

Macros with Gaby

Intuitive Eating Video Storyboard - Vyond

Objective: Learners will apply what they've learned about eating intuitively when dining at a restaurant.

Video Time: Less than 3 minutes.

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

Audio: Client will provide audio file as voice-over.

Background music: Upbeat & playing at 10% throughout video.

Slide dimensions: Horizontal 16:9

Avatars: Coach Gaby (create AI generated character using client photo). The other main character should be a woman with shoulder length, straight brown hair wearing glasses. Other side characters will be used with discretion to add to the learner's experience.



Project Title: Eating Intuitively

Scene: Introduction

Visual Description Image

Use “Meal is Served” scene template of waiter opening the top of a tray of food.

Text: “Eating Intuitively at a Restaurant” text will zoom in.

Light pink background throughout video (see color palette on 1st slide).

Misc. Notes

Voice Over Audio Script

Start voice over on next scene.

Project Title: Eating Intuitively

Scene: 1

Visual Description Image

Female sitting in living room, slouching in chair looking stressed.

Voice Over Audio Script

I should just forget my diet since I'm going out for dinner. It's just too hard.

Misc. Notes

Project Title: Eating Intuitively

Scene 2:

Visual Description Image

Extend scene 1 - Female is now standing looking excited as Gaby character appears on the left. A bubble appears that says “Coach Gaby!”

Zoom into just Gaby character as she is talking.

Voice Over Audio Script

Eating out and practicing intuitive eating while on a diet can be challenging, but it's possible with mindful choices and a flexible approach. Let’s learn some tips to help you navigate dining out while maintaining your diet and practicing intuitive eating.

Misc. Notes

Project Title: Eating Intuitively

Scene: 3

Visual Description Image

Female typing on a computer, smiling

As she's typing, a bubble comes up to show what she's viewing: restaurant menu, a hamburger, a salad, and sushi.

Scene should pan out.

Voice Over Audio Script

Before eating out, it's a good idea to plan ahead so you'll know what to expect. Look at the restaurant's menu online before you go and choose healthier options that align with your dietary goals.

Misc. Notes

Project Title: Eating Intuitively

Scene: 4

Visual Description Image

Female typing on a computer, smiling

Change images in the bubble to a large and small plate of spaghetti. Small rectangles: rice, pizza, and french fries.

Pan scene out a few seconds.

Voice Over Audio Script

Consider portion sizes and be mindful of calorie-dense dishes.

Misc. Notes

Project Title: Eating Intuitively

Scene: 5

Visual Description Image

Female character eating at the kitchen table.

Thought bubble text:
This grilled chicken salad will keep me from
feeling too hungry later!

Voice Over Audio Script

Feeling hungry? Avoid skipping meals
before dining out. Have a small, balanced
snack before going to the restaurant.

Misc. Notes

Project Title: Eating Intuitively

Scene: 6

Visual Description Image

Female character binge eating at the kitchen table.

Large text to the left:
This will help curb extreme hunger and prevent overeating!

Then a large red X should appear over the female binge eating.

Misc. Notes

Voice Over Audio Script

This will help curb extreme hunger and help prevent overeating!

Project Title: Eating Intuitively

Screen: 7

Visual Description Image

Female at a restaurant looking at a menu and talking with friends around the table.

Choose scene with other patrons eating in the background.

Thought bubble text:
Hmmm should I order an appetizer or a full sized meal?

Misc. Notes

Voice Over Audio Script

While considering what to order, think about choosing an appetizer or starter as your main course. Often times, the portion sizes are smaller.

Project Title: Eating Intuitively

Scene: 8

Visual Description Image

Title:
Choose Balanced Options (fly in from right)

Insert photo of chicken breast (labeled lean proteins), broccoli (labeled vegetables), and bread (labeled as whole grains).

Food images and text will pop in aligned with the voiceover.

Misc. Notes

Voice Over Audio Script

If you want to opt for a full sized meal, choose balanced options. Look for dishes that include lean proteins, vegetables, and whole grains.

Project Title: Eating Intuitively

Scene: 9, 10, 11 (continued scenes)

Visual Description Image

Female at a restaurant looking at a menu and placing order with server.

Speech bubble:

May I please have the salad dressing on the side and the grilled salmon?

