

Module Title: The Healthy Home Office: Healthy Eating

Target Audience: This training is intended for remote employees at Pixel Perfect Designs. Primary learners may be of any gender. The age range may span from 18-55 years of age. Employees typically have a bachelor's degree or higher. They will have a variety of prior knowledge and skill levels, depending on their specific roles within the company. Most will have experience with web development technologies and design principles.

Learning Objectives:

Terminal LOs:

1. Choose nutritious snack and meal options for remote work environments.
2. Apply practical strategies for healthy eating during remote work hours.

Enabling LO:

1. Identify food options as nutritious or not.

Outline:

- Welcome
- Navigation
- Scenario 1
- Pre-assessment
- Learning Objectives
- Essential Nutrients
- Knowledge Check 1
- Eating Smart
- Healthy Habits
- Knowledge Check 2
- Healthy Habits: The Next Level
- Review
- Final Assessment
- Congratulations

Seat Time: 20 minutes

Font: Ariel

- Captions, buttons & directions sized 16
- Titles sized 28
- Tabs sized 12
- Segoe print sized 12 bullet points slide 5.2

Avatars used: 2 avatars to represent Thomas (Employee) & Zoey (HR Counsel) were Robert and Laura

Color Palette:



#255933, #E5DBCD, #8FAE4A, #8CA995, #5DAB59, #EEEECE1

Module Resources/References:

- [Benefits of Remote Work Graph](#)
- [Weekly Meal Prepping Planning Sheet](#)
- Asset library with photographs, videos and other assets for this storyboard can be found [HERE](#)

Global Comments:

- Voices Used: Narrator = River voice
Zoey = Laura voice
Thomas = Josh voice
- Slide dimensions are 16:9 with the slide size (1280:720)
- All slides and layers will show a custom top and bottom border using a custom color palette
- Title bar (and applicable directions) set within the custom top border (see example)
- Use Modern Player in Storyline
- Use custom color scheme for shapes throughout (see Color Palette on storyboard cover sheet)
- White font on colored background/black font on white Background
- Text in [brackets] should not appear on the slide [or be recorded in voiceover (VO)]
- If text in a caption bubble (speech bubble) is too long to display at one time, face-out/fade-in text in the caption and arrange sequentially on timeline; do not use scrolling text in captions
- Seekbar visible and controllable for learner on all slides and layers: Menus is “free” in the Player properties
- Slide numbers with letters (ex. 1.8a) indicate layers for the corresponding slide number
- For knowledge checks and quizzes, answers appearing in bold are correct [please don't actually bold the text in module]; if nothing is bolded, correct answer is indicated in an alternate way in bracket notes to developer].

Directions:

Please review all fields. To leave feedback, please add a comment or track suggestions within the document text. Please ensure that your comments provide actionable feedback that can be implemented, aiming to ensure that the module is comprehensive and accurate.

Ex. Instead of writing, “This is confusing,” please write, “This would be clearer if it said: _____,” (and suggest language that works better).

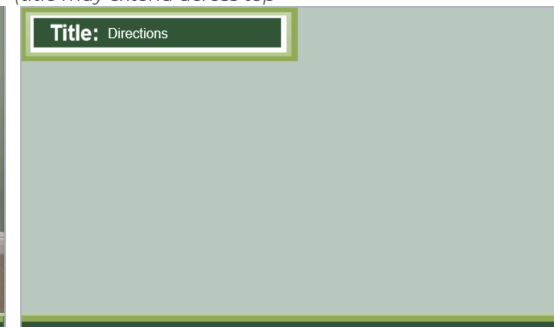
Custom slide layout examples

Home Office background



Solid Colored background

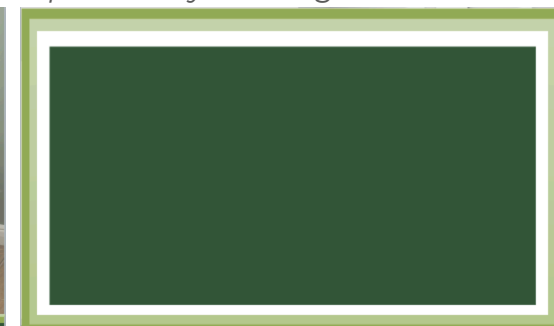
(title may extend across top)



Split background (½ solid & ½ office)



Optional layer background



Slide: 1.1 / Menu Title: Welcome			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Title bar across the entire width of slide top edge. Background video: Silent video of man working on computer in a home is playing on the left $\frac{2}{3}$ of slide. Course title left justified in title bar. Custom Start and Navigation buttons	[Slide Title] The Healthy Home Office: Healthy Eating [Buttons] START NAVIGATION	Narrator: Welcome to Pixel Perfect Design's Healthy Home Office series! In this module, you'll be learning how to start creating healthy eating habits as a remote worker. If you are familiar with the course navigation player, click the Start button to begin. If you would like some guidance with navigating the course, click the Navigation button. When you are ready, let's get started.	Next and Previous buttons are hidden at the start of the timeline. The Start and Navigation buttons will fade in timed with the VO reference on the right side of the slide. The Start button will jump to slide 1.3. The Navigation button will jump to the next slide (slide 1.2).
Notes:			

Slide: 1.2 / Menu Title: Navigation			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Background black & white image of : photographic image of open laptop sitting on desk in a home; centered on slide. Markers with text labels will be on screen for learners to click on as so desired. Player shows Menu on the left	[Slide Title] Navigation [Marker text] [Menu] The menu section can be used to keep track of your progress during this course. [Resources] For additional resources provided, please click on the resources button. [Next/Previous] Use the previous and next buttons to toggle	Narrator: Please take a moment to review the course player so you feel comfortable navigating through the course. Hover over each information marker to learn about the player features in this navigation. If you know your way around, you may proceed to the next slide.	Pulsing markers are inserted by each navigation tool; when the learner hovers over each marker descriptive text is displayed. Next button links to slide 1.3.

	between the previous and next slides. [Fullscreen] The fullscreen button can be used to enlarge the slide to fit the entire screen. [Volume] The volume button can be used to adjust the volume on the slide. [Replay] The replay button can be used to replay the slide from the beginning to review the content. [Seekbar] The seekbar can be adjusted to replay or review content on each slide. [Play/Pause] Click the play button to pause or play the slide.		
Notes:			

Slide: 1.3 / Menu Title: Getting Started			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Background image: Casual home office setting This slide begins with just the avatar of Thomas (employee) on the left side of the slide facing the learner. The avatar is slightly offset to the left of the slide, not centered.	[Slide Title] Scenario 1 [Thomas caption] Hi I'm Thomas. Are you as excited as I am about taking the plunge into the world of remote work? [Thomas switches to "excited" pose] I'm super excited about all the	Thomas: Hi I'm Thomas. Are you as excited as I am about taking the plunge into the world of remote work? I'm super excited about all the flexibility and freedom it promises. I don't know what could go wrong.	The thought and caption text will be displayed on the slide timed with the VO audio. Caption bubbles track his conversation, with slide text fading in and out on time timeline, timed with the VO. Next button is hidden on this slide.

Caption bubbles (speech bubbles) track Thomas's conversation on screen. The caption bubbles are to the right of Thomas and stay the same size. Thomas avatar has 3 poses: Happy pointing forward, excited, questioning. Thomas is in his happy pose at the start of the timeline. Calendar clearly displayed in the upper right corner of home office wall.	flexibility and freedom it promises. [Thomas switches to “questioning” pose] I don't know what could go wrong.		When timeline ends, slide auto advances to the next slide.
Notes:			

Slide: 1.4 / Menu Title: Scenario 1 [hidden from menu]			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Background image: Same home office as slide 1.3. Caption bubbles track conversation on screen. Thomas avatar has 3 poses: worried; gesturing forward with one hand; gesturing forward with 2 hands. Thomas starts in a “Worried” pose.	[Thomas caption] Man, I thought working from home would be a dream come true! But it's only been two weeks, and I'm already feeling like a slug. [Thomas switches to “1 hand gesturing” pose] I just can't seem to get motivated, and my work is suffering.	Thomas: Man, I thought working from home would be a dream come true! But it's only been two weeks, and I'm already feeling like a slug. I just can't seem to get motivated, and my work is suffering. I wonder what it is about being home that's making it so hard for me to stay focused. How are you holding up?	Use a zoom region to zoom in on the calendar. Fade out the current date (September 2) and fade in a new date that is 2 weeks later. Then zoom back out. Thomas moves along motion path to enter the room from the left immediately at the start of the timeline audio playing. Thomas changes from worried to one hand gesturing between his second and third captions; to two hand gesturing between his

	I wonder what it is about being home that's making it so hard for me to stay focused? [Thomas switches to “both hands gesturing” pose] How are you holding up?		fourth and fifth captions. This slide and the following slide should be hidden in the Menu so that it appears to the learner that slides 1.3, 1.4, and 1.5 are all a continuation of the same slide. The caption text will be displayed on the slide times with the VO audio. Caption bubbles track his conversation, fading in and out timed with the VO. When the timeline ends, slide auto advances to the next slide with a pre-assessment question. The Next button is hidden on this slide.
Notes:			

