


Ideation Phase

Brainstorm & Idea Prioritization Template

Date	5 October 2022
Team ID	PNT2022TMID12209
Project Name	AI Powered Nutrition Analyst for Fitness Enthusiasts.
Maximum Marks	4 Marks




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 an 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

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

HARITHAN S

- Nutrition may also support muscle recovery by reducing inflammation
- Every food item measured by Food & is paired with detailed nutrition information
- Right balance of macro and micro nutrients may vary depending on your fitness, even on the same activity you perform

drink plenty of fluids with every meal, whether you eat or not.

- **Protein** is needed to build and repair tissues
- **Carbohydrates** are needed to provide energy during exercise
- **Fats** are needed to provide energy during exercise
- **Water** is needed to regulate body temperature
- **Vitamins** are needed to regulate metabolism
- **Minerals** are needed to regulate fluid balance

VINOTH J

- Does not require a lot of effort to calculate calories intake
- Snap a food photo and get the nutritional information of your meal.
- Provides healthier alternatives to some food choices

Makes us
aware of
what we are

- encourages healthy lifestyle
- Can be used as a reminder to eat healthy
- Can provide personalized diet charts for all individual

SURIYA PRAKASH N P

Tackling of
cancer risks
makes you to
know about
your health

Health and
fitness tips
are given

It is also
perfect for a
vegan

Helps to stop using

By using *Allopathy*, you
can find out the best
way to keep your
family healthy.

JAVEED AHMED RESHI

- It provides nutrients without every food to take a healthy diet
- It helps people having allergy to specific food and keeps it away from the meal
- It is used to data-link your meal calorie intake and macronutrient ratio.

It is a powerful way to focus on your health. For coverage. Exercise.

- Encourage Exercise and activity.
- Building positive nutrition care profiles and behaviors in young adults
- It can make you addicted by constant notification and warnings

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

Iselys vegan

helps in both ways:

Carbohydrates
are important
to metabolism

based on supplements

natural food
is preferred

Customised neural

The amount taken should

based on breakfast

To help you perform better, avoid exercising on an empty stomach.

Proper nutrition is imperative to maximize athletic performance.

Choosing the right kind of breakfast cereal.

based on food

Nutrition may also support muscle recovery by reducing inflammation.

Provides
teeth or
alternatives to
some food
choices

crisis plenty of
 there will be money
 instead, whether
 or not you will
 be successful.

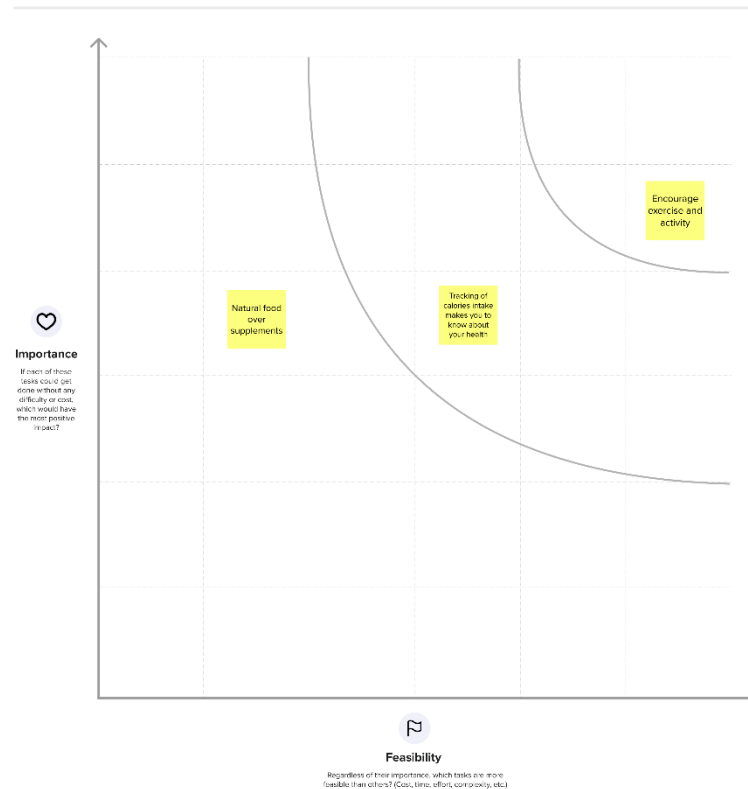
Step-3: Idea Prioritization

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

- A Share the mural**
Share a view link to the mural with stakeholders to keep them in the loop about the outcomes of the session.
- B 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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