Continue scene:

Speech bubble:

We are going to share an entree.

(have scene pan in toward speech bubble)

Continue scene:

Speech bubble:

May I also get a to-go box?

(have scene pan out from speech bubble)

Voice Over Audio Script

Ask for modifications like dressing on the side or steamed instead of fried.

If the restaurant serves large portions, consider sharing an entree with a friend or ask for a to-go container at the beginning of the meal to pack away half to enjoy the next day!

Project Title: Eating Intuitively

Scene: 12

Visual Description Image

Female excited and jumping with a speech bubble: Wahoo! Leftovers!

Voice Over Audio Script

...or ask for a to-go container at the beginning of the meal to pack away half to enjoy the next day!

Misc. Notes

Project Title: Eating Intuitively

Scene: 13

Visual Description Image

Title fly in from right:

Listen to your cravings

(add props to pop in with a slight delay
between: cake, fried chicken, pizza, french
fries, donut, pasta, beer, cupcake, ice cream,
pancakes)

Text w/ typed entrance:

Honor cravings with moderation

This prevents future overindulging

(have this enter scene aligned with voiceover)

Misc. Notes

Voice Over Audio Script

Also, listen to your cravings! If you have a
craving for something specific, honor it in
moderation. This can help prevent
overindulging later.

Project Title: Eating Intuitively

Screen: 14

Visual Description Image

Duplicate and insert initial scene with female sitting in the chair in the living room. Have the dog sitting beside her.

Animate the female rubbing her belly looking full and uncomfortable.

Add thought bubble:
Ugh, I ate and drank too much! I'm stuffed!

Misc. Notes

Voice Over Audio Script

While eating and socializing, it's easy to forget to listen to your body!

Visual Description Image

Insert Gaby character on the left side and add bullet points that match the voice over script:

- Pay attention to your body's hunger and fullness cues.
- Eat when you're hungry. Stop when you feel satisfied.
- Avoid overeating! Savor each bite and eat slowly!
- Enjoy the flavors and textures of your meal.
- Put your fork down between bites, engage in conversation, and drink water to prevent overeating!

Misc. Notes

Bullets should fly in from right at the same time as the voice over.

Voice Over Audio Script

Try to pay attention to your body's hunger and fullness cues. Eat when you're hungry and stop when you feel satisfied.

Avoid overeating out of habit or social pressure. You can do this by practicing mindful eating. Savor each bite by eating slowly and enjoying the flavors and textures of your meal.

Put your fork down between bites and engage in conversation to pace your eating. You should also drink water or other non-caloric beverages to help you stay hydrated and prevent overeating.

Visual Description Image

Insert animated megaphone with purple accents.

Text above megaphone:
You can still eat out!

Text below megaphone:
You don't have to deprive yourself! You can still progress toward your goals!

Have text animations type in from the left.

Misc. Notes

Voice Over Audio Script

Eating out while on a diet doesn't mean you have to deprive yourself. With mindful choices and intuitive eating, you can enjoy your meals and still progress toward your health and fitness goals and feel a balanced lifestyle.

If you didn't stick to your plan, remember that occasional indulgence or deviations from your diet are perfectly normal. Don't beat yourself up over it. Get back on track with your diet the next day.

Project Title: Eating Intuitively

Screen: 17

Visual Description Image

Insert animated scene with female balancing on a ball.

Text on bottom:

You can feel a balanced lifestyle.

Voice Over Audio Script

****scene will include part of voice over from previous screen.**

Misc. Notes

Transition quickly to next scene as the voice over continues.

Visual Description Image

Insert animated archery target.

Health and Fitness Goals (heading animates by dropping down)

Didn't stick to your plan?
(sentences fly in from left in sequence with audio)

- occasional overindulgences are ok!
- don't beat yourself up!
- get back on track the next day.

Navigation/Interaction/Branching

Voice Over Audio Script

If you didn't stick to your plan, remember that occasional indulgence or deviations from your diet are perfectly normal. Don't beat yourself up over it. Get back on track with your diet the next day.

Project Title: Eating Intuitively

Screen: 19

Visual Description Image

Insert Gaby character waving.

Insert IG logo “getfitwithgabs_
Insert “www.macroswithgaby.com”

Voice Over Audio Script

You got this!

Misc. Notes