Slide: 1.5 / Menu Title: Pre-assessment [hidden from Menu]			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Background is solid color from color palette. Title bar extends entire width of slide and is enlarged to fit the pre-assessment question & directions. Thomas is in a “worried” pose when the timeline starts.	[Pre-assessment question] Which strategy do you think would be most effective for improving your productivity and well-being while you are working from home? [Thomas switches to “thinking” pose]	Narrator: Both you and Thomas have noticed some challenges since transitioning to remote work. Which strategy do you think would be most effective for improving your productivity and well-being while working at home? Click on the answer that you think is best.	Rectangle with pre-assessment question and directions, floats down from top of the slide with an entrance animation. Thomas changes poses at 5s on timeline. Empty rectangle choices fly in

Thomas avatar has 2 poses: worried and thinking. The poses change from worried to thinking when the VO shares the question for the slide. The answer choices appear below the question in solid filled rectangles and are aligned left to right. When the learner clicks the middle rectangle, a solid shape that fills the entire rectangle should appear (so that the text beneath it is covered) and “Correct” should appear in the middle of the rectangle. When the learner clicks the left or right rectangle, a solid shape that fills the entire rectangle should appear (so that the text beneath it is covered) and “Try Again” should appear in the middle of the rectangle.	[Directions] Select the answer that you think is best. [Left Answer Choice - incorrect] Work longer hours but in short bursts throughout the day <i>[Middle Answer Choice - correct] Incorporate healthy eating habits into your daily routine.</i> [Right Answer Choice - incorrect] Limit talking with colleagues to only 2 online meetings a day.	Left visited rectangle narration:Try again: Excessive screen time and long hours can negatively impact physical and mental health. Middle visited rectangle narration: Correct: Focusing specifically on healthy eating habits can contribute significantly to overall well-being and productivity. Right visited rectangle narration: Try again: While it's important to manage communication effectively, limiting it can lead to isolation and hinder collaboration.	from bottom right of the slide a few seconds after the start of the timeline. Answer choices on the rectangles fade in a few seconds after the timeline starts. Learners are restricted from clicking on the answer choices until the Question and Directions VO completes. Learners can click on any answer choice rectangle. Each rectangle with text has a hover and visited state. Each answer choice triggers a different VO response and triggers “Correct” or “Try Again” to appear in place of the previous text, depending on the answer chosen. Learners can freely click among the answer choices to get feedback until they select the correct answer. Audio should not overlap, so if the learner clicks on one answer choice and the audio starts playing, it should stop if they click on another answer choice. The Next button is hidden at the start of the timeline.
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Notes:			

Slide: 1.6 / Menu Title: Learning Objectives			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Home office space photograph covers the right half of the slide. The left slide is the solid background color and title bar as template. Same home office space background as slide 1.4 (so it appears as if we are returning to where we left off before the pre-assessment question). Thomas avatar begins slide with a “listening” pose facing right. He is positioned immediately right of the slide divide between solid background (left side) and home office space (right side). Thomas avatar has 3 poses: listening facing right; smiling facing right; reading facing left. Zoey avatar has 1 pose; “speaking” facing left. The learning objectives will appear on the left half of the slide, to the left of both avatars. The objective text will appear in	[Slide Title] Objectives [Zoey captions] Hi Thomas! I'm Zoey, and I'm here to help you make a smooth transition to remote work at Pixel Perfect Designs while staying healthy and happy. We know that working from home can be a big adjustment but it also offers many benefits. [Thomas switches to “smiling” pose facing right] To fully reap the benefits of remote work, it's important to establish healthy routines and prioritize your well-being.	Zoey: Hi Thomas! I'm Zoey, and I'm here to help you make a smooth transition to remote work at Pixel Perfect Designs while staying healthy and happy. We know that working from home can be a big adjustment, but it also offers many benefits. To fully reap the benefits of remote work, it's important to establish healthy routines and prioritize your well-being. By the end of this training, you will be able to: Choose nutritious snack and meal options for remote work environments, and apply practical strategies for healthy eating during remote work hours. When you are ready to get started, click the next button.	Zoey moves along motion path to enter the room from the right directly prior to the audio playing for his first line. Thomas changes pose (to smiling facing right) when Zoey's caption is “To fully reap the benefits of remote work,”. Thomas changes pose (to reading facing left) when first learning objective is stated on VO. The caption text will be displayed on the slide times with the VO audio. Caption bubbles track his conversation, fading in and out timed with the VO. On the left side of the screen, the text boxes with the learning objectives text will fade in timed with the VO audio. The corresponding rectangle will have a highlight appear and remain when the first are completely on the slide.

two similarly styled rectangles.	By the end of this training, you will be able to: [Thomas switches to “reading” pose facing left] [Learning Objectives] Choose nutritious snack and meal options for remote work environments Apply practical strategies for healthy eating during remote work hours. [Zoey caption] When you are ready to get started, click the next button.		The Next button will be hidden at the timeline start. It will return to normal at the end of the timeline. The Next button takes the learner to slide 2.1.
Notes:			

Slide: 2.1 / Menu Title: Essential Nutrients			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Nearly the entire slide is taken up by an accordion interaction. Tabs are vertically set like an accordion. Four tabs displaying the tab titles take up about 1/3-1/4 of the accordion area, and are shown vertically, leaving the remainder space for content to show within	[Slide Title] Fueling Your Body [Subtitle, displayed on closed accordion] EXPLORE The 4 Essential Groups for Optimal Health and Well-being	Zoey: Let’s start your remote work wellness journey! As our first topic, we'll focus on the foundation of your health: nutrition: carbohydrates: The energy powerhouse; proteins:the building blocks; healthy fats: essential for brain health and more; vitamins & minerals: the micronutrients that keep you going.	Zoey changes poses (to gesturing to left) when tab labels begin on the VO audio. The caption text will be displayed on the slide times with the VO audio. Caption bubbles track his conversation, fading in and out timed with the VO.

the accordion frame. The closed accordion will show on the screen to start. It will have the subtitle centered on a partially transparent relevant background photograph. When the learner clicks on each tab, it will pop to its open position and display the information for that tab. Each tab should be a different palette color. The layer associated with each tab, and therefore the “open” section of each accordion area should have the same background palette color as the tab for that section. Zoey avatar start slide positioned on right next to the accordion. She is larger than in the previous slides and situated at the bottom right of the slide so that only the top $\frac{3}{4}$ of her body shows on the screen, giving the feeling that she has moved closer to the learner. Zoey avatar has 2 poses: talking facing learner; talking facing learner and gesturing to left (at accordion). Zoey’s pose changes when the VO starts to state the titles of the	[Zoey captions] Let’s start your remote work wellness journey! As our first topic, we'll focus on the foundation of your health: NUTRITION! [Zoey switches to “talking while gesturing left” pose] [Numbered tabs] 1. Complex Carbohydrates 2. Lean Proteins 3. Healthy Fats 4. Vitamins & Minerals [Zoey captions] Together, they form the perfect recipe for optimal health and well-being. Click on each tab, in any order, to learn more about the benefits of each nutrient.	Together, they form the perfect recipe for optimal health and well-being. Click on each tab to learn more about the benefits of each nutrient.	Zoey’s caption text, matching the timing of the VO audio, begins the slide. When the Zoey’s caption, “NUTRITION” appears, each tab label will float in as timed to the VO audio. This caption does not alter until the final tab is displayed. Zoey’s next caption to appear on the slide is “Together, they form the perfect recipe for optimal health and well-being.” as timed to match the VO audio. Learners are restricted from clicking on the tabs until the VO completes on timeline. The learner will be able to click on tabs in any order, which will open the accordion and show the corresponding slide layer. When the learner clicks on each tab, the accordion will “pop” open to the corresponding layer, meaning it jumps to its open position. The accordion interaction has motion paths to have the tabs glide across the screen when it opens and/or closes, rather than pop open only. The buttons will have visited states so when the learner returns to this home slide, it is clear which they’ve already viewed.
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different tabs.			The Next button will be hidden until all 4 of the tabs have been selected and all 4 layers have been visited. When the learner clicks on the Next button, it will jump to Slide 2.2
Notes:			

Slide: 2.1a / Menu Title: Complex Carbohydrates			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Unique image related to tab content is shown on left side with the open section of the accordion. Bullet points listed next to it. Subtitle displayed prominently within open section of accordion. Bullet points listed. Jodie is on the right side facing open accordion. Her pose is listening. She remains enlarged sized, similar to base.	[Slide Title] Fueling Your Body [Directions] Click X or a tab to return. [Subtitle] Complex carbohydrate provide • a steady release of energy • regulation of blood sugar levels • B vitamins for energy production • iron for oxygen transport	Narrator: Complex carbohydrates offer a steady release of energy, help regulate blood sugar levels, and provide essential nutrients like B vitamins for energy production and iron for oxygen transport.	Bullet points will fade in time with the VO reference There will be an X icon in the top right corner of the open section in the accordion. When the learner clicks the X icon, a trigger will return the learner to the base layer. Learners can select another tab from this layer or be automatically brought back to the base layer to select a new tab.
Notes:			

