FIDELITY MEASURE for the Behaviors for Healthy Lifestyles program PHYSICAL ACTIVTY CLASSES 1-104

<u>SES</u>	SSION 1 (WEEK 1, SES	<u>SION 1)</u>
Name	e of physical activity facilitator:	
Date:	·	Location:
Num	ber of participants present:	_
Resea	arch Assistant completing this fo	m:
Phys	sical Activity Session 1 Over	view (Page 322)
(1)	_ Presented overview focus (Phy	sical Activity Safety).
(2)	_ Explained session structure (to	day, we will begin with a discussion about physical activity; after that, we will start
	our physical activity with a w	arm-up, and then we will work out and cool-down).
(3)	_ Gave an overview of the educa	tional component of today's session (today we will talk about safety).
Work	ksheet 58, Safety Reminders (Page 323)
(4)	_ Transitioned to Worksheet 58,	Safety Reminders and reviewed its contents.
(5)	_ Stated that the worksheet prese	ents safety tips to consider when engaging in physical activity.
(6)	_ Said that sometimes communi	ies might not be safe to be physically active outdoors.
(7)	_ When outdoors, reminded part	cipants to be familiar and aware of their surroundings.
(8)	_ Told participants that they sho	ald be mindful and respectful in all interactions with others so as to prevent any
	difficult situations from escal	ating.
(9)	_ Told participants to make sure	to be easily seen by cars and bikes if going outside when it is dark.
(10)_	Told participants that it is esp	ecially important to listen to their body and drink water before, during, and after
	physical activity.	
Wee	k 1, Session 1 Physical Activ	ity (Page 347)
(11)_	Transitioned to warm-up for	physical activity.
(12)_	Led participants in warm up	or physical activity (10-minute warm up consisting of moving at a slow pace).
(13)_	Led participants in physical a	ctivity (10 minute brisk walk or 10 minutes of electric slide).

(14)___ Led participants in cool down from physical activity (5 minutes total of performing activity at slow pace and then

stretching major muscle groups used during activity).

To determine fidelity score for this Session, count up the number of checks made on the preceding pages and put the number in the blank space:			
-	TOTAL FIDELITY FOR SESSION 1 / _14		
Then divide this number by the total (14) and multiply by demonstrated by facilitators during this lesson.	100 to give a total percent of items correctly		
TOTA	L FIDELITY PERCENTAGE FOR SESSION 1%		
Here is an example:			
If Facilitator A got 31 checks out of 64 total; 61 divided by $.951 \times 100 = 95.1\%$	64 is .951		
Facilitator A showed 95.1% of total tasks for SESSION 1			
Amount of time spent in the session:	Minutes		

SESSION 2 (WEEK 1, SESSION 2)

Nam	ne of physical activity facilitator:		
		Location:	
Num	nber of participants present:		
Rese	earch Assistant completing this form:	:	
Phys	sical Activity Session 2 Overvie	w (Page 324)	
(1)	Presented overview focus (When	to Stop Physical Activity).	
(2)	Explained session structure (today	y, we will continue with a discussion about physica	l activity; after that, we will
	start our physical activity with a	warm-up followed by a work out and cool down).	
(3)	Gave an overview of the educatio activity).	nal component of today's session (today we will ta	lk about when to stop physical
Work	ksheet 59, When to Stop Physica	al Activity (Page 325)	
(4)	Transitioned to Worksheet 59, Wl	hen to Stop Physical Activity and reviewed its cont	ents.
(5)	Explained that this worksheet can	help identify when something is wrong in the body	y which could prevent a
	potentially life-threatening condi	tion from occurring.	
(6)	Reviewed Worksheet 59 tips.		
(7)	Led a discussion on participants'	experiences with symptoms of physical activity [w	hat are some physical
	symptoms (i.e. physical sensation	ns like sweating) you experience or have experienc	ed while engaging in physical
	activity?].		
Wee	ek 1, Session 2 Physical Activity	(Page 347)	
(8)	Transitioned to warm-up for phys	ical activity.	
(9)	Led participants in warm up for p	hysical activity (10-minute warm up consisting of	moving at a slow pace).
(10)_	Led participants in physical activ	vity (10 minute brisk walk or 10 minutes of Jessica	Smith 10,000 Steps DVD).
(11)_	Led participants in cool down from	om physical activity (5 minutes total of performing	activity at slow pace and then
	stretching major muscle groups u	used during activity).	

