Brainstorm



& idea prioritization

#### Use this template in your own brainstorming sessions so your team

**2**

**Brainstorm**

**TIP**

You can select a sticky note and hit the pencil [switch to sketch] icon to start drawing!

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

**10 minutes**

**NIVYA AVANTHIKA RITHIKA**

**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.

**20 minutes**

**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**

**GROUP FITNESS COMMUNITY**

**FITNESS BLOGS**

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

**CALORIE INTAKE**

**PREFERING NATURAL**

**FOOD IDENTIFIER**

**CALISTHENICS TRAININGT**

**CUSTOMIZED GYM WEARS**

**CALAORIE COUNNTER**

**FAST RELEIF TECHNIQ**

**CROSS FIT RESISTANCE TRAINING.**

**CUPPING AND ACCUPRESSUR**

**AEROBICS TRAINING**

**CUSTOMISED GYM WEARS**

**CROSS FIT RESSISTANCE TRAINING**

**NOURISHMENT FOR THE GUT HEALTH**

**VEGANPLANT BASED NUTRITION**

**FUN FITNESS GAME**

**NUTRITIONAL**

**WORKOUT**

**POWER LIFTING TRAINING**

**PRATICE YOGA**

## PROGRAMS

**PALED DIET.**

**TAKE YOUR DOG TO LONG WALK. CUSTOMISED**

**A**

**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.

**MEDICINE**

## BHAVNA

**E THERAPY**

### SANTHOSH

**CUSTOMISED PERFECT WORKOUT PLANS/CHARTS**

**Keep moving forward**

**Strategy blueprint**

**TAKE ENOUGH AMOUNT OF SLEEP**

**AWARENESS FOR HEALTHY EATING**

Define the components of a new idea or strategy.

[**Open the template**](https://app.mural.co/template/e95f612a-f72a-4772-bc48-545aaa04e0c9/984865a6-0a96-4472-a48d-47639307b3ca)

**KETO DIET**

**PERSONALISED NUTRITION**

**CUSTOMISED GYM**

**WEARS**

**Food Recipes**

**Recommending**

**Types of Food**

**Origin of Food**

**Famous Dishes or**

**Importance**

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

# 

**DEEP KNOWLEDGE ABOUT NUTRIONAL EDUCATION**

**BUILD YOUR OWN WORKOUT.**

**JOIN TEAM SPORT**

**FOOD AND ACTIVITY LEVEL MAINTENANCE.**

**PRACTICE YOGA**

**CALISTHENICS TRAINING**

**AWARENESS FOR HEALTHY EATING**

**Customer experience journey map**

**PERSONALISED NUTRITION**

Understand customer needs, motivations, and obstacles for an experience.

**CLARITY ON DIET MYTHS AND NUTRITIONAL FAKE NEWS.**

**HEALTHY MEAL KIT DELIVERY SERVICE.**

[**Open the template**](https://app.mural.co/template/b7114010-3a67-4d63-a51d-6f2cedc9633f/c1b465ab-57af-4624-8faf-ebb312edc0eb)

**Strengths, weaknesses, opportunities & threats**

Identify strengths, weaknesses, opportunities, and threats (SWOT) to develop a plan.

**CUPPING AND ACCUPRESSURE THERAPY**

[**Open the template**](https://app.mural.co/template/6a062671-89ee-4b76-9409-2603d8b098be/ca270343-1d54-4952-9d8c-fbc303ffd0f2)

**PRACTICE YOGA**

**Food by Location**

**of the User**

**Cuisines of**

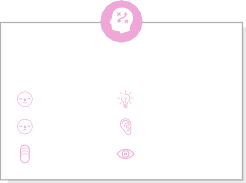
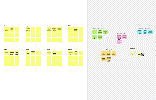
**Each state or Region**

**DELICIOUS DIET MEAL RECEIPS**

**VEGANPLANT BASED NUTRITION**

**TRACK CYCLIST TRAINING.**

[**Share template feedback**](https://muralco.typeform.com/to/CiqaHVat?typeform-source=app.mural.co)



**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**

**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.

kickstart your work.

[**Open example**](https://app.mural.co/template/e5a93b7b-49f2-48c9-afd7-a635d860eba6/93f1b98d-b2d2-4695-8e85-7e9c0d2fd9b9)

**C Learn how to use the facilitation tools**

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

[**Open article**](https://support.mural.co/en/articles/2113740-facilitation-superpowers)

**B Set the goal**

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

**A Team gathering**

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

**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**

**PROBLEM**

**How might we [your problem statement]?**



**TIP**

Add customizable tags to sticky notes to make it easier to find, browse, organize, and

themes within your mural.

categorize important ideas as

**FITNESS BLOGS.**

**DEEP KNOWLEDGE ABOUT NUTRITION EDUCATION**

**AWARENESS FOR HEALTHY EATING**

**HEALTHY MEAL KIT DELIVERY SERVICE**

**CLARITY ON DIET**

**MYTHS AND NUTRITIONAL FAKE NEWS**

**STRENGTH WARS (CHALLENGES)**

**ONLINE NUTRITION COUNSELLING**

**DELICIOUS DIET MEAL RECIPES.**

**PERSONALIZED NUTRITION**

**BOXERCISE**

**KETO DIET**

**CLIMATE FRIENDLY SUSTAINABLE ENERGY DIET PLAN**

**FOOD AND ACTIVITY LEVEL MAINTENANCE**

**DEEP KNOWLEDGE ABOUT NUTRITIONAL EDUCATION**

**CONVINIENCE FOOD AND HEALTHY TAKE AWAY MEALS**

**FUN FITNESS GAME**

**TRACK CYCLIST TRAINING**

**CROSS FIT RESISTANCE TRAINING**

**AEROBICS TRAINING**

**TAKE YOUR**

**DOG TO**

**L**

**ONG WALK**

**Template**

# 

**AEROBICS TRAININGS**

**FITNESS BLOGS.**

**WEEKLY DETOX**

**TIP**

Participants can use their

cursors to point at where

sticky notes should go on

the grid. The facilitator can

confirm the spot by using

the laser pointer holding the

**H key** on the keyboard.



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**Feasibility**

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

**Need some inspiration?**

See a finished version of this template to