

Ideation Phase

Brainstorm & Idea Prioritization Template

Date	5 October 2022
Team ID	PNT2022TMID24887
Project Name	AI Powered Nutrition Analyst 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.

Reference: <https://www.mural.co/templates/empathy-map-canvas>

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

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.
- 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

TIP

You can select a sticky note and hit the pencil (switch to select) icon to start drawing!

Narra Likeshesh

Adverse effects on growth and health

Every child has a unique growth pattern

growth retardation after chronic food

Good quality of water after food

Natural growth can be achieved

It is also possible for vegetarians to grow properly

Encourage and support active play

Singamata Sumanth Reddy

Normal growth is not a guarantee

Health and fitness test are given

Water is essential for vegetarians

Helps to maintain appearance

Encourage and support active play

Natural growth can be achieved

Act as your personal consultant

Lakshminikanthan

Adverse effects on growth and health

Every child has a unique growth pattern

growth retardation after chronic food

Good quality of water after food

Natural growth can be achieved

It is also possible for vegetarians to grow properly

Encourage and support active play

Lohith

Adverse effects on growth and health

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growth retardation after chronic food

Good quality of water after food

Natural growth can be achieved

It is also possible for vegetarians to grow properly

Encourage and support active play

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

Helps vegan people

Helps in reducing the body weight

Carbohydrates are maintained for diet

Natural food is preferred over supplements

Customized natural nutrition are given

The amount taken should be measured

Based on breakfast

Choosing the right kind of breakfast is crucial

Proper nutrition is important in maximize performance

Avoid on empty stomach

Nutrition may support by reducing weight

Provide healthier alternative some food

Drink plenty of water

Based on food

Nutrition may support by reducing weight

Provide healthier alternative some food

Drink plenty of water

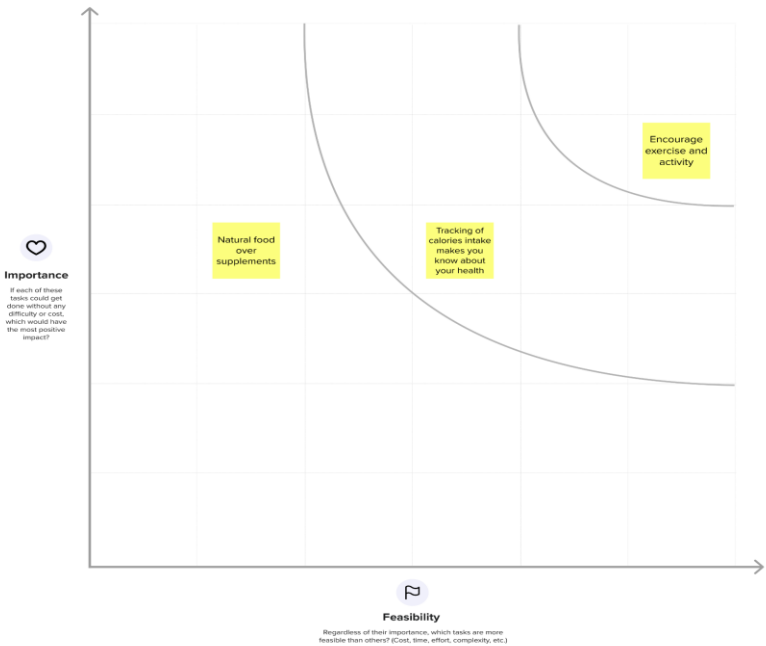
Step-3: Idea Prioritization

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.
[Open the template →](#)

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