Slide: 2.1b / Menu Title: Lean Proteins			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Unique image related to tab content is shown on left side with the open section of the accordion. Bullet points listed next to it. Subtitle displayed prominently within open section of accordion. Bullet points listed. Jodie is on the right side facing open accordion. Her pose is listening. She remains enlarged sized, similar to base.	[Slide Title] Fueling Your Body [Directions] Click X or a tab to return. [Subtitle] Lean proteins provide • muscle repair and growth • help control appetite by feelings of being full • amino acids, which are building blocks for tissues and cells	Narrator: Lean proteins work to repair and assist with muscle growth. They also help control appetite by generating feelings of being full and provide amino acids, which are building blocks for tissues and cells.	Bullet points will fade in time with the VO reference There will be an X icon in the top right corner of the open section in the accordion. When the learner clicks the X icon, a trigger will return the learner to the base layer. Learners can select another tab from this layer or be automatically brought back to the base layer to select a new tab.
Notes:			

Slide: 2.1c / Menu Title: Healthy Fats			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Unique image related to tab content is shown on left side with the open section of the accordion. Bullet points listed next to it. Subtitle displayed prominently within open section of accordion.	[Slide Title] Fueling Your Body [Directions] Click X or a tab to return. [Subtitle]	Narrator: Healthy fats provide: omega-3 fatty acids for brain health, a concentrated source of energy, feelings of fullness, helping to prevent overeating	Bullet points will fade in time with the VO reference There will be an X icon in the top right corner of the open section in the accordion. When the learner clicks the X icon, a trigger will return the

Bullet points listed. Jodie is on the right side facing open accordion. Her pose is listening. She remains enlarged sized, similar to base.	Healthy fats provide • omega-3 fatty acids for brain health • a concentrated source of energy • feelings of fullness		learner to the base layer. Learners can select another tab from this layer or be automatically brought back to the base layer to select a new tab.
Notes:			

Slide: 2.1d / Menu Title: Vitamins & Minerals			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Unique image related to tab content is shown on left side with the open section of the accordion. Bullet points listed next to it. Subtitle displayed prominently within open section of accordion. Bullet points listed. Jodie is on the right side facing open accordion. Her pose is listening. She remains enlarged sized, similar to base.	[Slide Title] Fueling Your Body [Directions] Click X or a tab to return. [Subtitle] Vitamins & minerals provide • support for various bodily functions, including energy production and cell growth • help preventing chronic diseases and maintaining optimal health	Narrator: Vitamins & minerals provide support for various bodily functions, including energy production and cell growth while also helping to prevent chronic diseases and maintaining optimal health.	Bullet points will fade in time with the VO reference There will be an X icon in the top right corner of the open section in the accordion. When the learner clicks the X icon, a trigger will return the learner to the base layer. Learners can select another tab from this layer or be automatically brought back to the base layer to select a new tab.
Notes:			

Slide: 2.2 / Menu Title: Scenario 2	LO:
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Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same home office space covering entire background as slide 1.4. Thomas avatar is situated at the center of the slide. facing right He has a thinking pose. Zoey avatar is situated at the right, facing left towards Thomas. Her pose is one talking with hands folded at midsection. Caption bubbles track their conversation on screen. As Thomas and Zoey converse, the caption shape will remain between them.	[Slide Title] Scenario 2 [Thomas captions] That was helpful Zoey. I think I'm feeling more confident with understanding the nutrient groups. I never realized how important they were for my overall health. [Zoey caption] That's great, Thomas! Before we move on, let's quickly test your knowledge.	Thomas: That was helpful Zoey. I think I'm feeling more confident with understanding the nutrient groups. I never realized how important they were for my overall health. Zoey: That's great, Thomas! Before we move on, let's quickly test your knowledge.	Caption shapes will fade in timed with their reference in the audio. The Next button is hidden on this slide. When the timeline ends, slide auto advances to the next slide which is a knowledge check.
Notes:			

Slide: 2.3 / Menu Title: Knowledge Check			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Similar to pre-assessment slide 1.5 - Title bar extends entire width of slide and is enlarged to fit the pre-assessment question & directions. Background is solid color from color palette. Covers the entire background. Thomas appears in the bottom	[Slide Title] Knowledge Check [Directions] Drag each nutrient label to a matching food. Click submit to check your answers.	Narrator: Drag each nutrient label to the matching food. Click submit to check your answers.	This slide is a freeform drag-and-drop KC interaction. The 4 essential nutrient groups are labeled in separate drag items that the learner will need to sort between the four drop targets. They will be set in rectangles of one of the palette colors.

right corner with an expression that indicates he is listening and learning. He is larger than in the previous slides and situated at the bottom right of the slide so that only the top $\frac{3}{4}$ of her body shows on the screen, giving the feeling that he has moved closer to the learner. Drag items are typed in rectangles left to right underneath the title heading. The rectangles are solid filled with a color from the palette. Underneath the drag items are 4 rectangular shapes - one for each nutrient group. Within each rectangle is a photographic image of a food item representing the nutrient group. Lean proteins= tuna salad Healthy fats = avocado toast Vitamins & minerals = mixed salad Complex carbohydrates = smoothie Each rectangle also has a brief description of the benefits of the food.	[Drag items; answers provided in brackets, not to be included in the slide text] • Healthy Fats [drop area underneath the description/photograph of avocado toast] • Complex Carbohydrates [drop area underneath the description/photograph of smoothie] • Lean Proteins [drop area underneath the description/photograph of tuna salad] • Vitamins & Minerals [drop area over underneath the description/photograph of mixed salad] [Text in Drop area] Drag & Drop Here [Descriptive text with rectangular example] • [Healthy Fats example] = Nutrients in this will provide feelings of fullness. • [Complex Carbohydrates example] = Nutrients in this will		The drop targets are rectangularly shaped and located beneath the appropriate nutrient group example. • Healthy Fats [drop area underneath the avocado toast] • Complex Carbohydrates [drop area underneath the smoothie] • Lean Proteins [drop area underneath the tuna salad] • Vitamins & Minerals [drop area underneath the mixed salad] Allow 2 attempts in the form settings. Arrange the dropped items in a “Snap to Center” or “Stack” format so that they are all visible to the learner once they are dropped Allow only 1 drop item per target. Return drop item to start point if dropped outside of any target. Each drag item should have a correct and incorrect state. The correct state will look the same as the normal state. The incorrect state should be red. Delay the items states until the interaction is submitted. When the learner clicks Submit, it will show either the correct or try again feedback layer on the first
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	provide a steady release of energy. • [Lean Proteins example] = Nutrients in this will help with muscle repair and growth. • [Vitamins & Minerals example] = Nutrients in this will help maintain optimal health.		attempt. The dropped items do not reset for the second attempt. The learner will drag the items from where they were dropped. After the second attempt, the learner will see either the correct or incorrect layer.
Notes:			

Slide: 2.3a/ [Correct layer]			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Background with standard title bar, base and solid colored background. Thomas' avatar is arranged on the slide layer in the same manner he was arranged on the base layer except he now appears happy. The four rectangles are shown between them, as before, and the drag items are now arranged in the correct drop areas. Narrator caption is set next to Thomas and the Continue button is within the slide text.	[Slide Title] Correct [Narrator caption] Great job! You've got the right idea. [Button] Continue	Narration: Great job! You've demonstrated a solid understanding of the benefits of the essential nutrient groups. Eating these types of foods will help ensure Thomas has sustained energy throughout his day. Click "Continue" to learn about more foods to avoid or include in a healthy diet.	Delete the built-in buttons and textboxes on the feedback layer and hide the remaining objects by using a white rectangle to cover objects on the slide. The avatars and captions will sit on top, so the correct and incorrect layers appear customized. Custom "Continue" button automatically transitions to slide 5.1 (Meal Prepping) is set in the narrator's caption. Continue button will fade in timed with the VO reference.

Notes:

Slide: 2.3b /[Incorrect layer]			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Background with standard title bar, base and solid colored background. Thomas' avatar is arranged on the slide layer in the same manner he was arranged on the base layer except he now appears to be concerned. The four rectangles (with descriptive text & photograph) are shown next to Thomas, as before, and the drag items are now arranged in the correct drop areas. Slide caption is above the rectangles and the Review & Continue buttons are within the slide text.	[Slide Title] Incorrect [Narrator's caption] It looks like you could use a little more practice. [Button] Review Continue	Narrator: You're on the right track! Remember, tuna salad is a great protein source, mixed salads are packed with vitamins and minerals, and avocados provide healthy fats. Smoothies with fruit are a good source of carbohydrates. Click "Review" to revisit the essential nutrients, or click "Continue" if you're ready to move on.	Delete the built-in buttons and textboxes on the feedback layer and hide the remaining objects by using a white rectangle to cover objects on the slide. The avatar and caption will sit on top, so the correct and incorrect layers appear customized. Custom "Review" button automatically transitions to slide 2.1 (Essential Nutrients). It is set inside the caption. Custom "Continue" button will transition learner to slide 3.1. It is set inside the caption
Notes:			

