

## 1. Brainstorming & Problem Identification

**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
- 3-6 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.

- Team getting**  
Define who should participate in the session and send an invite. Share relevant information so everyone's ahead.
- Set the goal**  
Think about the problem you'll be focusing on solving in the brainstorming session.
- Learn how to use the facilitation tools**  
Use the Facilitation Superpowers to set a happy and productive session.

[Get started](#)

### 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.

- Define the problem**  
How might we great problem statement?
- Define the goal**  
What do you want to achieve?
- Define the success criteria**  
How will you know if you've succeeded?

### Key rules of brainstorming

To run a smooth and productive session

- Stay on topic
- Define judgments
- Go for volume
- Encourage wild ideas
- Listen to others
- If possible, be visual

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## Brainstorm

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

10 minutes

Tip

You can select a sticky note and make the entire board as sticky notes to keep moving.

Person 1

Mohan Krishna

Person 2

M Naggassrii

Person 3

Lingala Rajesh

Person 4

Lalith Sai Nadih Ganta

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## 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

Ask a collaborator app to come in handy to make a table to store ideas, organize and categorize, visualize ideas up, makes others your work.

### 2.1 Context and Motivation

In modern academic environments, the dietary habits of college students have a significant influence on their physical well-being, mental health, and academic performance. With busy schedules, inconsistent meal patterns, and limited nutritional awareness, students often fall into unhealthy eating routines. This challenge presents an opportunity for data-driven intervention.

### 2.2 Problem Statement

"How can we leverage data visualization tools to monitor, understand, and improve the dietary choices of college students?"

### 2.3 Project Vision

The project aims to build a comprehensive, interactive dashboard using Tableau, integrated into a Flask-based web platform. This system will visualize complex dietary datasets and help universities:

### 2.4 Brainstorming Questions

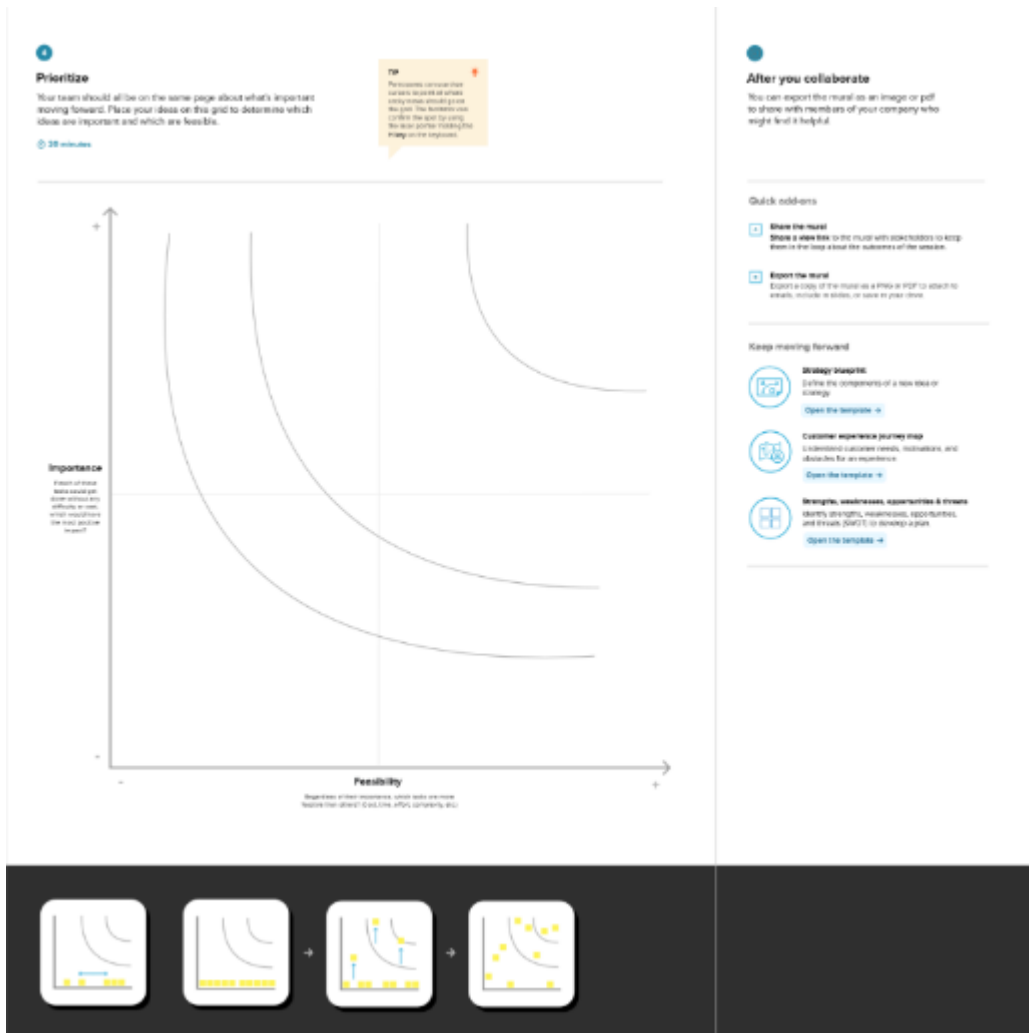
During ideation, the following guiding questions shaped the analytical and technical scope of the project:

- What dietary patterns can be identified across student demographics?
- How do lifestyle habits (e.g., cooking, exercise, sleep) correlate with GPA and self-perceived health?
- Can real-time data visualization help in early identification of health issues?
- How can data be used to encourage healthier eating habits institution-wide?

### 2.5 Tool Selection Rationale

- **Tableau:** For its powerful data visualization, ease of data preparation, and dynamic dashboard creation.
- **Flask:** To create a lightweight yet flexible web interface for hosting the dashboards.
- **CSV Dataset:** A structured and easily readable format for dietary, behavioral, and demographic data.





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## 1.2 Problem Statement

*"How can we leverage data visualization tools to monitor, understand, and improve the dietary choices of college students?"*

## 1.3 Project Vision

The project aims to build a comprehensive, interactive dashboard using Tableau, integrated into a Flask-based web platform. This system will visualize complex dietary datasets and help universities:

- Monitor nutrition and health trends in real-time
  - Identify unhealthy eating patterns or deficiencies
  - Enable predictive planning and personalized interventions
  - Support awareness programs and informed resource allocation
- 

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