

Ideation Phase


Brainstorm & Idea Prioritization Template

Date	01 October 2022
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Project Name	Nutrition Assistant Application
Maximum Marks	4 Marks

Brainstorm & Idea Prioritization Template:

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.

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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

Due to the ignorance of healthy food habits, obesity rates are increasing at an alarming speed, and this is reflective of the risks to people's health.

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.

Reference: https://app.mural.co/t/nutritionassistantapplicatio0437/m/nutritionassistantapplicatio0437/1663501043399/39fa2b500b62c66287c515ae75e78b1ab6abe30f?sender=ue87679128c86db_7c75c60966

Step-2: Brainstorm, Idea Listing and Grouping

2 Brainstorm

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

10 minutes

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- You can categorize diet and nutrition plan based on their features and functionalities
- It provides a complete report based on the information provided by nutritionist
- Push notifications can help share essential diet and nutrition tips
- Send reminders or information about their fitness goal
- It assists the users to maintain their dietary intake by can be either on an hourly/daily/weekly or monthly basis
- Provides personalized meal plan

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- Motivating and encouraging them through notifications
- It can help you understand your eating habits and patterns
- It also helps to identify the food-good and not-so-good to eat on a regular basis
- Offers valuable insights on diet and nutrition
- It defines the scope of community nutrition
- The food content details are given by identity based

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- It explain the role of dietary patterns and behaviors for optimal health
- For nutrition assistant how you can use the features of nutrition assistant to help you maintain healthy eating habits
- Given eating patterns that works with your biological needs and goals
- The correct quantity of ingredients in your food is given
- only mention healthy ingredients are visible in food content chart
- Dietary guidelines is provided

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- Experienced sharing documented best practices and shared learning to inform programming
- Categorization of food like veg and non-veg is available
- It will reduce the nutrition related stresses by making nutrition content food and following the nutrition provided by nutrition assistant application
- Nutritional knowledge and perceptions of healthy eating education is provided
- Food planning is done after getting suggestions from nutritionist
- Proper guidelines and advice about nutrition given

TIP

You can select a sticky note and hit the pencil icon to edit it or to start drawing!

3 Group Ideas

Take turns sharing your ideas while clustering similar or related notes as you go. In the last 10 minutes, 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.

30 minutes

TIP

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

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

