

Brainstorm

& idea prioritization

Nutrition assistant Application

#### 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 vipinraj,varshith,surya,balsingh**

**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**

1. **Team gathering**

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

1. **Set the goal**

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

1. **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)

**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**

**People nowadays doesn't care about their health and becoming unhealthy in lot of ways.**

##### Key rules of brainstorming

To run an smooth and productive session

**2**

### Brainstorm

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

**10 minutes**

**Vipin raj**

## 

Alerts to drink water

Heart beat rate monitor

Calories burned in a day

Distance covered in a day

Step tracker

Target for the day

**TIP**

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

# Varshith

Categorizing into adults , young and children

Instructions to avoid steroids and unwanted drugs

## 

Diet planner

Foods to be avoided

Replace the existing food habits with better and good ones

Consulting nutritionist on regular basis

Cholestrol monitor

Suggest healthy recipes

**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**

## 

Instructions to avoid steroids and unwanted drugs

Who, when, and what type of exercises they can do

Report on previous medications

Replace the existing food habits with better and good ones

**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**

## 

Consulting nutritionist on regular basis

Who, when, and what type of exercises they can do

Step tracker

Social interactions

Suggest healthy recipes

Categorizing into adults , young and children

Cholestrol monitor

### 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

1. **Share the mural**

**Share a view link** to the mural with stakeholders to keep them in the loop about the outcomes of the session.

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

**Customer experience journey map**

Stay in topic. Defer judgment.

Target for the day

Foods to be avoided

Advisories

Balancing mental health

General

Encourage wild ideas. Listen to others.

##### Importance

Suggest healthy recipes

Suggesting exercises

Do's and don’t about exercises

Consulting nutritionist on regular basis

If each of these

Do's and don’t about exercises

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

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

Replace the

existing food

habits with

better and

good ones

Report on previous medications

Suggesting exercises

Calories burned in a day

Go for volume. If possible, be visual.

# Surya Balsingh

tasks could get

done without any difficulty or cost, which would have the most positive impact?

**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.

Target for the day

Behavioural monitor

Weight and height monitor

Progressing in health

Step tracker

Heart beat rate monitor

Calories burned in a day

BMI and obese check

Weight and height monitor

Do's and dont's about exercises

Behavioural monitor

Instructions to avoid steroids and unwanted drugs

Balancing mental health

Balancing mental health

Distance covered in a day

Heart beat rate monitor

**Strengths, weaknesses, opportunities & threats**

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

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

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

Alerts to drink water

Behavioural monitor

Tracking

Distance covered in a day

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Progressing in health

## 

Who, when, and what type of exercises they can do

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##### Feasibility

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

**Template**

**Need some inspiration?**

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

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