To determine fidelity score for this Session, count up the number of checks made on the preceding pages and put the number in the blank space:			
TOTAL FIDELITY FOR SESSION 2 / _11			
Then divide this number by the total (11) and multiply by 100 to give a total percent of items correctly lemonstrated by facilitators during this session.			
TOTAL FIDELITY PERCENTAGE FOR SESSION 2%			
Here is an example:			
If Facilitator A got 31 checks out of 64 total; 61 divided by 64 is $.951$ $951 \times 100 = 95.1\%$			
Facilitator A showed 95.1% of total tasks for SESSION 2			
Amount of time spent in the session: Minutes			

SESSION 3 (WEEK 2, SESSION 1)

Name	of physical activity facilitator:
Date:	Location:
Numb	er of participants present:
Resea	ch Assistant completing this form:
<u>Physi</u>	cal Activity Session 3 Overview (Page 326)
(1)	Presented overview focus (Shoes for Physical Activity).
(2)	Explained session structure (today, we will begin with a discussion about physical activity, and then we will warm up, work out, and cool down).
(3)	Gave an overview of the educational component of today's session (today we will talk about the right shoes to work out in).
Work	heet 85, Making a Good Fit! Shoes for Active Feet (Page 327)
(4)	Transitioned to Worksheet 85, Making a Good Fit! Shoes for Active Feet and reviewed its contents.
(5)	Stated that this worksheet can help you make sure you are wearing the right shoes for workouts.
(6)	Reviewed Worksheet 85 tips.
Week	2, Session 1 Physical Activity (Page 347)
(7)	Transitioned to warm-up for physical activity.
(8)	Led participants in warm up for physical activity (10-minute warm up consisting of moving at a slow pace).
(9)	Led participants in physical activity (10 minute brisk walk or 10 minutes of Jessica Smith 10,000 Steps DVD).
(10)_	Led participants in cool down from physical activity (5 minutes total of performing activity at slow pace and the stretching major muscle groups used during activity).

he number in the blank space:			
TOTAL FIDELITY FOR SESSION 3/_10_	_		
Then divide this number by the total (10) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session. TOTAL FIDELITY PERCENTAGE FOR SESSION 3	<u>′o</u>		
Here is an example: If Facilitator A got 31 checks out of 64 total; 61 divided by 64 is .951 $.951 \times 100 = 95.1\%$ Facilitator A showed 95.1% of total tasks for SESSION 3			
Amount of time spent in the session: Minutes			

SESSION 4 (WEEK 2, SESSION 2) Name of physical activity facilitator:

Date:	Location:
Numb	per of participants present:
Resea	rch Assistant completing this form:
Physi	ical Activity Session 4 Overview (Page 328)
(1)	Presented overview focus (Tips for Being Physically Active in Cold and Warm Weather).
(2)	Explained session structure (today, we will begin with a discussion about physical activity, and then we will warm
	up, work out, and cool down).
(3)	Gave an overview of the educational component of today's session (today we will review tips and guidelines for
	being active in cold and warm weather, including what to wear).
Work	sheet 86, Tips for Cold Weather Physical Activity (Page 329)
(4)	_ Transitioned to Worksheet 86, Tips for Cold Weather Physical Activity and reviewed its contents.
(5)	Said that this worksheet provides tips for staying safe and comfortable when physically active in the winter.
(6)	_ Reviewed Worksheet 86 tips.
Work	sheet 87, Warm Weather Physical Activity Guidelines (Page 330)
(7)	_ Transitioned to Worksheet 87, Warm Weather Physical Activity Guidelines and reviewed its contents.
(8)	Stated that next, this worksheet provides guidelines about warm weather physical activity.
(9)	_ Reviewed Worksheet 87 guidelines.
(10)_	Led a discussion on how participants should plan to dress for program physical activity sessions including indoor
	activities.
Week	2, Session 2 Physical Activity (Page 347)
(11)_	Transitioned to warm-up for physical activity.
(12)	Led participants in warm up for physical activity (10-minute warm up consisting of moving at a slow pace).
(13)	Led participants in physical activity (10 minute brisk walk or 10 minutes of electric slide).
(14)_	Led participants in cool down from physical activity (5 minutes total of performing activity at slow pace and then
	stretching major muscle groups used during activity).