Slide: 2.3c /[Try Again layer]			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Background with standard title	[Slide Title]	Narrator: Good try. Remember,	Delete the built-in buttons and

bar, base and solid colored background. Thomas is arranged on the slide layer in the same manner he was arranged on the base layer except for pose. Thomas now appears to be thinking. The four photographs are shown next to Thomas as before, but the drag items and descriptive text are not shown. Narrator's caption is set next to Thomas and the "Try Again" button within the slide text.	Try Again [Narrator caption] Not quite right! [Button] Try Again	• complex carbohydrates provide sustained energy • lean proteins are great for muscle repair and growth • healthy fats can promote satiety • vitamins and minerals help numerous bodily functions Click "Try Again" to give it another shot.	textboxes on the feedback layer and hide the remaining objects by using a white rectangle to cover objects on the slide. The avatar and caption will sit on top, so the correct and incorrect layers appear customized. Custom "Try Again" button automatically transitions to redo the question and is set centered in the slide with other text.
Notes:			

Slide: 3.1 / Menu Title: Eating Smart			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Background with standard title bar, base and solid colored background. Thomas is large on the screen similarly to how he was for the drag and drop 2.3. He is on the right side of the slide facing left with a thinking expression. There is a large solid colored	[Slide Title] Eating Smart [Directions] Click each tab to learn more. [Subtitle] The Ultimate Guide to Healthy Choices [Tabs titles] Must-Haves	Narrator: Now that you've got a solid understanding of the four essential nutrient groups, let's dive into the nitty-gritty! We're going to talk about specific foods to include and avoid for a healthier diet.	Click and reveal interaction. Tabs have 3 states: normal, hover and visited. The tabs will have visited states so when the learner returns to this base, it is clear which they've already viewed. Direction text will fade in timed with the VO reference. Video on continuous loop located on base cover of tab interaction. Learners are restricted from

rectangle centered on the slide; it has 3 tabs along the left edge. Centered within is a relevant video.	Must-Avoids Summary		clicking on the answer choices until the VO completes on timeline. The learner can click on each tab and it will reveal a matching layer. Next button is hidden until all tabs have been visited and the learner has returned to the slide base. At this point, Next button will then advance the learner to slide 4.1
Notes:			

Slide: 3.1a / Menu Title:			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Background with standard title bar, base and solid colored background. Thomas is similar to base layer but pose is a different thinking pose. Same sized solid colored rectangle centered in the same location on the slide as from the base layer. Tabs are present but restricted from clicking. Only way to progress is checkbox as noted in	[Slide Title] Foods to Avoid [Directions] Click the box to return. [Subtitles with information] • Sugary drinks may cause weight gain and energy crashes. • Excessive caffeine can lead to headaches, anxiety and fatigue.	Narrator: Try to say no to these types of food choices: Sugary drinks: Soda, sports drinks, and sweetened tea can pack on pounds and leave you feeling tired. Too much caffeine: Coffee and energy drinks can cause headaches, anxiety, and trouble sleeping if you have too much. Junk food: Candy, chips, and fast food are often loaded with unhealthy stuff. Try to avoid these temptations. Let's make healthy choices	This layer corresponds with the "Must- Avoid" tab/button. Each subtitle and related text has fly in from bottom animation. Tabs have 3 states: normal, hover and visited. Slide subtitle text timed to VO audio reference. Each subtitle has a unique photographic image related to content; this image has fly in from bottom animation that is set to occur directly after text flies in. There will be a checkbox on the

directions.	• Junk food are often high in unhealthy fats, sugar, and sodium.	instead!	screen set in the upper right corner. Checkbox has 2 states: normal and selected (custom) When the learner clicks in the blank checkbox it will show a checkmark. A trigger will bring the learner to the base layer. A separate trigger will also stop the audio on the layer. Next button is hidden at the state of the layer's timeline.
Notes:			

Slide: 3.1b / Menu Title:			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
This layer has the same layout as the previous layer.	[Slide Title] Recommended Foods [Directions] Click the box to return. [Subtitles with information] • Dairy and dairy alternatives provide calcium and protein. • Fruits and vegetables are packed with vitamins, mineral and fiber.	Narrator: Let's use those essential groups to help pick healthy snacks and meals. Here are some quick tips: Dairy and dairy alternatives: Milk, yogurt, cheese, or plant-based options like almond milk or soy yogurt. Fruits and veggies: These are super nutritious and easy to grab! Try berries, apples, bananas, carrots, and cucumbers. Healthy fats: Don't forget about	[Same animation/interactions as 3.1a (duplication slide and change content)] This layer corresponds with the "Must-Haves" tab/button. Next button is hidden at the state of the layer's timeline.

	• Healthy fats provide essential nutrients and support brain health.	healthy fats like guacamole, nuts, and seeds. They're good for your brain.	
Notes:			

Slide: 3.1c / Menu Title:			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
This layer has the same layout as the previous layer.	[Slide Title] Balance & Variety [Directions] Click the box to return. [Subtitle with information] Summary • limit sugary drinks, excessive caffeine, and junk food • chose foods from all four essential nutrient groups • everything in moderation	Narrator: Remember, a balanced diet is key! While it's important to limit sugary drinks, excessive caffeine, and junk food, it's equally important to focus on incorporating a variety of healthy foods into your diet. By choosing foods from all four essential nutrient groups – carbohydrates, proteins, healthy fats, and vitamins and minerals – you'll be providing your body with the nutrients it needs to thrive. So, let's aim for balance and variety! Moderate your intake of sugary drinks, caffeine, and junk food, and fill your plate with nutritious options. Remember, everything in moderation is key. Enjoy a variety of foods to keep your diet interesting and satisfying. Your body will thank you!	[Same animation/interactions as 3.1a (duplication slide and change content)] This layer corresponds with the "Summary" tab/button. Next button is hidden at the state of the layer's timeline.
Notes:			

Slide: 4.1 / Menu Title: Healthy Habits			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Background with standard title bar, base and solid colored background. Zoey avatar is larger sized like in the previous slides and situated at the bottom right of the slide so that only the top $\frac{3}{4}$ of her body shows on the screen. Zoey is facing forward, talking and gesturing to the learner. Direction slide text appears to the right of the slide title in the heading. There are two rectangles set side-by-side that take up the majority of the space between Zoey and the left slide edge. Each rectangle is labeled with a relevant photographic image below the title set at the top of the rectangle.	[Slide Title] Healthy Habits [Directions] Click each photo to learn more. [Rectangle Labels] HYDRATION MINDFUL EATING [Zoey captions] Ready to take action? Let's focus on some easy habits that can make a big difference.	Zoey: Ready to take action? Now that you know some foods to include and avoid in your diet, let's focus on some easy habits that can make a big difference. Click on the photos to learn more about each simple healthy habit.	Caption shapes and directions will fade in timed with their reference in the audio. This is the home slide for a branching scenario to two slides, one for each rectangle shown on the slide. The rectangles will act as custom buttons. When the learner clicks each one, they will jump to the corresponding slide. Custom buttons (HYDRATION and MINDFUL EATING) have fly in animation; enter screen from bottom left. Mindful Eating Button - Jump to 4.2 Hydration Button - Jump to 4.3 Custom buttons for Hydration & Mindful Eating; disabled until VO audio completed. Learners are restricted from clicking on the two buttons until the VO completes on timeline. Once the buttons are released, the learner will be able to click on them in either order. The buttons will have visited states so when the learner returns to this home slide, it is clear which they've already viewed.

			The Next button in the player will be hidden from the learner until both rectangles are selected and therefore all branching slides are visited. The learner will be returned to this home slide after visiting each slide linked to each of the rectangles. Once the learner views both slides that branch from this one, the learner will be taken to the layer 4.1a.
Notes:			

Slide: 4.1a / Menu Title: Healthy Habits			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Background same as the base. The two rectangles appear to be in their visited state. Zoey avatar has changed poses and is speaking to the learner.	[Slide Title] Healthy Habits [Directions] Click each photo to learn more. [Heading Labels] HYDRATION MINDFUL EATING [Zoey caption] Click the Next button to continue.		Learner is automatically taken to this layer when custom buttons on the base layer have both been viewed. Custom buttons (HYDRATION and MINDFUL EATING) copied from the base layer - colored to look like they are in the visited state Learners may revisit the branching slides by clicking on the custom buttons: Mindful Eating Button - Jump to 4.2 Hydration Button - Jump to 4.3

			The Next button will jump to slide 4.4.
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Slide: 4.2 / Menu Title: Mindful Eating			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Background with standard title bar, base and solid colored background. Thomas is larger sized like previous slides; located on the right edge of the screen facing middle & Zoey. He is smiling and listening. Zoey is larger sized like previous slides; located on the left edge of the screen. Zoey's starting pose is facing learning talking. Her pose changes to facing left when the VO states the directions. Her captions are located to her left and are consistently sized. A relevant video is centered between Zoey and Thomas; this video covers a transparent rectangle that will contain the text for each tab.	[Slide Title] Mindful Eating [Directions] <i>Move the slider back & forth to learn about mindful eating.</i> [Slider spot headings] DEFINITION ADVICE STRATEGY AMOUNT [Zoey captions] Now let's think about focusing on our food! Slide the bar to learn more about this healthy habit. [Zoey switches to "speaking" facing left pose]	Zoey: :Now let's think about focusing on our food! Mindful eating is all about paying attention to what you're eating and how your body feels. Slide the bar to learn more about this healthy habit. Check the box when you're done.	This is a slider interaction. Caption shapes and directions will fade in timed with their reference in the audio. Slider and slider spots have animation to fly in from the bottom behind the video when VO says, "Slide the bar to learn more..." Video playing on tab area with fade in and out animation; fades out when VO audio is complete. A transparent rectangle is centered between avatars which has the same dimensions as the video. This rectangle has 5 states: Normal, Definition, Advice, Strategy, Amount. Each state has text and a relevant photographic image; the background of the state is the same solid color of the

