Group Members Names:	Abigail Cooper, Steven Dosti, Camille Gallardo-Nunzeri, Closell Salazar
Organization Name:	CSULB: HSC400
Project Name:	Never Skip a Beat
Start Date:	November 2021
End Date:	December 2022
Project Goal:	To reduce the risk of developing heart disease among adults (20-35) living in Long Beach, CA
Project Objective 1:	By December 2022, 30% of the participants will reduce their body fat content by 5%.
Project Objective 1:	By December 2022, recruit and retain at least 5 multi-ethnic, transition age youth (TAY) interns from 16 to 25 years old, and train them in Cardiovascular Disease education and prevention skills.

			Year 1													Month		Year 2																												
Activity	Deliverable	November 2021 (1)	December 2021 (2)	January 2022 (3)	February 2022 (4)	March 2022 (5)	April 2022 (6)	May 2022 (7)	June 2022 (8)	July 2022 (9)	August 2022 (10)	September 2022 (11)	October 2022 (12)	November 2022 (13)	December 2022 (14)																														
Objective #1:																																													
Create Powerpoint about how to track biometric measurements	Providing the participants with tools to track their biometric measurements to track their health	x											x																															
Collect Biometric Measurements	Collecting biometric measurements of height, weight, BMI, and resting heart rate from participants.	x																																										
Pre- and Post test for Nutrition and Recipe Book			x											x																														
Create Presentation about food labels, portion sizes and implementing into a recipe book			x											x																														
Program evaluator will collect and provide pre- and post tests.					x									x																														
Create and Present a Online & in-person seminar					x																																							
Use a tracking sheet to monitor participants' knowledge gain every 8 weeks until program completion						x		x		x		x		x																														
Create and collect pre- and post test at the beginning and end of the workshop																																												
Create nutrition PowerPoint		x																																										
Develop workout routine for participants		x																																										
Pre and post test for nutrition class		x												x																														
Use 8-week tracking sheet to monitor changes in participant's diets			x		x		x		x		x		x																														
Use a tracking sheet to monitor participants' exercise levels every 8 weeks until program completion					x																																							
Create a healthy alternative ingredient recipe book to guide participants' meal plans				x																																								
Pre- and post test comparing participants' knowledge on healthy alternative ingredients.		x												x																														
Objective #2:																																												
Create tracking sheet (e.g. Excel) to track annual recruitment of TAY interns		x	x																																									
Use Learning Management System (LMS) to track annual training on interns		x	x	x																																							
Collect feedback and conduct meeting post tests to track knowledge gains				x		x		x		x		x																															
Make a list of community events TAY interns can attend		x		x																																							
Establish how many TAY interns are recruited and trained			x	x																																							
Refresh TAY interns on their knowledge regarding CVD			x			x				x			x																														
New attendees of the participants that show up to meetings and seminars										x			x																														
Program Director and Coordinator will oversee presentations and assignments that will be given to the participants.			x			x	x																																				
Post participant check ins to check for health behavior changes that can be effected by BF or change in BMI						x			x			x			x																												