

The Omentum Effect
Helping Stage 1/2 Ovarian Cancer Survivors Thrive

TOE Budget, 1 Cohort		
Cohort #1 = Educational	cost per	Educ; 12 participants
<u>Participants:</u>		
Personal Trainer #1/#2, pre-assessments (\$150 each/trainer)	n/a	300
Personal Trainer #1/#2, post-12 weeks assessments (\$150 each)	n/a	300
Personal Trainer #1/#2, one-year assessments (\$150 each/trainer)	n/a	0
Yoga Instructor; weekly class for Educ Cohort (12 classes, total)	n/a	300
Garmin vivosport	170	2,040
kinesiology tape, KT Pro; pre-cut strips; 50 strips, each [donated]	35	0
Yoga mat, Gaiam classic, education group, only	20	240
Yoga block, education group, only	15	180
A. 12 Participants, subtotal		3,180
<u>Supporters: Advisory Panel/Personal Trainers/Liaisons:</u>		
Cancer survivor coach training, all [volunteer]		0
Garmin vivosport, personal trainers (2) and liaison (1)	170	510
B. Supporter Items, subtotal		510
<u>Group</u>		
Litterature Review - The Omentum [contributed]		0
room for weekly meetings [contributed]		0
room for weekly yoga		750
room for assessments, pre-, post-, and one-year assessments/videos		0
C. Group Items, subtotal		750
<u>Academic/Student Support</u>		
IRB approval; with local academic institution (TBD)		0
Analysis, by an Intern (Assessments, Garmin, & meals data) [TBD]		0
D. Academic/Student Support, subtotal		0
<u>Other</u>		
Online recruitment survey - Meg/Advisory Team		0
Online Symptom Assessment Survey - Meg/Advisory Team		0
online meal chart: restaurant, home, etc. - Meg/ Advisory Team		0
Communications/Marketing support		0
Social media advertising		250
Documentary-type, short, videos (between 10 and 25 total)		1,700
Books for small resource library		250
Postcards for recruitment, printing		250
Misc. Expenses		700
E. Other Items, subtotal		3,150
<u>Subtotals:</u>		
A. 12 Participants		3,180
B. Supporter Items		510
C. Group Items		750
D. Academic/Student Support		0
E. Other Items		3,150
Project, Grand TOTAL		7,590