	Check the box when you're done. The checkbox will appear when you have seen all of the information. [Slider spot text] DEFINITION Mindful eating is a way of eating that involves paying attention to your body's hunger and fullness cues, savoring your food, and eating without distractions. ADVICE Take active breaks. Instead of reaching for snacks, use breaks for physical activity or household chores. STRATEGY Recognize hunger signs. Understand how hunger affects your alertness and productivity. Eating regularly can prevent mood swings and energy crashes. AMOUNT Control portions by pre-packaging meals and snacks to avoid overeating and make healthier choices.		corresponding slider spot heading. Slide spots headings correspond to the different states of the transparent rectangle. Eg: slide spot title DEFINITION has a corresponding rectangular state titled Definition Learners are restricted from moving the slider to different slider spots until the VO completes on timeline. When open, slider spots can be clicked in any order. There will be a checkbox on the screen set in the upper right corner. Checkbox will follow an inward motion path once all 4 of the slider spots have been viewed. Checkbox has 2 states: normal and selected (custom) When the learner clicks in the blank checkbox it will show a checkmark. A trigger will bring the learner to 4.1 (scenario home slide). Next button is hidden at the state of the slide's timeline.
Notes:			

Slide: 4.3 / Menu Title: Hydration			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
This layer has the same layout as the previous layer.	[Slide Title] Hydration [Directions] <i>Move the slider back & forth to learn about hydration.</i> [Slider spot headings] DEFINITION ADVICE STRATEGY AMOUNT [Zoey captions] Stay hydrated! Drinking enough water is a must when you're working from home. Slide the bar to learn more about hydration. [Zoey switches to “speaking” facing left pose] Check the box when you're done. The checkbox will appear when you have seen all of the information.	Zoey: Stay hydrated! Drinking enough water is a must when you're working from home. Slide the bar to learn more about hydration. Check the box when you're done.	[Same animation/interactions as 4.2 (duplication slide and change content)]

	[Slider spot text] DEFINITION Hydration is like giving your body a refreshing drink of water! It's important to stay hydrated throughout the day, especially when you're busy working. ADVICE Drink plenty of water throughout the day to maintain energy levels and focus. Dehydration can lead to headaches and fatigue. STRATEGY Set up a hydration station. Just as you'd fill up a water bottle at your office desk, keep water readily available at your home workstation. AMOUNT Aim for 8 cups daily. A general guideline is to consume approximately 8 cups (64 ounces) of water per day to stay adequately hydrated.		
Notes:			

Slide: 4.4 / Menu Title: Knowledge Check			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:

Background with standard title bar, base and solid colored background. Thomas is larger sized like previous slides; located on the right edge of the screen facing middle/Zoey. He is smiling and listening. Zoey is larger sized like previous slides; located on the left edge of the screen. Zoey's starting pose is facing the learner and she appears to be thinking. The avatars are set far apart to allow room for 2 large rectangles (the same except for their labels) to be arranged in a row between them. From left to right, the rectangles are labeled: "Healthy Choices" and "Unhealthy Choices". The rectangles will be the drop targets for a free form drag-and-drop KC). The drag items will be stacked in between the two rectangles. Healthy drag items have text & a photographic image: a smoothie with fruit, yogurt with granola and handful of nuts	[Slide Title] Knowledge Check [Directions] Drag each snack type into the correct category: healthy or unhealthy choices. Click the submit button when you are finished. {Headings on drop zones} Healthy Choices [correct drag items are: a smoothie with fruit, yogurt with granola and handful of nuts] Unhealthy Choices [correct drag items are: jelly-filled donut, ham & cheese bagel, cold pizza] [Healthy drag items text]: a smoothie with fruit yogurt with granola handful of nuts [Unhealthy drag items text] jelly-filled donut ham & cheese bagel cold pizza	Narrator: Help Thomas choose healthy snacks for his workday. Drag each snack type into the correct category: healthy or unhealthy choices. Click the submit button when you are finished.	This slide is a freeform drag-and-drop KC interaction. Direction text will fade in timed with the VO reference. Learners are restricted from clicking on the answer choices until the VO completes on timeline with directions. There will be 6 examples of healthy and unhealthy food choices (3 of each) as drag items that the learner will need to sort between the two drop targets. They will be set in rectangles of one of the palette colors. The drag items should be arranged in a scrambled order so they are not already sorted. They should be revealed one at a time with a fading in entrance animation. Allow 2 attempts in the form settings. Arrange the dropped items in a "Free" format so that they are all visible to the learner once they are dropped. Each drag item should have a correct and incorrect state. The correct state will look the same as the normal state. The incorrect
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Unhealthy drag items have text & a photographic image: jelly-filled donut, ham & cheese bagel, cold pizza			state should be red. Delay the items states until the interaction is submitted. Healthy drag items are the smoothie with fruit, yogurt with granola and handful of nuts Unhealthy drag items are the jelly-filled donut, ham & cheese bagel, cold pizza When the learner clicks Submit, it will show either the correct or try again feedback layer on the first attempt. The dropped items do not reset for the second attempt. The learner will drag the items from where they were dropped. After the second attempt, the learner will see either the correct or incorrect layer.
Notes:			

Slide: 4.4a/ [Correct layer]			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Background with standard title bar, base and solid colored background.	[Slide Title] Correct	Zoey: Great job! If Thomas chooses healthier snacks he will have a steady stream of energy	Delete the built-in buttons and textboxes on the feedback layer and hide the remaining objects

Thomas and Zoey avatars are arranged on the slide layer in the same manner they were arranged on the base layer except both are now happy. The two rectangles are shown between them, as before, and the drag items are now arranged in the correct drop areas. Zoey's caption is set next to her and the Continue button with the slide text.	[Zoey caption] Great job! You've demonstrated a strong understanding of healthy eating. [Button] Continue	that lasts all day. Unlike sugary snacks, they won't leave him feeling crashy later. Click Continue to learn about meal prepping, a helpful habit that can make it easier to stick to healthy choices throughout your day.	by using a white rectangle to cover objects on the slide. The avatars and captions will sit on top, so the correct and incorrect layers appear customized. Custom "Continue" button automatically transitions to slide 5.1 (Meal Prepping) is set in Zoey's caption. Continue button will fade in timed with the VO reference.
Notes:			

Slide: 4.4b /[Incorrect layer]			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Background with standard title bar, base and solid colored background. Thomas and Zoey avatars are arranged on the slide layer in the same manner they were arranged on the base layer except both are now concerned. The two rectangles are shown between them, as before, and the drag items are now arranged in the correct drop areas.	[Slide Title] Incorrect [Zoey caption] It looks like you could use a little more practice. [Button] Review	Zoey: Not Quite Right. Remember, the goal is to choose options that provide sustained energy and keep you feeling full throughout the day.	Delete the built-in buttons and textboxes on the feedback layer and hide the remaining objects by using a white rectangle to cover objects on the slide. The avatars and captions will sit on top, so the correct and incorrect layers appear customized. Custom "Review" button automatically transitions to slide 4.4 (Review) is set in Zoey's caption. Review button will fade in timed with the VO reference.

Zoey's caption is set next to her and the Continue button with the slide text.			
Notes:			

Slide: 4.4c /[Try Again layer]			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Background with standard title bar, base and solid colored background. Thomas and Zoey avatars are arranged on the slide layer in the same manner they were arranged on the base layer except for poses. Thomas is now thinking while Zoey is speaking with a concerned face. The two rectangles are shown between them, as before, but the drag items are not shown. Zoey's caption is set next to her and the Continue button with the slide text.	[Slide Title] Try Again [Zoey caption] Not quite right! [Button] Try Again	Zoey: It looks like you could use a little more practice. The correct answers are shown in green. Click the Review button to see more examples of healthy and unhealthy snacks.	Delete the built-in buttons and textboxes on the feedback layer and hide the remaining objects by using a white rectangle to cover objects on the slide. The avatar and captions will sit on top, so the correct and incorrect layers appear customized. Custom "Try Again" button automatically transitions to redo the question and is set in Zoey's caption. Try Again button will fade in timed with the VO reference.
Notes:			

