

# Macros with Gaby

## Articulate Storyline Storyboard

**\*\*This is an excerpt from the 40+ page storyboard file\*\***

**Course Time:** 20 minutes

**Font:** Lato bold, Lato regular. Size: developer discretion.

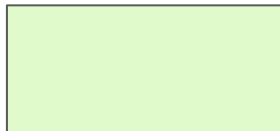
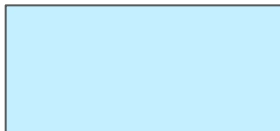
**Audio:** N/A other than what will be in the videos

**Background music:** None

**Slide dimensions:** 4:3 (720x540)

\*each colored section in this storyboard represents a new scene

**Client's color palette:**



Lesson Title: Macros With Gaby

Slide #: 1.1

Slide Template/Type: Welcome (Illuminate)

On Screen Text:

“Macros With Gaby”

Notes to Developer:

Insert stock photo of food that includes pink/purple.  
Text should bounce in from the left.

Media File(s) / Additional Information:

Lesson Title: Welcome	Slide #: 1.2	Slide Template/Type: Instructions Layout (illuminate)
-----------------------	--------------	---

### On Screen Text:

Welcome to Macros with Gaby! I'm excited to begin this journey with you! Through this course, you will: [numbered list]

1. Understand what macronutrients (macros) are and how tracking them can help you lose body fat and gain muscle.
2. Understand the process of the reverse diet method.
3. Learn how to choose foods that will help you build a healthy eating lifestyle.
4. Understand how utilizing the Trainerize and My Fitness Pal apps will help you meet your health and fitness goals.

### Notes to Developer:

Replace stock photo with a picture of client (client will email file)

Add a place to insert video.

Make numbered circles

## On Screen Text:

Text Box: Heading: Macros 101

Macronutrients are the number of fat grams, carbohydrate grams, and protein grams a food has. All foods have a macronutrient number; you can find these numbers on the nutrition label.  
[white font on a textured wooden background]

3 Tabs - Carbohydrates, Fat, Protein (insert text on the appropriate tab layer)

- i. **Carbohydrates:** Carbs are your fuel and also control your metabolism so they are essential in the process of increasing your metabolic rate, restoring lost glycogen, and increasing your overall strength! Do not be afraid of carbs!
- ii. **Fat:** Our bodies use fat as a fuel source and it is a major storage form of energy for us to use each day. Fats should be held to a minimum with your pre and post workout meals
- iii. **Protein:** Protein is needed for our bodies to grow and repair our cells so that it works properly. Protein should be consumed at every meal, spread out evenly throughout the day

**On Screen Text: Title: How are macros determined?**

Text box 1: Your daily macros budget is determined especially for you and is calculated by using your Total Daily Energy Expenditure (TDEE). This includes the total calories your body burns in a day, taking into account your Basal Metabolic Rate (BMR) and activity level. Gender, age, height, weight, and diet history are also taken into consideration.

Text box 2: Once your TDEE has been calculated, it represents the total number of calories your body needs to maintain your current weight.

Text box 3: Depending on your goal, (weight loss, muscle gain, or maintenance), I will adjust your macros budget accordingly.

Text box 4: Once I have given you your macros budget, you'll want to plug that information into My Fitness Pal so you can start tracking. But hang tight. More information will be provided on that soon!

Text box 5: Depending on your goal (weight loss, muscle gain, or maintenance), I will adjust your macros budget accordingly.

Text box 6: Once I have given you your macros budget, you'll want to plug that information into My Fitness Pal. But hang tight! More on that to come!

Lesson Title: Macros 101	Slide #: 2.3	Slide Template/Type: Major Point (Illuminate)
<p>On Screen Text: In center, bold “Make it a lifestyle!”</p> <p>What makes tracking your macros great is that you are able to adjust your diet to your lifestyle as opposed to fitting your lifestyle to your diet.</p>		
<p>Notes to Developer:</p> <p>Use a stock dessert photo as the background picture.</p>		
<p>Media File(s) / Additional Information:</p>		

Lesson Title: Macros 101

Slide #: 2.4

Slide Template/Type: Create from a blank slide.

### On Screen Text:

In center area above plate: "Plan your restaurant meal!"

"Create a meal that comes as close as possible to the following criteria: 40g protein, 15g fat, and 40 carbs.

How many combinations can you make?"

**Notes to Developer:** See sketch of slide pdf which includes the nutritional values and list of all foods that will be on the slide. The goal of the slide is for foods to be dragged onto the plate. The macros will be added together (so variables and triggers will need to be created).

Add a reset button that will pull all foods back to their hotspot and will adjust the value of each macro back to zero.

Lesson Title: My Fitness Pal

Slide #: 5.2

Slide Template/Type: Radiance Media Template

### On Screen Text:

Heading; My Fitness Pal

Select the icons below to discover how My Fitness Pal can help you reach your nutrition goals!

Goal icon - will link to media file screen record of how to set your daily macro goals.

Shopping cart icon - will link to media file about how to plan your day in advance

Scale icon - will link to media file about how to adjust portion sizes

### Notes to Developer:

Insert image of a cell phone. Insert the video screen as an overlay to the phone.

Add a play button for the user to select to begin and an option to touch the screen to pause the video.

Jump to the appropriate slide number when user clicks the icons.

**Media File(s) / Additional Information:** Client will provide screen record video with audio for My Fitness Pal.



Lesson Title: Alcohol

Slide #: 6.1

Slide Template/Type: Radiance 70 / 30

On Screen Text:

The idea of following macros is that everything can be enjoyed in moderation. There will come a time when alcohol presents itself and you have to decide if you want to give up those calories. I will keep the rules on alcohol simple. Each drink, whether it's a beer (keep it light) or a 1 oz pour of liquor (no mixers) will count as 25g of carbs or 11g of fat. It's up to you whether it's worth it or not!

Notes to Developer:

Insert stock photo of alcoholic drink being poured into a glass.

Media File(s) / Additional Information:

## On Screen Text:

My approach to travel and vacation is to practice living an 80/20 balanced lifestyle. This means you can enjoy your time away while still maintaining a healthy and mindful approach to your diet and physical activity. The 80/20 balance typically involves sticking to your healthy routine 80% of the time while allowing yourself to indulge or relax the remaining 20%.

Here are some tips on how to approach vacation with this balance in mind:

Item 1: Non-Negotiables - Keep your “non-negotiables”. For example, get in all your steps, drink your water, and hit your protein goal each day.

Item 2: Prioritize Protein - It's easy to find carbs and fats while away, but protein is the most important macro and the hardest to find! Basing your meals around protein, having shakes, bars, jerky, and other protein snacks on hand will help you hit your numbers. When dining out, ask for double meat if the protein portion size is small!

Item 3: Water - make sure to drink plenty of water, especially if you're in the sun. Liquid IV is a great supplement to help with dehydration if you're drinking alcohol. Drinking enough water will also keep your bowel movements regular.

Item 4: Overall Movement - Staying active while traveling will help you stay full of energy! For me, it also helps me