


## Ideation Phase

### Brainstorm & Idea Prioritization Template

Title	AI powered nutrition analyzer for fitness enthusiasts
College Name	AVS College of Technology
Team Id	PNT2022TMID42147




### 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

 Share template feedback



#### 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

THARSHANI R

Asks to enter the weight and height to calculate BMI

Customized perfect workout plans

Calisthenics training

Online nutrition counselling

NANDHINI S

Diet meal recipes

Practice yoga

Walking Daily

Personalized yoga

SIVA PRIYA A

Fitness blogs

Aerobics training

Paleo diet

Join team sport

KOKILA D

Food maintenance

Deep knowledge about nutritional education

Take enough amount of water

Take enough amount of sleep

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

Nutritional

Personalized nutrition

Key to diet

Food and activity level maintenance

Key to diet

Programs

Online nutrition training

Fitness blogs

Awareness for healthy food

Clarity on nutritional fake news

# 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