Slide: 4.5 / Menu Title: Review [Interactive layer]	LO:
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Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Background with standard title bar, base and solid colored background. Thoms and Zoey avatars are large on the screen similarly to the drag-and-drop interaction, with Thomas on the left and Jodie on the right side of the slide. Thomas is listening while Zoey is explaining. They are facing each other. Set between them are 4 rectangles arranged in a square. Each rectangle has a label: “food to Choose”, “Foods to Avoid”, “Hydration” and “Mindful Eating”. Each rectangle has a relevant photographic image as the background.	[Slide Title] Review [Directions] <i>Click</i> each photograph to review the topic. <i>Check</i> the box in the corner when you are finished. [Label for each review rectangle] Food to Choose Food to Avoid Hydration Mindful Eating [Label for each review rectangle: in Selected state] <u>Foods to Include</u> • Dairy or dairy alternatives • Fruits and vegetables • Healthy fats <u>Foods to Avoid</u> • Sugary drinks • Excessive caffeine • Junk food full of sugar <u>Hydration Facts</u> • Drink plenty of water	Narrator : Click on each photograph to gain a clearer understanding of the topics we've covered. Check the box when you are finished. Intro layer. Zoey : Let's review what we've covered so far. You'll have it mastered in no time Info layer. Thomas : Okay, I think I've got a better understanding of it now. Thanks for the review Zoey. Zoey : Great, Let's shift our focus to a practical strategy that can make a big difference: meal prepping. It's a game-changer when it comes to making healthy choices while working remotely.	Show layer 4.5a when the timeline starts on this layer. This slide has a click to reveal interaction. Directions text will fade in timed with the VO reference. The learner can click on each rectangle, and it will reveal the bulleted list of examples relating to that category. Next button is hidden from the start of the timeline. There will be a checkbox on the screen. When the learner clicks in the blank checkbox, it will show a checkmark. A set trigger will bring the learner to layer 4.5b. Each interactive review rectangle has 3 states: normal, hover and selected.

	• Aim for 8 cups of water a day • Keep water readily available <u>Mindful Eating Facts</u> • Take active breaks • Recognize signs of hunger • Portion control		
Notes:			

Slide: 4.5a / Menu Title: Review [introduction layer]			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Background with standard title bar, base and solid colored background. Both Thomas and Zoey avatars show through from the base layer. They are not placed on this layer. The rectangles from the base layer are hidden. [These assets are on the layer]: Zoey will have a caption shape next to her.	[Slide Title] Review [Zoey captions] Let's review what we've covered so far. You'll have it mastered in no time!	Zoey: Let's review what we've covered so far. You'll have it mastered in no time.	The caption text will be displayed on the layer timed with the VO audio. Next button is hidden from the start of timeline. Set a trigger to automatically hide this layer at end of timeline when VO audio ends. Trigger should take the learner to the interactive base layer (4.5)
Notes:			

Slide: 4.5b / Menu Title: Review [information layer]	LO:
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Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Background with standard title bar, base and solid colored background. [Assets showing from the base layer] Both avatars are in the same location. The assets are on the base layer of the slide and showing through on this layer, as with layer 4.5a. [Assets NOT showing from the base layer] The 4 centrally arranged rectangles from the base layer are hidden. The checked box from the base layer is hidden. [Assets placed on this layer only] Caption shapes for each avatar. Same size and shape. Each review rectangle has the text from the selected state of the review rectangle on the base.	[Slide title] Review [Thomas captions] Okay, I think I've got a better understanding of it now. Thanks for the review Zoey. [Zoey captions] Great! Let's shift our focus to a practical strategy that can make a big difference: meal prepping! It's a game-changer when it comes to making healthy choices while working remotely. [Label for each review rectangle] <u>Foods to Include</u> • Dairy or dairy alternatives • Fruits and vegetables • Healthy fats <u>Foods to Avoid</u> • Sugary drinks • Excessive caffeine • Junk food full of sugar	Thomas: Okay, I think I've got a better understanding of it now. Thanks for the review Zoey. Zoey: Great! Let's shift our focus to a practical strategy that can make a big difference: meal prepping! It's a game-changer when it comes to making healthy choices while working remotely.	Next button is hidden at the start of the timeline. The captions (including directions) will fade in timed with the VOI references. The Next button will be displayed when the timeline ends on this layer. Next button takes the learner to slide 5.1

	<u>Hydration Facts</u> • Drink plenty of water • Aim for 8 cups of water a day • Keep water readily available <u>Mindful Eating Facts</u> • Take active breaks • Recognize signs of hunger • Portion control		
Notes:			

Slide: 5.1 / Menu Title: Meal Prepping			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Background with standard title bar and base. Left 1/3 is solid colored while right 2/3 has home office background image Thomas and Zoey are positioned in similar locations as on slide 1.6. They are facing each other. Thomas turns to face to the right when Zoey says, "Click on each tab to learn more."	[Slide Title] Meal Prepping [Label for each tab] Start Simple Essential Tools Be Flexible Save Money Mix It Up Control Urges [Zoey captions] Great job with all of the material so far. Let's move on to a final powerful tool for healthy eating:	Zoey: Great job with all of the material so far. Let's move on to a final powerful tool for healthy eating: meal prepping. It's an effective strategy that can make a big difference in your remote work journey. Thomas: Meal prepping? I've heard that before. What exactly is it? Zoey: Meal prepping is like having your own personal chef, but without the fancy stuff.	Tab interaction with 6 tabs Caption shapes will fade in timed with their reference in the audio. Learners are restricted from clicking on the answer choices until the VO completes with instructions on timeline. When released, the tabs can be clicked in any order. Six (6) tabs each have 3 states: normal, hover and visited; each tab has a trigger to go to an assigned layer

Thomas has 4 poses: • listening, questioning, speaking and reading Thomas starts slide in listening pose facing right (towards Zoey) Zoey has 1 pose: speaking. Caption bubbles track their conversation on screen. As Thomas and Zoey converse, the caption shape will remain between them.	MEAL PREPPING! [Thomas switches to “a questioning” pose] [Thomas captions] Meal prepping? I've heard that before. What exactly is it? [Zoey captions] Meal prepping is like having your own personal chef, but without the fancy stuff. It's all about preparing food ahead of time and grabbing it when you're hungry. It's a great way to eat healthier! [Thomas switches to “speaking” pose] [Thomas captions] That sounds interesting. How can I get started with meal prepping? [Thomas switches to “reading” pose facing left] [Zoey captions] It's easier than you might think! Click on each tab to learn more.	It's all about preparing food ahead of time and grabbing it when you're hungry. It's a great way to eat healthier. Thomas: That sounds interesting. How can I get started with meal prepping? Zoey: It's easier than you might think! Click on each tab on the left to learn more about meal prepping.	Next button is hidden at the start of the timeline. Next button will be accessible once all of the layers have been visited. Learner does not need to return to the base layer. Next button advances the learner to slide 5.2.
Notes:			

Slide: 5.1a / Menu Title:			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
New layout- The title bar is enlarged to encompass the entire slide area. A layered effect with rectangular shapes, each slightly smaller and positioned on top of the previous one, using colors from the palette.  A relevant photographic image is centered on the left half of the slide. The subtitle and bullet points are centered on the right side of the slide. Thomas is enlarged (similar to slide 4.5) and positioned in the lower right corner. He appears to be listening while smiling.	[Subtitle] Start Simple • Don't overwhelm yourself at first. Begin by meal prepping just 1 or 2 meals a week. • Pick recipes with few ingredients and easy steps to make it less stressful.	Narrator: Start Simple, don't overwhelm yourself at first. Begin by meal prepping just 1 or 2 meals a week and slowly increase as you get comfortable. Pick recipes with few ingredients and easy steps	This layer corresponds with the "Start Simple" tab/button. Next button is hidden at the start of the timeline. Thomas, Subtitle and photograph all fade in at the start of the timeline. An interactive checkbox smoothly moves into the upper right corner at the end of the audio, following a predefined motion path. Interactive checkbox has a trigger to return to base. If the tab is the final to be visited of the 6 from the base, the next button will appear so the learner does not have to return to the base.
Notes:			

Slide: 5.1 b / Menu Title:	LO:
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Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
This layer has the same layout as the previous layer (5.1a).	[Subtitle] Essential Tools Meal Planning Sheet • These can be created or found online to help you organize your meals. Containers • Use a variety of containers to store your prepped meals and snacks.	Narrator: The first essential tool is a meal planning sheet. They can be created or found online to help you organize your meals for the week. The other essential tool is containers. You will use a variety of containers to store your prepped meals and snacks.	Same animation/interactions as other layer (5.1a) This layer corresponds with the “Essential Tools” tab/button.
Notes:			

Slide: 5.1c / Menu Title:			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
This layer has the same layout as the previous layers (5.1a and 5.1b).	[Subtitle] Be Flexible • Meal prepping doesn't have to be rigid. Be prepared to adjust your plans as needed.	Narrator: When meal prepping, try to be flexible.. Meal prepping doesn't have to be rigid. Be prepared to adjust your plans as needed. Remember, the goal is to make healthy eating easier, not harder.	Same animation/interactions as other layers (5.1a and 5.1b) This layer corresponds with the “Be Flexible” tab/button.
Notes:			

Slide: 5.1d / Menu Title:			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
This layer has the same layout as the previous layers (5.1a, 5.1b and	[Subtitle] Save Time & Money	Narrator: Meal prep for a healthier wallet: Preparing meals	Same animation/interactions as other layers (5.1a, 5.1b and 5.1c)

5.1c).	Preparing meals ahead of time helps avoid unhealthy temptations along with saving some money.	ahead of time helps avoid unhealthy temptations along with saving some money.	This layer corresponds with the "Save Time & Money" tab/button.
Notes:			

