• Define your problem statement Brainstorm Group ideas Prioritize Before you collaborate After you collaborate What problem are you trying to solve? Frame your Your team should all be on the same page about what's important Write down any ideas that come to mind Take turns sharing your ideas while clustering similar or related notes as you go. Once all A little bit of preparation goes a long way problem as a How Might We statement. This will be the You can export the mural as an image or pdf that address your problem statement. sticky notes have been grouped, give each cluster a sentence-like label. If a cluster is moving forward. Place your ideas on this grid to determine which to share with members of your company who with this session. Here's what you need focus of your brainstorm. bigger than six sticky notes, try and see if you and break it up into smaller sub-groups. ideas are important and which are feasible. You can select a sticky note to do to get going. might find it helpful. 10 minutes sketchl icon to start drawing! 5 minutes 20 minutes 10 minutes Brainstorm Vipin raj Varshith Quick add-ons & idea prioritization Team gathering Define who should participate in the session and send an PROBLEM Consulting nutritionist on regular basis Share the mural Who, when, and what type of exercises People nowadays doesn't invite. Share relevant information or pre-work ahead. Share a view link to the mural with stakeholders to keep care about their health and them in the loop about the outcomes of the session. becoming unhealthy in lot Alerts to Heart beat of ways. burned in a Set the goal Think about the problem you'll be focusing on solving in **Nutrition assistant** drink water rate monitor habits with habits with young and R Export the mural day to avoid and what better and Export a copy of the mural as a PNG or PDF to attach to better and previous **Application** steroids and type of emails, include in slides, or save in your drive. medications exercises Learn how to use the facilitation tools Categorizing into adults , young and children Distance Use the Facilitation Superpowers to run a happy and productive session. covered in a Step tracker nutritionist Use this template in your own Cholestrol Keep moving forward the day healthy healthy on regular interactions day Open article monitor brainstorming sessions so your team recipes recipes Strategy blueprint can unleash their imagination and Define the components of a new idea or start shaping concepts even if you're Cholestrol mental not sitting in the same room. monitor Open the template health To run an smooth and productive session Target for Customer experience journey map 10 minutes to prepare 1 hour to collaborate 2-8 vipinraj, varshith, surya, balsingh existing food habits with better and nutritionist Suggesting exercises burned in a Report on previous on regular Understand customer needs, motivations, and Encourage wild ideas. Do's and Stay in topic. obstacles for an experience. basis don't about Importance medications Open the template exercises Defer judgment. Listen to others. exercises If each of these don't about tasks could get done without any difficulty or cost, which would have the most positive impact? Strengths, weaknesses, opportunities & threat Go for volume. If possible, be visual. exercises Identify strengths, weaknesses, opportunities, and threats (SWOT) to develop a plan. Balsingh Surya to avoid Do's and Calories BMI and Share template feedback mental steroids and Heart beat dont's about height burned in a Step tracker monitor obese check health unwanted rate monitor exercises monitor Distance Participants can use their cursors to point at where sticky notes should go on the grid. The Foods to be covered in a drink water day BMI and Who, when, by using the laser pointer obese holding theH key on the and what Report on check Suggesting into adults keyboard. Distance type of previous interactions young and in health excersises Alerts to covered in a exercises medications drink water BMI and Weight and obese height Share template feedback