

Macros With Gaby - Design Document

Subject	Topics to Include
<i>Business Purpose</i>	<p>New clients need instruction about what macronutrients are and how tracking them can help them meet their personal goals.</p> <p>Clients also need information to reference at their convenience as they complete the Macros with Gaby program.</p>
<i>Target Audience</i>	<p>Clients with Macros with Gaby. All genders, ages ranging from 18 - 65.</p>
<i>Training Time</i>	<p>20 minutes</p>
<i>Training Recommendation</i>	<ul style="list-style-type: none">● 1 eLearning course● Frequent interactions to encourage client engagement including but not limited to:<ul style="list-style-type: none">○ Drag & drop○ Tab interactions○ Process interactions○ Labeled panel interactions● Checks for understanding throughout the course<ul style="list-style-type: none">○ Quizzes will ask scenario and fact-based questions
<i>Deliverables</i>	<ul style="list-style-type: none">● Design Document● Working course outline to be shared in Google Docs between designer and client to build course content.● Storyboard● 1 eLearning course<ul style="list-style-type: none">○ Designed in Articulate Storyline○ Includes introduction video provided by client○ Includes 2 Vyond videos<ul style="list-style-type: none">■ Intuitive Eating While Dining Out (with client voice-over - script provided by developer)■ Importance of Check-Ins (auto-generated voice-over - script provided by developer)○ Course will include dining out scenario with plate interaction that includes variables and triggers that

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	<p>will allow clients to build a plate within their macros budget.</p> <ul style="list-style-type: none">○ Includes My Fitness Pal user video provided by client● URL of final product
<i>Learning Objectives</i>	<ol style="list-style-type: none">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 Trainerize and My Fitness Pal apps will help you meet your health and fitness goals.
<i>Training Outline</i>	See storyboard.
<i>Evaluation Plan</i>	<p>No final evaluation is required. However, frequent knowledge checks throughout the course will include:</p> <ul style="list-style-type: none">● Build Your Plate interaction (client will plan a meal within macro target).● 8 general multiple choice questions requiring 80% or higher to continue through course.● Drag and drop assessment to demonstrate understanding of food types.