Slide: 5.1e / Menu Title:			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
This layer has the same layout as the previous layers (5.1a, 5.1b, 5.1c and 5.1d).	[Subtitle] Increased Food Variety - Better chance to incorporate variety. - Eating a variety of foods can make your meals more interesting and enjoyable, making it easier to stick with healthy habits.	Narrator: Meal prepping helps you mix things up! By planning and preparing your meals ahead of time, you're more likely to include a variety of healthy foods. This can make your meals more exciting and satisfying, making it easier to stick to your healthy eating goals.	Same animation/interactions as other layers (5.1a, 5.1b, 5.1c and 5.1d) This layer corresponds with the "Increased Food Variety" tab/button.
Notes:			

Slide: 5.1f / Menu Title:			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
This layer has the same layout as the previous layers (5.1a, 5.1b, 5.1c, 5.1d and 5.1e)	[Subtitle] Reduce Impulse Eating Having healthy food readily available can prevent you from reaching for unhealthy snacks when you're feeling hungry or stressed.	Narrator: Meal prepping can help reduce impulse eating. Having healthy food readily available can prevent you from reaching for unhealthy snacks when you're feeling hungry or stressed.	Same animation/interactions as other layers (5.1a, 5.1b, 5.1c, 5.1d and 5.1e) This layer corresponds with the "Reduce Impulse Eating" tab/button.
Notes:			

Slide: 5.2 / Menu Title: Scheduling			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
The slide has a top and bottom border and title bar. Background image: photographic image of a desk with an empty paper on a clipboard. Solid rectangle is centered on the left of the slide beneath the title bar. Color is from the color palette.	[Slide Title] Scheduling [Informational text] Follow these healthy hints centered around scheduling your day to significantly improve your productivity, well-being and overall satisfaction as a remote worker. [Scheduling hints] • Avoid the mistake of skipping meals or working through breaks. • Take regular breaks away from your computer. • Stick to your scheduled break times to help regulate hunger and prevent overeating. • Set a quitting time! Use an alarm as a reminder if needed. • Engage in physical activity or social interactions during breaks.	Narrator: Follow these healthy hints centered around scheduling your day to significantly improve your productivity, well-being and overall satisfaction as a remote worker. Avoid the mistake of skipping meals or working through breaks. Take regular breaks away from your computer. Stick to your scheduled break times to help regulate hunger and prevent overeating. Set a quitting time! Use an alarm as a reminder if needed. Engage in physical activity or social interactions during breaks. Click the next button when you are ready to go on.	Rectangular text box will fade in on the left at the start of the timeline. The text for each hint has animation to fade in timed to reference on VO audio. Next button is hidden at the start of timeline; returns to normal at the end of the timeline when the VO completes. Next button takes the learner to slide 6.1
Notes:			

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Slide: 6.1 / Menu Title: Quiz Introduction (all assessment slides should be hidden from menu)			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same background and setting as in slide 1.6. Left side of the slide is a solid colored background while the right side is the home office setting. Custom “Review” and “Start Quiz” buttons are centered beneath the title bar in the solidly colored left side of the slide. Zoey posed so she is facing the learner and appears to be speaking in an excited manner. Her caption shape is towards the center of the slide.	[Slide Title] Quiz Introduction [Zoey captions] Congratulations! You've now learned valuable tips for adopting healthy eating habits while working remotely. To test your knowledge, we've prepared a quiz with 5 questions. You'll need to answer at least 80% of the questions correctly to pass. If you need to review the information, click on the Review button. When you're ready to take the quiz, click the Start Quiz button.	Zoey: Congratulations! You've now learned valuable tips for adopting healthy eating habits while working remotely. To test your knowledge, we've prepared a quiz with 5 questions. You'll need to answer at least 80% of the questions correctly to pass. If you need to review the information, feel free to use the menu on the left or click on the Review button. When you're ready to take the quiz, click the Start Quiz button. Let's see how well you've mastered these healthy eating strategies!	Custom buttons “Start Quiz” and “Review” fade in at the start of the timeline. “Review” button takes the learner to slide 6.2 (Review) “Start Quiz” button takes the learner to slide 6.3 (Question 1) Caption shapes will fade in timed with their reference in the audio. As the VO says each button, the corresponding button is highlighted. This highlight remains until the end of the timeline,
Notes:			

Slide: 6.2 / Menu Title: Review			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Background: Same base and title	[Slide Title]		Click and reveal interaction

heading as previous slides. Remaining background is solid colored. Directions are located next to the slide title in the title heading Thomas avatar is situated larger sized (as on previous slides) in the bottom right corner. He appears to be thinking and reading the text as it appears.	Review [Tab titles] Nutrients Habits Scheduling Meal Prep [Directions] Click each tab to review the topic.		Music is playing on loop for slide duration. Each of the 4 tabs have 2 states: normal and hover; each has a trigger to go to it's individual layer Learners can click the tabs in any order. The tabs do NOT need to all be viewed prior to clicking the "Start the Quiz" button to go on. Next button is hidden from the start of the timeline. Custom button "Start the Quiz" allows the learner to go to slide 6.3 (Question 1).
Notes:			

Slide: 6.2a / Menu Title: Review			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Base layer is showing through the layer to see title, directions, tabs, "Start Quiz button" and avatar. Rectangle with solid coloring the same as the color on the matching tab takes up a significant portion of the slide. The rectangle is sized so all of the tabs are lined up horizontally	[Slide Title] Review [Information below Nutrient tab] To fuel your productivity and well-being as a remote worker, prioritize these essential nutrients: = Complex carbohydrates = Lean proteins = Healthy fats		"Start Quiz" button from base is able to be clicked to proceed to slide 6.3 (Question 1).

along the top edge.	= Vitamins and minerals		
Notes:			

Slide: 6.2b / Menu Title: Review			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Base layer is showing through the layer to see title, directions, tabs, “Start Quiz button” and avatar. Rectangle with solid coloring the same as the color on the matching tab takes up a significant portion of the slide. The rectangle is sized so all of the tabs are lined up horizontally along the top edge.	[Slide Title] Review [Information below Habits tab] • Stay hydrated: Drink plenty of water throughout the day. • Practice mindful eating: Paying attention to hunger and fullness cues to avoid overeating. • Create a schedule: Plan for meals and breaks. • Take active breaks: Ensure you have time away from the computer throughout the day. Try to use this time to be active or social.		“Start Quiz” button from base is able to be clicked to proceed to slide 6.3 (Question 1).
Notes:			

Slide: 6.2c / Menu Title: Review	LO:
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Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Base layer is showing through the layer to see title, directions, tabs, “Start Quiz button” and avatar. Rectangle with solid coloring the same as the color on the matching tab takes up a significant portion of the slide. The rectangle is sized so all of the tabs are lined up horizontally along the top edge.	[Slide Title] Review [Information below Scheduling tab] • Create a schedule: Plan for meals and breaks and stick to them. • Take active breaks: Ensure you have time away from the computer throughout the day. Try to use this time to be active or social. • Avoid skipping meals and breaks: Will help to regulate hunger and prevent overeating. • Bonus tip: Set an alarm to remind yourself to take breaks and stick to a quitting time.		“Start Quiz” button from base is able to be clicked to proceed to slide 6.3 (Question 1).
Notes:			

Slide: 6.2d / Menu Title: Review			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Base layer is showing through the layer to see title, directions, tabs, “Start Quiz button” and avatar.	[Slide Title] Review		“Start Quiz” button from base is able to be clicked to proceed to slide 6.3 (Question 1).

Rectangle with solid coloring the same as the color on the matching tab takes up a significant portion of the slide. The rectangle is sized so all of the tabs are lined up horizontally along the top edge.	[Information below Meal Prep tab] • Meal prepping is the practice of preparing food in advance. • Benefits include: - Save money and increase variety of healthy foods eaten. - Flexibility to adjust meals as needed. - Increase in healthier choices and decrease in impulse eating. • Essential tools: - Containers and meal planning sheets.		
Notes:			

Slide: 6.3 / Menu Title: [hidden from menu]			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
All 5 assessment question slides should have the same layout and formatting. This slide does not have the standard base. The title bar extends the entire width of the slide. Thomas avatar is shown on the	[Slide Title] Quiz Question 1: [Directions] Select the best answer choice and click submit. [Question] You have recently transitioned to working remotely. You're		Score by question with 1 attempt for each quiz question as the learner progresses through the quiz. They will be able to retake the entire quiz at the end if they do not pass. Responses are NOT shuffled to allow for custom review layer to work correctly.

right side of the screen facing the learner thinking, as if to indicate that he is taking the quiz with the learner. The directions appear on the top of the slide to the right of the title. The question text appears larger than the multiple choice answer options, which are displayed below the question and to the left of Thomas avatar.	struggling to stay focused and energized throughout the day, despite drinking plenty of coffee. You've noticed that your energy levels crash in the afternoon, no matter how much caffeine you consume. Which of the following 2 <i>nutrients</i> should you prioritize in your diet to improve your energy levels and overall well-being? [Answer choices] 1. Complex carbohydrates [correct answer] 2. Healthy fats [correct answer] 3. Pre-packaged food 4. Versatile meats		Results slide 6.8 graded quiz slide - Multiple Response format. When learner clicks submit, submit multiple choice and advance to next slide. The learner should not get immediate feedback with correct or incorrect feedback layers. They should answer all of the questions sequentially FIRST in the graded assessment, then receive their score on the Results slide. If learner does not pass, they can come back and review the quiz.
Notes:			

