



**Shape NC: Healthy Starts in Early Care and Education Professional Development Series**  
**RECOMMENDED PARTICIPANT TIMELINE**

Dates: March 9, 2020 – May 18, 2020

DATE	TIME	ACTIVITY	INSTRUCTION HRS
Mon, March 9	Self-paced/ 1.0 hr online	Introduction to Shape NC Module 1: Obesity Overview Videos	1.0
Fri, March 13		Module 1: Obesity Overview Quiz and Assignment	0.75
Mon, March 16	Self-paced/ 0.75 hr online	Module 2: Breastfeeding and Infant Feeding Videos	0.75
Mon, March 23		Module 2: Breastfeeding and Infant Feeding Quiz and Assignment	0.75
Mon, March 30	Self-paced/ 0.75 hr online	Module 3: Child Nutrition Videos	0.75
Mon, April 6		Module 3: Child Nutrition Quiz and Assignment	0.75
Mon, April 13	Self-paced/ 0.75 hr online	Module 4: Infant and Child Physical Activity Videos	0.75
Fri, April 17		Module 4: Infant and Child Feeding Quiz and Assignment	0.75
Mon, April 20	Self-paced/ 0.75 hr online	Module 5: Outdoor Play and Learning Videos	0.75
Fri, April 24		Module 5: Outdoor Play and Learning Quiz and Assignment	0.75
Mon, April 27	Self-paced/ 0.75 hr online	Module 6: Screen Time Videos	0.75
Mon, May 4		Module 6: Screen Time Quiz and Assignment	0.75
Fri, May 8	Self-paced/ 0.5 hr online	Review and Summary Video	0.5
Mon, May 11	0.25	Post Test and Course Evaluation	0.25
Thurs, May 14		Course concludes/Students must have all Modules completed, along with all 6 Assignments.	
<b>Total Hours</b>			<b>10.0 (1.0 CEU)</b>

