


Date	19 September 2022
Team ID	PNT2022TMID51161
Project Name	AI-powered Nutrition Analyzer for Fitness Enthusiasts
Maximum Marks	4 Marks

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.

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

➔

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 to maintain a fitness in days to day life?

🧠

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.

🗣️ Share template feedback



Need some inspiration?

See a finished version of this template to kickstart your work.

Open example ➔

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!

MOHANLAL S

Pushing Natural Medicine

Online and Personalized Health

Virtualized Health Technology

Aerobics Technology

Wearable Health Data

MUTHU PANDIAN G

Food Based Techniques

Color Counter

Food Identifier

Diet Preference

Quick Retainer

VASU DEVA KRISHNA RAYAN K

Personalized Nutrition

Customized Gym plans

Individualized diets

Daily recommendations

Personalized Messages

BALASUBRAMANIAN A

Food recommendations

Instantiation for foods

Always follow foods

Online track

Food Segregation

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

TIP

Add customizable tags to sticky notes to make it easier to find, browse, organize, and categorize important ideas as themes within your mind.

workout

Food Based Techniques

Aerobics Technology

Customized Gym plans

programs

Individualized diets

Quick Retainer

Virtualized Health Technology

nutritional

Food Segregation

Personalized Nutrition

Instantiation for foods

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 →](#)

[Share template feedback](#)