

## Ideation Phase

### Brainstorm & Idea Prioritization Template


Date	19 September 2022
Team ID	PNT2022TMID43434
Project Name	Project – AI powered Nutrition Analyzer for Fitness Enthusiasts
Maximum Marks	4 Marks

#### Brainstorm & Idea Prioritization Template:

Brainstorming provides a free and open environment that encourages everyone within a team to participate in the creative thinking process that leads to problem solving. Prioritizing volume over value, out-of-the-box ideas are welcome and built upon, and all participants are encouraged to collaborate, helping each other develop a rich amount of creative solutions.

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.

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



### 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

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**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

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**PROBLEM**

How might we [your problem statement]?



#### Key rules of brainstorming

To run an smooth and productive session

- Stay in topic.
- Defer judgment.
- Go for volume.
- Encourage wild ideas.
- Listen to others.
- 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

N. Kaviya

Nutrition may also increase muscle recovery

Heath and fitness tips are given

Nutrition reduces inflammation

Helps to stop using supplements

Natural growth can be attained

D. Rokhaiya Sulthana

It acts as your personal assistant

It is also perfect for a vegan

It provides nutrition contents about every foods to know about you diet

Acts as your dietarian

K. Alagukrishnan

Makes us aware of what we are eating

Can act as your remainder in eating healthy foods

an know the nutrition values of particular food before intaking

Encourages healthy lifestyle

Nathir Ahamed

Better way to focus on your diet and nutrients intake

Knows the persons allergy items and foods and avoids that items inrecommention

If you did not meet your daily intake of nutrition, it remains you

Provides some alternatives to some unhealth foods

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

Based on nutrients

Heath and fitness tips are given

Encourages healthy lifestyle

Makes us aware of what we are eating

Based on intakes

If you did not meet your daily intake of nutrition, it remains you

an know the nutrition values of particular food before intaking

Better way to focus on your diet and nutrients intake

Based on supplements

Provides some alternatives to some unhealth foods

Helps to stop using supplements

TIP

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

## Step-3: Idea Prioritization

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### 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

