

## Use the following Estimating Factors for Training and Performance Support Tasks

	<b>Factor Value (factor hour/unit) Simple</b>	<b>Factor Value (factor hour/unit) Medium</b>	<b>Factor Value (factor hour/unit) Complex</b>
Detailed Design for 1 hour of Instructor-Led Training (ILT)	15	20	28
Detailed Design for 1 hour of virtual Instructor-Led Training (ILT)	18	25	36
Detailed Design for 1 hour of Computer-Based Training (CBT)	33	48	87
Development for 1 hour of instructor-led training (ILT)	32	48	64
Development for 1 hour of virtual instructor-led training (ILT)	40	56	80
Development for 1 hour of computer-based training (CBT)	56	72	104
Design of Methods & Procedures	4	8	16
Development of Methods & Procedures	16	24	40
Train the Trainer (per 1 hour of training)	5	10	15

	<b>Factor Value (factor hour/unit)</b>
Individual Document Review (SME, External, Internal)	8
Sign-off activities	16
Define training environment	64