To determine fidelity score for this Session, count up the number of checks made on the preceding pages and put the number in the blank space:			
- -	TOTAL FIDELITY FOR SESSION 4 / _14		
Then divide this number by the total (14) and multiply by 10 demonstrated by facilitators during this session.	0 to give a total percent of items correctly		
TOTAL	FIDELITY PERCENTAGE FOR SESSION 4%		
Here is an example:			
If Facilitator A got 31 checks out of 64 total; 61 divided by 6^{4} .951 x $100 = 95.1\%$	l is .951		
Facilitator A showed 95.1% of total tasks for SESSION 4			
Amount of time spent in the session: M	inutes		

SESSION 5 (WEEK 3, SESSION 1)

Name	e of physical activity facilitator:
Date:	Location:
	per of participants present:
	arch Assistant completing this form:
DI .	
	ical Activity Session 5 Overview (Page 331)
	Presented overview focus (Warming Up and Cooling Down and walking)
(2)	_ Explained session structure (today, we will begin with a discussion about physical activity; then we will warm
	up, work out, and cool down).
(3)	_Gave an overview of the educational component of today's session (today we will talk about warming up before
	physical activity and cooling down after physical activity; then we will talk about walking).
(4)	_ Asked participants if they know what it means to warm-up.
(5)	_ Told them about the importance of warming up.
(6)	_ Asked participants why they think baseball players warm-up.
(7)	_ Said that not only does warming up allow players to perform better, but it also decreases the risk of injury.
(8)	Said that overall, warming up and cooling down leads to increased strength, power, and mobility.
(9)	_ Told participants that a proper warm-up session will increase players' core temperature, enhance range of
	motion, and activate their central nervous system.
(10)_	Said that when warming up, it's important to start with the planned activity at a slow pace (such as walking slowly).
(11)_	Said that if stretching, participants will start with the easiest movements first and slowly transition to more
	difficult movements.
(12)_	Told participants that a proper cool down will gradually decrease a person's heart and breathing rates back to resting levels.
(13)	Told participants that cooling down will also help to prevent dizziness and or fainting.
	Said that when cooling down, it's important to gradually decrease your physical activity.
Work	xsheet 64, Warm up and Cool down (Page 332)
	Introduced Worksheet 64, Warm-up and Cool-down and reviewed the two points about why it's important to
(10)_	warm up and cool down (i.e., prepares your muscles and heart for physical activity and helps you recover
	afterward).
(16)	Reminded participants that both warming up and cooling down help prevent injury and muscle soreness.
(17)_	Said that as we just learned, warming-up is important for physical activity.

(18) Read the key points in Worksheet 64 aloud.
Worksheet 40, Walking (Page 333)
(19) Introduced Worksheet 40, Walking and read each of the benefits of walking aloud.
(20) Said that walking is a good, cost-efficient way to engage in physical activity.
(21) Said that what's interesting about walking is that it can be done practically everywhere: at the park, around the
block, and even while shopping.
(22) Reviewed the reasons for walking from Worksheet 40.
Week 3, Session 1 Physical Activity (347-348)
(23) Transitioned to warm-up for physical activity.
(24) Led participants to arm up for physical activity (10-minute warm up consisting of moving at a slow pace).
(25) Led participants in physical activity (15 minute brisk walk or 15 minute Bob Harper Biggest Loser walking workout).
(26) Led participants in cool down from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle groups used during activity).
To determine fidelity score for this Session, count up the number of checks made on the preceding pages and put the number in the blank space:
Then divide this number by the total (26) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session. TOTAL FIDELITY PERCENTAGE FOR SESSION 5
Here is an example: If Facilitator A got 31 checks out of 64 total; 61 divided by 64 is .951 .951 x 100 = 95.1% Facilitator A showed 95.1% of total tasks for SESSION 5
Amount of time spent in the session: Minutes

SESSION 6 (WEEK 3, SESSION 2)

Name	of physical activity facilitator:		
Date:		Location:	
Numb	per of participants present:	<u> </u>	
Resea	arch Assistant completing this for	orm:	
Phys.	ical Activity Session 6 Over	view (Page 334)	
(1)	_ Presented overview focus (Str	etching).	
(2)	Explained session structure (to work out, and cool down).	oday, we will begin with a discussion about physical a	activity; then, we will warm up
(3)	_Gave overview of the educatio stretch properly.)	nal component of today's session. (today, we will rev	iew information on how to
Work	ssheet 43, Sample Stretches ((Pages 335-344)	
(4)	_ Transitioned to Worksheet 43,	Sample Stretches.	
(5)	_ Reviewed recommendation ab	out stretching after physical activity (after the body is	s warmed up).
(6)	_ Reviewed safety tips and infor	rmed participants that they will be doing stretches dur	ing group cool downs.
Weel	k 3, Session 2 Physical Activ	rity (Page 347-348)	
(7)	_ Transitioned to warm-up for p	hysical activity.	
(8)	Led participants in warm up for	or physical activity (10-minute warm up consisting of	moving at a slow pace).
(9)	_ Led participants in physical ac	ctivity (15 minute brisk walk or 5 minute Donovan Gr	reene No Excuse workout and
	10 minutes of Electric Slide).		
(10)_	Led participants in cool dow	n from physical activity (5 minutes total of performing	g activity at slow pace and then
	stretching major muscle grou	ps used during activity).	

