

## Ideation Phase

### Brainstorm & Idea Prioritization Template

Date	07-NOV-2022
Team ID	PNT2022TMID38215
Project Name	Nutrition Assistant Application
Maximum Marks	5 Marks

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

### BRAINSTORM 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.

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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.

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 12

#### 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

2

### Brainstorm

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

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

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.



### Step-3: Idea Prioritization



#### 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.

