

**1. Project Title:** "Low Carb"

**2. Contact Info of Submitter:**

Sean Fitzroy  
2750 Old St. Augustine Rd.  
Tallahassee, FL 32301  
(904)877-0000  
sf412@fac.aii.edu

**3. Project Goal:** To examine the current fascination with "body hacking" diets among the young, tech-savvy population and explore the associated health risks and benefits.

**4. Length:**

10 minutes

**5. Format:**

Documentary

**6. Acquisition Format:**

Mini-DV

**7. Distribution Format:**

DVD, Web (QuickTime)

**8. Project Description:**

This documentary will follow three computer programmers (ages 18 - 32) as they attempt to follow the Atkins Diet for 2 months. We will track their experiences as they shop for food, go out for meals with friends, and "weigh in". The video will include interviews with a nutritionist, a psychologist, and a body-image counselor, as well as with the participants and their friends.

**9. Funding Availability:** n/a

**10. Additional Resources Required (if any):**

Motion Graphics / Animation (40 hours)  
Boom / lavalier microphone

**11. Talent Availability:**

1 female voiceover artist