he number in the blank space:			
TOTAL FIDELITY FOR SESSION 6 / _10_			
Then divide this number by the total (10) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session. TOTAL FIDELITY PERCENTAGE FOR SESSION 6	<u>⁄′o</u>		
Here is an example: If Facilitator A got 31 checks out of 64 total; 61 divided by 64 is .951 .951 x 100 = 95.1% Facilitator A showed 95.1% of total tasks for SESSION 6			
Amount of time spent in the session: Minutes			

SESSION 7 (WEEK 4, SESSION 1)

Name of	physical activity facilitator:	
	Lo	ocation:
	of participants present:	
Physical	al Activity Session 7 Overview	v (Page 345)
(1) Pr	resented overview focus (Ways t	o Get Started Increasing Physical Activity).
(2) E	Explained session structure (today	, we will begin with a discussion about how to engage in physical activity; then,
v	we will warm up, work out, and o	cool down).
(3)Ga	ave overview of the educational	component of today's session (during the first part of today's session, we are
g	going to talk about how to engage	e in more physical activity; more specifically, we will learn about F.I.T
F	Frequency, Intensity, and Time).	
Worksho	eet 28, Get Started Getting F.	I.T. (Page 346)
(4) Tı	ransitioned to Worksheet 28, Ge	t Started Getting F.I.T. (let's talk a little bit about some different ways to become
	more physically active).	
(5) Pı	resented worksheet and discusse	d its contents.
(6) Sa	aid that frequency, intensity, and	time help guide how often, how hard, and how long we are active.
(7) Sa	aid that frequency defines how o	ften you do something.
(8) St	tated that during BHL, participar	ats will increase the frequency of engagement in physical activity by meeting
t	twice a week for fun, low-impact	activities.
(9)Sa	aid that for intensity and time, let	's talk about the differences between mild and moderate activities and think of
e	examples.	
(10)E	Explained that it is important to k	eep in mind that what is easy for one person may be hard for another.
(11)T	Γold participants that they should	listen to their own body, being active at a rate that allows for talking.
(12) I	Introduced talk test (one way to	nake sure that we are active at the right intensity is to make sure we can talk to
O	one another person while we are	working out).
(13)S	Said that if participants can't talk	comfortably, you are active at a vigorous level; thus, you should cut back on the
iı	intensity of your workout. In our	activities together, we want to make sure we are working out at a moderate level.
Week 4,	, Session 1 Physical Activity	(Page 348)
(14)7	Transitioned to warm-up for phy	sical activity.
(15) I	Led participants in warm up for J	physical activity (10-minute warm up consisting of moving at a slow pace).
(16)I	Led participants in physical activ	ity (15 minute brisk walk or 15 minutes of Electric Slide).

(17) Led participants in cool down from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle groups used during activity).
To determine fidelity score for this Session, count up the number of checks made on the preceding pages and put the number in the blank space: TOTAL FIDELITY FOR SESSION 7 / _17
Then divide this number by the total (17) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session. TOTAL FIDELITY PERCENTAGE FOR SESSION 7
Here is an example: If Facilitator A got 31 checks out of 64 total; 61 divided by 64 is .951 $.951 \times 100 = 95.1\%$ Facilitator A showed 95.1% of total tasks for SESSION 7
Amount of time spent in the session: Minutes

SESSION 8 (WEEK 4, SESSION 2)

Name of physical activity faci	litator:	
Date:	Location: _	
Number of participants presen	t:	
Research Assistant completing	g this form:	
Week 4, Session 2 Physica	l Activity (Page 34	48)
(1) Led participants in war	m up for physical ac	ctivity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in phy DVD).	sical activity (15 mi	nute brisk walk or 15 minutes of Jessica Smith Mix and Match walking
(3) Led participants in coo	l down from physica	al activity (5 minutes total of performing activity at slow pace and then
stretching major musc	le groups used durin	ng activity).
To determine fidelity score f the number in the blank spa		ant up the number of checks made on the preceding pages and put
the number in the blank spa		TOTAL FIDELITY FOR SESSION 8/3
Then divide this number by demonstrated by facilitators		ultiply by 100 to give a total percent of items correctly TOTAL FIDELITY PERCENTAGE FOR SESSION 8%
Here is an example: If Facilitator A got 31 checks .951 x 100 = 95.1% Facilitator A showed 95.1%	·	·
Amount of time spent in	the session:	Minutes

