUMAR M

- CUPPING AND ACUPRESSURE THERAPY.
- VEGAN/PLANT BASED NUTRITION
- AEROBICS TRAININGS.
- CROSS FIT RESISTANCE TRAINING
- NOURISHMENT FOR THE GUT HEALTH.

ABISHEK M

- Keto Diet
- Customised Gym wears
- Personalised Nutrition
- Boxercise
- Practice Yoga

MOHAMMED UMAR YASHK R

- Food Recipes
- Origin of Food
- Types of Food
- Famous Dishes or Cuisines of Each State or Region
- Recommending Food by Location of the User

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

NUTRITIONAL

- COMBINATION FOOD AND JUNK MEALS
- BOXERCISE
- DELICIOUS DIET MEAL RECIPES.
- HEALTHY AND TASTY MEALS
- PERSONALIZED NUTRITION
- FOOD AND ACTIVITY LEVEL MAINTENANCE
- KETO DIET
- DIET PREFERENCE

WORKOUT

- CALENDARISE TRAINING
- TRACK CYCLIST TRAINING
- FUN FITNESS GAME
- TAKE YOUR GIGS TO LONG WALK
- CROSS FIT RESISTANCE TRAINING
- PRACTICE YOGA
- POWER LIFTING TRAINING
- AEROBICS TRAININGS

PROGRAMS

- FITNESS BLOGS
- DIET AND FITNESS TRACKING
- HEALTHY AND TASTY MEALS
- DIET PREFERENCE
- ADVANCED FOR BEGINNERS
- CUSTOMISED GYM WEARS
- STRENGTH TRAINING CHALLENGES
- ONLINE NUTRITION COUNSELLING

TP You can select a sticky note and hit the pencil (switch to select) icon to start drawing!

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

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?

PALEO DIET

PLAY FITNESS GAMES

PERSONALIZED NUTRITION

CROSS FIT RESISTANCE TRAINING

JOIN TEAM SPORT

FOOD AND ACTIVITIES EXP. ASSESSMENT

DELICIOUS DIET MEAL RECIPES

FITNESS BLOGS

DEEP KNOWLEDGE ABOUT NUTRITIONAL EDUCATION

VEGETARIAN BASED NUTRITION

SAUNAS/HEAT THERAPY

FITNESS BLOGS

WEEKLY DETOX

TRACK CYCLIST TRAINING

DELICIOUS DIET MEAL RECIPES

FITNESS BLOGS

CROSS FIT RESISTANCE TRAINING

CUSTOMIZED GYM WEARS

CROSS FIT RESISTANCE TRAINING

JOIN TEAM SPORT

FOOD AND ACTIVITIES EXP. ASSESSMENT

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Feasibility

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

