Ideation Phase
Brainstorm & Idea Prioritization Template

Date	07 November 2022
Team ID	PNT2022TMID38229
Project Name	Nutrition Assistant Application
Maximum Marks	4 Marks

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

BRAINSTROM AND IDEA PRIORITIZATION NUTRITION ASSISTANT APPLICATION

10 minutes to prepare

1 hour to collaborate

4 people worked

Our Goals

To promote the translation of nutrition research to health and quality of life

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.

Team gathering
Define who should participate in the session and send an invite. Share relevant information or pre-work ahead.

Set goal
Think about the problem you'll be focusing on solving in the brainstorming session.

Learn to use Tools
Use the Facilitation Superpowers to run a happy and productive session.

Open article →

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.

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. People need to control their daily calorie intake by eating healthier foods, which is the most basic method to avoid obesity. However, although food packaging comes with nutrition (and calorie) labels, it's still not very convenient for people to refer to App-based nutrient dashboard systems which can analyze real-time images of a meal and analyze it for nutritional content which can be very handy and improves the dietary habits, and therefore, helps in maintaining a healthy lifestyle

Rules of Brainstorming

- Defer Judgment
- Encourage Wild Ideas
- Build on the Ideas of Others
- Stay Focused on the Topic
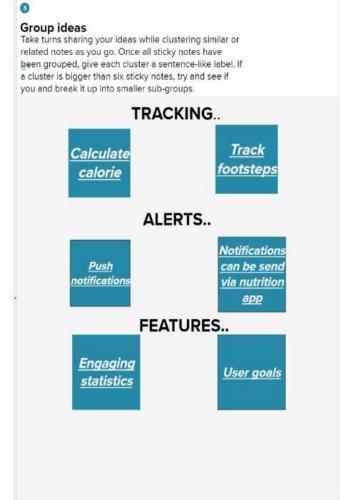- One Conversation at a Time
- Be Visual
- Go for Quantity

problem..
How might we use cloud technique to keep track of the user Nutritional Activities

Step-2: Brainstorm, Idea Listing and Grouping

Brainstorm

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

Abidha	Meena	Pavithra	Reshmaa
Fullfill the need for health freak	Fitness Tips	Direct support from Nutrionist	Help the user to schedule the exercise
Monitor your diet Easily	Keep you motivated	Reduce Burden of the Patient	Read the ingredients
Accurate Calorie Measurement	Boosting Immunity	Diet Analysis	Daily Monthly Yearly report
Dietfood Recommend	Track your foot steps	Improve overall Health	push notification system and remainder
Give free health	All in one health tool	Nutrition Tracker	Goal setting

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.

TRACKING..

Calculate calorie

Track footsteps

ALERTS..

Push notifications

Notifications can be send via nutrition app

FEATURES..

Engaging statistics

User goals

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.

Importance
If each of these tasks could get done without any difficulty or cost, which would have the most positive impact?

Monitor the progress

Dietfood Recommend

Notification Feature

Report daily activities

Fitness Tips

Give Free Health

Improve Overall Health

Goal Setting

All in one tool

Feasibility
Regardless of their importance, which tasks are more feasible than others? (Cost, time, effort, complexity, etc.)