SESSION 9 (WEEK 5, SESSION 1)

Name of physical activity	facilitator:	
	Location: _	
Number of participants pre	esent:	
Research Assistant comple	eting this form:	
Week 5, Session 1 Phys	sical Activity (Page 34	48)
(1) Led participants in	warm up for physical ac	tivity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in	physical activity (20 mir	nute brisk walk or 20 minutes of Chair Tai Chi DVD).
(3) Led participants in	col down from physical	activity (5 minutes total of performing activity at slow pace and then
stretching major m	nuscle groups used during	g activity).
To determine fidelity sco the number in the blank		nt up the number of checks made on the preceding pages and put TOTAL FIDELITY FOR SESSION 9 / 3
Then divide this number demonstrated by facilitat		ultiply by 100 to give a total percent of items correctly TOTAL FIDELITY PERCENTAGE FOR SESSION 9%
Here is an example: If Facilitator A got 31 ch951 x 100 = 95.1% Facilitator A showed 95.1		
Amount of time spen	t in the session:	Minutes

SESSION 10 (WEEK 5, SESSION 2)

Name of physical activity facilitator:	
Date:	Location:
Number of participants present:	<u> </u>
Research Assistant completing this for	orm:
Week 5, Session 2 Physical Activ	vity (Page 348)
(1) Led participants in warm up for	for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical ac	ctivity (20 minute brisk walk or 20 minutes of electric slide).
(3) Led cool down from physical	activity (5 minutes total of performing activity at slow pace and then stretching
major muscle groups used du	uring activity).
To determine fidelity score for this the number in the blank space:	Session, count up the number of checks made on the preceding pages and put TOTAL FIDELITY FOR SESSION 10 $_$ / 3
Then divide this number by the total demonstrated by facilitators during	ral (3) and multiply by 100 to give a total percent of items correctly g this session. TOTAL FIDELITY PERCENTAGE FOR SESSION 10
Here is an example: If Facilitator A got 31 checks out of .951 x 100 = 95.1% Facilitator A showed 95.1% of total	
Amount of time spent in the s	ession: Minutes

SESSION 11 (WEEK 6, SESSION 1)

Name of physical activity fac	ilitator:	
Date:		
Number of participants prese	nt:	
Research Assistant completing	g this form:	
Week 6, Session 1 Physica	al Activity (348)	
(1) Led participants in wa	rm up for physical a	activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in ph	ysical activity (20 m	ninute brisk walk or 20 minutes of Chair Tai Chi DVD).
(3) Led participants in co	oled down from phy	vsical activity (5 minutes total of performing activity at slow pace and
then stretching major	muscle groups used	d during activity).
To determine fidelity score the number in the blank spa		ount up the number of checks made on the preceding pages and put TOTAL FIDELITY FOR SESSION 11 / 3
Then divide this number by demonstrated by facilitator		multiply by 100 to give a total percent of items correctly
Here is an example: If Facilitator A got 31 check .951 x 100 = 95.1% Facilitator A showed 95.1%	·	·
Amount of time spent in	n the session:	Minutes

SESSION 12 (WEEK 6, SESSION 2)

Name of physical activity facilitator		
Date:	Location:	
Number of participants present:		
Research Assistant completing this f	Form:	
Week 6, Session 2 Physical Acti	vity (Page 348)	
(1) Led participants in warm up	for physical activity (10-minute warm up consisting of mov	ring at a slow pace).
(2) Led participants in physical a	activity (20 minute brisk walk or 5 minute Donovan Greene	No Excuse Workout and
15 minutes Jessica Smith M	ix and Match walking DVD).	
(3) Led participants cool down fr	rom physical activity (5 minutes total of performing activity	at slow pace and then
stretching major muscle gro	ups used during activity).	
	s Session, count up the number of checks made on the pr	receding pages and put
the number in the blank space:	TOTAL FIDELITY FOR	SESSION 12/3
Then divide this number by the to demonstrated by facilitators durin	tal (3) and multiply by 100 to give a total percent of item	ns correctly
demonstrated by Identators during	TOTAL FIDELITY PERCENTAGE FO	OR SESSION 12%
Here is an example: If Facilitator A got 31 checks out of .951 x 100 = 95.1% Facilitator A showed 95.1% of total	·	
Amount of time spent in the	session: Minutes	

