March 18:

Fix Website “about” page

Send out email to Subjects providing **first segment** of nutrition and training guide (March 24th – April 11th)

By Friday March 21: Design questionnaire for test subjects

WEEK 1

**Training of subjects begins Monday march 24** (March 24th – April 11th)

Research Health programs

Research Health Tips

March 25-30 Begin writing paper

March 27: Hand out questionnaire 1

Goal: Fugly draft done

WEEK 2

**Friday April 4th: Deadline for First feedback stage**

April 5th: Input information from first feedback stage

Aprill 6th- Design points for training PSA

Goal: 2 pages of notes on nutrition and points that need to be covered in the PSA

WEEK 3

April 6th-9th continue writing paper

April 9th Assign questionnaire 2

April 9th-12th

• Nutrition PSA video filmed edited and uploaded

• Research/training on my own

• Provide test subjects with tips from research, hope for change in results by week four

**April 13 Second feedback stage deadline**

Goal:

WEEK 4

April 13-15

•Analyze feedback from first segment of training schedule

•Work on paper

•Refine training and nutrition program

April 16 Hand out **new** training program and questionnaire

**April 17 Second segment of training begins** (April 17th – May 1st)

April 16-18 Work on research paper. Make serious headway!

WEEK 5/6

April 20-30

**April 26 Third Feedback stage deadline**

• TSA about Training with Cameron and Loren filmed edited and uploaded

•Nearly finalize paper

WEEK 7

• Work on paper

**May 2 Fourth feedback stage**

May 3-6 Analyze feedback and put finishing touches of paper

WEEK 8

May 7-11 Develop presentation for students

May 11-TBA Perfect presentation