Slide: 6.3a / Menu Title:			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Custom review layer Rectangle using color from palette shows to toe the right of the answer choices. Base layer showing assessment question	[Slide Title] Quiz Question 1: Review [Feedback] Complex carbohydrates & healthy fats are 2 essential nutrient		Custom icons used to indicate correct and incorrect choices; correct response icon is checkmark; incorrect response icon is red x icon. These custom icons cover the smaller built in

and answer choices is visible with the correct answers indicated. Thomas avatar is hidden from the base layer so not visible on this layer.	groups. Remember, balanced, nutritious food will impact your mood and energy levels.		correct and incorrect smaller markers. Learner can click Next to advance through the review feedback.
Notes:			

Slide: 6.4 / Menu Title: [hidden from menu]			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same visual layout for slides 6.3, 6.4, 6.5, 6.6 and 6.7	[Slide Title] Quiz Question 2: [Question] You're about to start your workday with a Zoom meeting. To fuel up and stay focused, you want to choose a nutritious breakfast. Which of the following options would provide the best nutritious and energizing start to your day? [Answer choices] 1. Bacon & egg croissant 2. Small bag of potato chips 3. Smoothie with fresh fruit [correct choice]		Same directions for slides 6.3, 6.4, 6.5, 6.6 and 6.7 EXCEPT question is Word Bank format .

	4. Slice of pepperoni pizza		
Notes:			

Slide: 6.4 a / Menu Title:			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same visual layout for slides 6.3a, 6.4a, 6.5a, 6.6a and 6.7a	[Slide Title] Quiz Question 2: Review [Feedback] Keep in mind that making healthy breakfast choices will fuel your energy and mood levels for the entire morning. Fruits in a smoothie are a great way to achieve this.		Same directions for slides 6.3a, 6.4a, 6.5a, 6.6a and 6.7a.
Notes:			

Slide: 6.5 / Menu Title: [hidden from menu]			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same visual layout for slides 6.3, 6.4, 6.5, 6.6 and 6.7	[Slide Title] Quiz Question 3: [Question] Since transitioning to working at home, you've begun feeling sluggish and having trouble concentrating, even though		Same settings for slides 6.3, 6.4, 6.5, 6.6 and 6.7 EXCEPT question is Multiple Choice format .

	you're drinking plenty of coffee. As a remote worker, you know it's important to stay hydrated to maintain your energy and focus. Which of the following should you drink to stay hydrated and improve your energy levels while working remotely? [Answer choices] 1. 8 cups of water [correct answer] 2. 6 cups of coffee 3. 3 energy drinks of your choice 4. 5 caffeinated sodas		
Notes:			

Slide: 6.5 a / Menu Title:			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same visual layout for slides 6.3a, 6.4a, 6.5a, 6.6a and 6.7a	[Slide Title] Quiz Question 3: Review [Feedback] While coffee and other caffeinated drinks can be a nice treat, water is essential for hydration. Aim for at least 8 cups a day to keep your energy levels up & your focus sharp.		Same directions for slides 6.3a, 6.4a, 6.5a, 6.6a and 6.7a.

Notes:			

Slide: 6.6 / Menu Title: [hidden from menu]			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same visual layout for slides 6.3, 6.4, 6.5, 6.6 and 6.7	[Slide Title] Quiz Question 4: [Question] While working from home, you find yourself constantly eating snacks throughout the day, even when you're not hungry. You're concerned that this mindless snacking is negatively affecting your energy levels and mood. Which of the following 2 strategies would help you manage your snacking habits? [Answer choices] 1. Reward yourself with a variety of snacks types after completing a task. [correct answer] 2. Use breaks to be active and social, take the dog for a walk or check your social media. 3. Place your workstation near a window for natural light, which can boost your mood and energy levels. 4. Schedule regular meal times and snacks. [correct answer]		Same settings for slides 6.3, 6.4, 6.5, 6.6 and 6.7 with question in Multiple Response format.

Notes:

Slide: 6.6 a / Menu Title:			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same visual layout for slides 6.3a, 6.4a, 6.5a, 6.6a and 6.7a	[Slide Title] Quiz Question 4: Review [Feedback] By scheduling meal times & snacks, you're less likely to make unhealthy choices and graze throughout the day. Taking breaks for physical activity helps you stay energized.		Same directions for slides 6.3a, 6.4a, 6.5a, 6.6a and 6.7a.
Notes:			

Slide: 6.7 / Menu Title: [hidden from menu]			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same visual layout for slides 6.3, 6.4, 6.5, 6.6 and 6.7	[Slide Title] Quiz Question 5: [Question] You're struggling to find healthy meal options when you're working from home. You often end up grabbing unhealthy takeout or convenience foods because you don't have time to cook.		Same settings for slides 6.3, 6.4, 6.5, 6.6 and 6.7 with question in Multiple Response format.

	Which of the following 2 strategies would help you adopt healthier habits while working remotely? [Answer choices] 1. Order take away from your favorite restaurant to save time cooking at home.. 2. Practice mindful eating which is paying full attention to your eating, without distractions. [correct answer] 3. Meal prep your lunches and dinners in advance. [correct answer] 4. Work through lunch to save time and then finish your work earlier.		
Notes:			

Slide: 6.7 a / Menu Title:			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same visual layout for slides 6.3a, 6.4a, 6.5a, 6.6a and 6.7a	[Slide Title] Quiz Question 5: Review [Feedback] Meal prepping can help you ensure you have healthy, nutritious meals on hand, even when you're short on time. This		Same directions for slides 6.3a, 6.4a, 6.5a, 6.6a and 6.7a.

	can help you avoid unhealthy food choices and improve your overall well-being.		
Notes:			

Slide: 6.8 / Menu Title: Results [hidden from menu]			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same background image (home office setting) as in scenarios; image covers entire background of slide. Thomas avatar is set in the center of the slide. He is in a neutral pose facing the learner. Zoey avatar is to the right on the slide. She is in a neutral pose facing the learner. Your Score rectangle is centered under the title bar on the left side of the screen.	[Slide Title] Quiz Results Your Score:XX% Passing Score; 80%	<i>[Narration only on layers]</i>	The Result slide will show the Success layer 6.8a when timeline starts if results are equal to or greater than the passing score. The Result slide will show the Failure layer 6.8b when the timeline starts if results are less than the set passing score. Base layer will be visible (show through) on Success or Failure slide layers. Results variable reference shows the percent score only. Do not show the points variable reference. Built in graded quiz variable reference displays learner score where XX appears on slide.
Notes:			

Slide: 6.8a / Menu Title: Results (hidden from Menu)			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Thomas and Zoey avatars both appear happy. Review Quiz and Continue buttons are located next to each other under the “Your Score” rectangle showing through from the base.	[Slide Title] Quiz Results [Zoey caption] Great job! To look at your quiz results, click Review Quiz. Click Continue to exit the course. [Buttons] Review Quiz Continue	Zoey: Great job! To look at your quiz results, click review quiz. Otherwise, click continue to exit the course.	Review Quiz button; shows correct/incorrect response when reviewing. Continue button; jumps to slide 6.9.
Notes:			

Slide: 6.8b / Menu Title: Results (hidden from Menu)			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Thomas and Zoey avatars both appear disappointed/concerned. Review Quiz and Retry Quiz buttons are located next to each other under the “Your Score” rectangle showing through from the base.	[Slide Title] Quiz Results [Zoey caption] Not quite right. Click Review Quiz to see your results or click Retry Quiz to take it again. [Buttons] Review Quiz	Zoey: Not quite right. Click review quiz to see your results or click retry quiz to take it again.	Review Quiz button; shows correct/incorrect response when reviewing. Retry Quiz button; resets results slide and jumps to slide 6.3

	Retry Quiz		
Notes:			

Slide: 6.9 / Menu Title: Congratulations			LO:
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
This slide has a similar layout to the Learning Objectives slide (1.6). No bottom border. Background image on right half of screen; photographic image of a healthy snack sitting next to a laptop on a desk to indicate success.	[Slide Title] Congratulations! [Narrator] You've learned valuable strategies for creating a healthier and more productive remote work environment. By choosing nutritious snacks and meals, and applying practical healthy eating habits, you're taking a big step towards improving your well-being and overall performance	Narrator: Congratulations on completing this training focused on eating healthy as a remote worker! You've learned valuable strategies for creating a healthier and more productive remote work environment. By choosing nutritious snacks and meals, and applying practical healthy eating habits, you're taking a big step towards improving your well-being and overall performance. Remember, small changes can make a big difference. When you are ready, click the Complete button to end this training.	Wheel animation on title bar at start of timeline. Two narrator text rectangles: Grow animation on each timed with VO audio. When the VO explains the Continue button directions, the corresponding button is highlighted. This highlight remains until the end of the timeline,
Notes:			