


## Ideation Phase

### Brainstorm & Idea Prioritization Template

Date	7 October 2022
Team ID	PNT2022TMID05115
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

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➔

#### 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

#### VINNI BLESSI JOICE P

Encourages us healthy life style

Makes aware of what we are eating

Encourage exercise and activity based on user profile

Can be used as a remainder to eat healthy

It also perfect for a vegan

Natural growth can be attained

#### VAISHNAVI S

Helps to stop using supplements

Health and fitness tips are given

Diet chart for users

Water intake monitoring

Calculating calories by analysing user inputs

Diet and health tracking application

#### VAISHNAVI J

Motivational quotes to keep them motivated

Suggest food based on calorie value provided by the user

Highlighting important fact about the fruit they given as input

Exercise recommendation based on user profile

Collect best data set for the AI model

Recommendation based on seasons, location and demand

#### SOUNPARYA R

Giving the type of fruit and nutrient value as output to user

Animated exercise page to help the user to workout properly

Helping in identifying non native fruits

Saving provide meal plan to prepare diet chart

Remaind the user about the fruits they are allergic to

Articles and blogs related to fitness and healthy lifestyle

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

Helps vegan  
people

Highlighting  
specific  
nutritional  
content of fruit  
based on user  
medical history

Giving the type  
of fruit and  
nutrient value  
as  
output to user

#### BASED ON SUPPLEMENTRY

Natural food  
is preferred  
over  
supplements

Customized  
natural  
nutrients are  
given

The amount  
taken should  
be measured

#### BASED ON BREAKFAST

Choosing  
the right kind  
of breakfast  
is crucial

Proper  
nutrition  
implements  
maximum  
performance

Saving the  
user provide  
breakfast  
plan

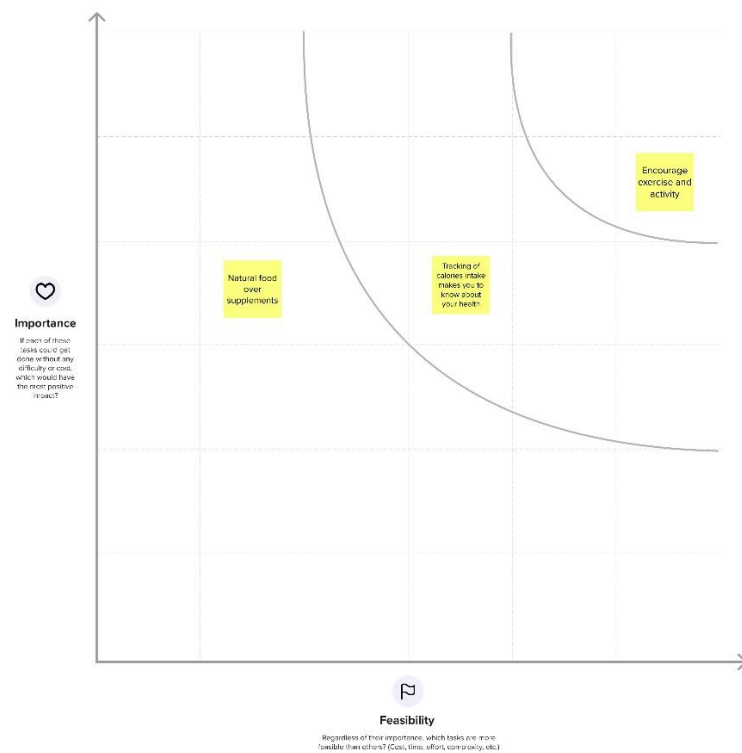
## Step-3: Idea Prioritization

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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