SESSION 13 (WEEK 7, SESSION 1)

Name of physical activity fa	cilitator:	
Date:	Location:	
Number of participants prese	ent:	
Research Assistant completi	ng this form:	
Week 7, Session 1 Physic	eal Activity (Page 3	349)
(1) Led participants in w	arm up for physical a	activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in pl	nysical activity (25 m	ninute brisk walk or 25 minutes of electric slide).
(3) Led participants in co	ool down from physic	cal activity (5 minutes total of performing activity at slow pace and then
stretching major mu	scle groups used duri	ing activity).
To determine fidelity score the number in the blank sp		unt up the number of checks made on the preceding pages and put
		TOTAL FIDELITY FOR SESSION 13/3_
Then divide this number by demonstrated by facilitator	` ` `	nultiply by 100 to give a total percent of items correctly
		TOTAL FIDELITY PERCENTAGE FOR SESSION 13
Here is an example:		
If Facilitator A got 31 chec	ks out of 64 total; 61	1 divided by 64 is .951
.951 x 100 = 95.1% Facilitator A showed 95.1%	% of total tasks for S	SESSION 13
Amount of time spent i	in the session:	Minutes

SESSION 14 (WEEK 7, SESSION 2)

Name of physical activity	Pacilitator:	
	Location:	
Number of participants pr	esent:	
Research Assistant compl	ting this form:	
Week 7, Session 2 Phy	cical Activity (Page 349)	
(1) Led participants in	warm up for physical activity (10-minute warm up consisting of moving at a slow pace).	
(2) Led participants in	physical activity (25 minute brisk walk or 25 minutes of Jessica Smith walking workout I	DVD).
(3) Led participants in cool down from physical activity (5 minutes total of performing activity at slow pace and the		
stretching major r	nuscle groups used during activity).	
To determine fidelity see the number in the blank	re for this Session, count up the number of checks made on the preceding pages and space: TOTAL FIDELITY FOR SESSION 14	-
Then divide this number demonstrated by facilita	by the total (3) and multiply by 100 to give a total percent of items correctly ors during this session.	
demonstrated by fuenta	TOTAL FIDELITY PERCENTAGE FOR SESSION 14	%
$.951 \times 100 = 95.1\%$	ecks out of 64 total; 61 divided by 64 is .951	
Amount of time spen	t in the session: Minutes	

SESSION 15 (WEEK 8, SESSION 1)

Name of physical activity fa	cilitator:		
Date:			
Number of participants prese	ent:		
Research Assistant completi	ng this form:		
Week 8, Session 1 Physic	cal Activity (Page 3	349)	
(1) Led participants in w	arm up for physical a	activity (10-minute warm up consisting of moving at a slow pace).	
(2) Led participants in pl	nysical activity (25 m²	ninute brisk walk or 25 minutes of electric slide).	
(3) Led participants in co	ool down from physic	cal activity (5 minutes total of performing activity at slow pace and	then
stretching major mu	scle groups used durin	ng activity).	
To determine fidelity score the number in the blank sp		unt up the number of checks made on the preceding pages and	put
		TOTAL FIDELITY FOR SESSION 15	_/ <u>3</u>
Then divide this number b demonstrated by facilitator		nultiply by 100 to give a total percent of items correctly	
	. S	TOTAL FIDELITY PERCENTAGE FOR SESSION 15_	
Here is an example: If Facilitator A got 31 chec .951 x 100 = 95.1%	ks out of 64 total; 61	I divided by 64 is .951	
Facilitator A showed 95.1%	% of total tasks for S	SESSION 15	
Amount of time spent	in the session:	Minutes	

SESSION 16 (WEEK 8, SESSION 2)

Name of physical activity f	acilitator:	
Date:	Location:	
Number of participants pre	sent:	
Research Assistant comple	ting this form:	
Week 8, Session 2 Phys	ical Activity (Page 349)	
(1) Led participants in	warm up for physical activity (10-minute warm up consisting of moving at a slow pace).	
(2) Led participants in j	physical activity (25 minute brisk walk or 25 minutes of Jessica Smith 10,000 steps DVD).	
(3) Led participants in cool down from physical activity (5 minutes total of performing activity at slow pace and		
stretching major m	uscle groups used during activity).	
To determine fidelity scotthe number in the blank s	re for this Session, count up the number of checks made on the preceding pages and put space: TOTAL FIDELITY FOR SESSION 16 / 3	
Then divide this number demonstrated by facilitat	by the total (3) and multiply by 100 to give a total percent of items correctly	
demonstrated by facilitat	TOTAL FIDELITY PERCENTAGE FOR SESSION 16	
$.951 \times 100 = 95.1\%$	ecks out of 64 total; 61 divided by 64 is .951 % of total tasks for SESSION 16	
Amount of time spent	in the session: Minutes	

