

### Viewing information

View informational fitness videos on multiple social media platforms

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Look up questions about the topic like a regular person

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Find what websites/media outlets spread misinformation and document it

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### Where to find information

Use popular social media sites

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Pick a few informational creators

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View at least 7 videos from each creator

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Find a scholarly site that displays highly researched info

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Use a database to find the scholarly sitse

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### Research

Cross check information using research

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Use trustworthy sites/sources

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Find media outlets that spread correct and researched information and document them

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Check all the sources that are deemed to be useful by creators

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### Organizing Research

Organize findings in notebook or document

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Spreadsheet to categorize information by usefulness

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Use the document to organize honest sources and dishonest sources

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Maybe add a visual aid to help prove a point

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Use graphs and charts from sources to back up claims

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### Common Misconceptions

Find the most common misconceptions and order them by popularity

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Debunk the misconceptions by using facts and common viewpoints

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Use the debunked misconceptions to disprove other health related theories

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