


Ideation Phase

Brainstorm & Idea Prioritization Template

Date	20 October 2022
Team ID	PNT2022TMID12147
Project Name	AI Powered Nutrition Analyst 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 [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 (switch to switch) icon to start drawing!

HARITHAN S

- Nutrition may also support muscle recovery by reducing inflammation
- Every food, both macro and micro, is in balance with certain nutrients
- Right balance of macro and micro nutrients may vary depending on your fitness level and the type of activity you're doing

drink plenty of fluids with every meal, whether or not you will be exercising.

Bring a healthy body to life by essentially recreating in days what takes 20 to 30 years to degrade.

Recreate all of your muscle mass (muscle is the largest organ in the body) and burn 100,000 calories in 30 days.

Carbohydrates are needed to provide energy during exercise.

VINOTH J

- Does not require a lot of effort to calculate calories intake
- snaps a food photo and get the nutritional information of your meal.
- Provides healthier alternatives to some food choices

Makes us
aware of
what we are
eating

encourages healthy lifestyle	Can be used as a reminder to eat healthy	Can provide personalized diet charts for all individual
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SURIYA PRAKASH N P

Tracking of calories intake makes you to know about your health

Health and fitness tips are given

It is also perfect for a vegan

Helps to stop using supplements

Natural growth can be attained

JAVEED AHMED RESHI

- It provides nutrients without every food to take a healthy diet
- It helps people having allergy to specific food and keeps a diary from the meal
- It is used to detect if a user had eaten a meal with macronutrient ratio.

It is a good way to focus on your health. For example, Exercise

Encourage exercise and activity.

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

based on nutrition

refers to the
prose

helps in
both ways:
one end
and

Coronary arteries are improved to maintain the diet.

based on supplements

natural food
is preferred
over
supplements

Customised
neutral
rubber is also
given

the amount
that should
be
measured

based on breakfast

To help you perform better, you're processing an on-line journal.

Proper nutrition is important to maximize athletic performance.

Choosing
right kind
breakfast
crucial.

based on food

Nutrition may also support muscle recovery by reducing inflammation.

Provides
teeth or
alternates to
some food
choices

olive plants of
barn, we - many
most, whether
2 - 1000000
the world is

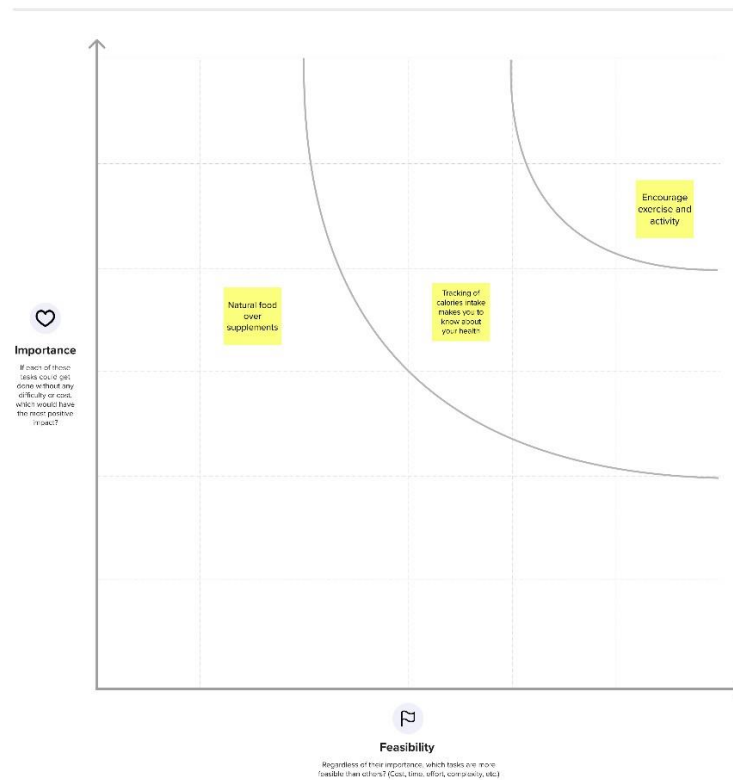
Step-3: Idea Prioritization

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



➔

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



Share the mural

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



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.

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