SESSION 17 (WEEK 9, SESSION 1)

Name of physical activity	y facilitator:
Date:	Location:
Number of participants p	resent:
Research Assistant comp	eleting this form:
Week 9, Session 1 Phy	ysical Activity (Page 349)
(1) Led participants i	n warm up for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants i	n physical activity (30 minute brisk walk or 30 minute HASfit workout).
(3) Led cool down from	om physical activity (5 minutes total of performing activity at slow pace and then stretching
major muscle gro	oups used during activity).
To determine fidelity so the number in the blank	core for this Session, count up the number of checks made on the preceding pages and put k space: TOTAL FIDELITY FOR SESSION 17/3
	er by the total (3) and multiply by 100 to give a total percent of items correctly ators during this session.
demonstrated by facing	TOTAL FIDELITY PERCENTAGE FOR SESSION 17
$.951 \times 100 = 95.1\%$	hecks out of 64 total; 61 divided by 64 is .951 5.1% of total tasks for SESSION 17
Amount of time spe	nt in the session: Minutes

SESSION 18 (WEEK 9, SESSION 2)

Name of physical activity fa	acilitator:		
Date:	 Location:	·	
Number of participants pres	ent:		
Research Assistant complet	ing this form:		
Week 9, Session 2 Physi	cal Activity (Page	349)	
(1) Led participants in v	varm up for physical	activity (10-minute warm up consisting of moving at a slow pace).	
(2) Led participants in p	hysical activity (30 n	minute brisk walk or 30 minutes of Cupid Shuffle)	
(3) Led participants in c	ool down from physi	cal activity (5 minutes total of performing activity at slow pace and the	n
stretching major mu	iscle groups used dur	ring activity).	
To determine fidelity scorthe number in the blank s		ount up the number of checks made on the preceding pages and put	
		TOTAL FIDELITY FOR SESSION 18/3	<u> </u>
Then divide this number k demonstrated by facilitate	• • • • • • • • • • • • • • • • • • • •	multiply by 100 to give a total percent of items correctly	
		TOTAL FIDELITY PERCENTAGE FOR SESSION 18	<u>%</u>
Here is an example: If Facilitator A got 31 checo. 951 x 100 = 95.1% Facilitator A showed 95.19	ŕ	·	
Amount of time spent	in the session:	Minutes	

SESSION 19 (WEEK 10, SESSION 1)

Name of physical activity facilitate	r:	
Date:	Location:	
Number of participants present:		
Research Assistant completing this	form:	
Week 10, Session 1 Physical A	ctivity (Page 349)	
(1) Led participants in warm up	o for physical activity (10-minute warm up consisting of moving at a slow pace).	
(2) Led participants in physical	activity (30 minute brisk walk or 30 minutes of HASfit workout)	
(3) Led participants in cool dov	on from physical activity (5 minutes total of performing activity at slow pace and then	
stretching major muscle groups used during activity).		
To determine fidelity score for the number in the blank space:	is Session, count up the number of checks made on the preceding pages and put	
	TOTAL FIDELITY FOR SESSION 19/3_	
Then divide this number by the t demonstrated by facilitators dur	otal (3) and multiply by 100 to give a total percent of items correctly ing this session.	
	TOTAL FIDELITY PERCENTAGE FOR SESSION 19	
Here is an example: If Facilitator A got 31 checks out .951 x 100 = 95.1% Facilitator A showed 95.1% of to	of 64 total; 61 divided by 64 is .951 tal tasks for SESSION 19	
Amount of time spent in the	session: Minutes	

SESSION 20 (WEEK 10, SESSION 2)

