Eating Healthy While Working Remotely ~ Design Document

Business Purpose	Since Covid, many jobs have transitioned from working in an office to remote work from home. Sitting at home all day behind a computer can result in bad diet choices. It's important to have an eating plan that provides healthy food choices and routines so remote workers can combat fatigue and illness, which helps them be more productive on the job.
Target Audience	Remote workers in any career field
Training Time	20 minutes
Training Recommendation	1 eLearning course remote workers can complete at home to gain tips and ideas about how to improve their eating habits while working from home.
Deliverables	20-minute eLearning course developed in Articulate Rise - Storyboard
Learning Objectives	- Explain the importance of eating healthy while working remotely - List foods that are healthy for snacking and meal planning - Identify strategies used to prepare for healthy eating while working remotely
Training Outline	**Lesson 1 -** Why does eating healthy matter? - Brief reason overview - Foods to avoid **Lesson 2 -** Meal Prep - Meal planning template - Stocking foods- (interactive card flip with healthy choices) **Lesson 3** - Hydration - Interactive information - Coffee - Additives - How much water do we need? - Avoid sugary drinks **Lesson 4** - Schedule Meals - Stick to routine - Relax (enjoy the meal) - Use breaks to eat **Knowledge check** (see below) **Survey with Likert scale** 5 questions about how likely the learner is to implement the routines learned

	• **Summary** • **Closing** and congratulations for completing the course

Evaluation Plan	• Final assessment/knowledge check with 5 questions
	    • Opportunity to review/retake
	    • Feedback provided
	• Learner must score 80% or higher to pass