

Elevate Studio Design Document

<i>Business Purpose</i>	● Elevate Studio Health & Fitness' focus has mostly been on fitness and current members have been asking owners for an additional focus on healthy eating habits. Owners want to start a personalized nutrition program for their interested members, especially since several members have decided to leave the studio and join a competitor who offered a similar program. ● Goals: To have interested members pay an additional fee for a personal nutrition coach that will initially meet as a group to begin the program and then afterwards meet with their members weekly for 12 weeks via Zoom or in person at the studio to aid them in meeting their personal health and nutritional goals.
<i>Target Audience</i>	The target audience are the already paying studio members who are interested and willing to pay an additional fee for a tailored program to aid in eating healthier and achieving their personal health goals.
<i>Training Time</i>	Approximately 60 minutes as requested by Elevate Studio
<i>Training Recommendation</i>	Recommendation: 1 Virtual Instructor Led Training (VILT) developed in PowerPoint. An instructor will be needed to facilitate the class and to make personal connections to each member. There will be a Zoom link sent to members and a set time to log on for this introductory class so they can participate from any geographical location.
<i>Deliverables</i>	PowerPoint deck, facilitator guide, job aid
<i>Learning Objectives</i>	By the end of the course, the learner will be able to: ● judge portion sizes ● choose healthier foods options based on their preferences ● build daily menu ● track food intake
<i>Training Outline</i>	☐ Introduction ☐ Overview ☐ Getting started with portion sizes ☐ Proteins, vegetables, carbohydrates, and fats ☐ Meal ideas with portion sizes ☐ Tracking food intake ☐ Summary

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<i>Evaluation Plan</i>	Member survey after initial VILT and every 4 weeks including a final survey.
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