Name of physical activity facil	itator:		
Date:	Location:		
Number of participants presen	r:		
Research Assistant completing	this form:		
Week 10, Session 2 Physic	al Activity (Page 349)		
(1) Led participants warm	up for physical activity (10-minute warm up consisting of moving at a slow pace).		
(2) Led participants in phy	sical activity (30 minute brisk walk or 30 minutes of Cupid Shuffle).		
(3) Led participants in coo	down from physical activity (5 minutes total of performing activity at slow pace and then		
stretching major musc	stretching major muscle groups used during activity).		
To determine fidelity score for the number in the blank space	or this Session, count up the number of checks made on the preceding pages and put ce: TOTAL FIDELITY FOR SESSION 20 / 3		
Then divide this number by demonstrated by facilitators	the total (3) and multiply by 100 to give a total percent of items correctly		
demonstrated by facilitators	TOTAL FIDELITY PERCENTAGE FOR SESSION 20		
$.951 \times 100 = 95.1\%$	of total tasks for SESSION 20		
Amount of time spent in	the session: Minutes		

SESSION 21 (WEEK 11, SESSION 1)

Name of physical activity facilitato	r:
	Location:
Number of participants present:	
Research Assistant completing this	form:
Week 11, Session 1 Physical A	ctivity (Page 349-350)
(1) Led participants in warm up	o for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical	l activity (30 minute brisk walk or 30 minutes of Cupid Shuffle).
(3) Led participants in cool dov	vn from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle groups used during activity).	
the number in the blank space:	is Session, count up the number of checks made on the preceding pages and put TOTAL FIDELITY FOR SESSION 21 / 3
	otal (3) and multiply by 100 to give a total percent of items correctly
demonstrated by facilitators duri	ing this session. TOTAL FIDELITY PERCENTAGE FOR SESSION 21
Here is an example: If Facilitator A got 31 checks out .951 x 100 = 95.1% Facilitator A showed 95.1% of to	of 64 total; 61 divided by 64 is .951 tal tasks for SESSION 21
Amount of time spent in the	session: Minutes

SESSION 22 (WEEK 11, SESSION 2)

Name of physical activity facilitator:	
Date:	Location:
Number of participants present:	<u> </u>
Research Assistant completing this for	orm:
Week 11, Session 2 Physical Act	civity (Page 349)
(1) Led participants in warm up f	for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical a	ctivity (30 minute brisk walk or 30 minute Dance that Walk DVD).
(3) Led participants in cool down	from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle grou	ips used during activity).
To determine fidelity score for this the number in the blank space:	Session, count up the number of checks made on the preceding pages and put $TOTAL\ FIDELITY\ FOR\ SESSION\ 22\ ___/\ 3$
	tal (3) and multiply by 100 to give a total percent of items correctly
demonstrated by facilitators during	TOTAL FIDELITY PERCENTAGE FOR SESSION 22
Here is an example: If Facilitator A got 31 checks out o .951 x 100 = 95.1% Facilitator A showed 95.1% of total	
Amount of time spent in the s	session: Minutes

SESSION 23 (WEEK 12, SESSION 1)

Name of physical activity facilitator:		
Date:	Location:	
Number of participants present:	<u> </u>	
Research Assistant completing this for	orm:	
Week 12, Session 1 Physical Act	civity (Page 350)	
(1) Led participants in warm up f	or physical activity (10-minute warm up consisting of moving at a slow pace).	
(2) Led participants in physical ac	ctivity (30 minute brisk walk or 30 minute Cupid Shuffle).	
(3) Led participants in cool down	from physical activity (5 minutes total of performing activity at slow pace and then	
stretching major muscle groups used during activity).		
To determine fidelity score for this the number in the blank space:	Session, count up the number of checks made on the preceding pages and put	
	TOTAL FIDELITY FOR SESSION 23/3_	
Then divide this number by the tot demonstrated by facilitators during	ral (3) and multiply by 100 to give a total percent of items correctly g this session.	
	TOTAL FIDELITY PERCENTAGE FOR SESSION 23	
Here is an example: If Facilitator A got 31 checks out of .951 x 100 = 95.1% Facilitator A showed 95.1% of total		
Amount of time spent in the s	session: Minutes	

SESSION 24 (WEEK 12, SESSION 2)

Name of physical activity facilitator:		
Date:	Location:	
Number of participants present:		
Research Assistant completing this for	orm:	
Week 12, Session 2 Physical Act	tivity (Page 350)	
(1) Led participants in warm up f	or physical activity (10-	minute warm up consisting of moving at a slow pace).
(2) Led participants in physical activity (30 minute brisk walk or 30 minute HASfit workout). (3) Led participants in cool down from physical activity (5 minutes total of performing activity at slow pace)		walk or 30 minute HASfit workout).
		5 minutes total of performing activity at slow pace and then
stretching major muscle grou	s used during activity).	
To determine fidelity score for this Session, count up the number of checks made on the preceding pages and the number in the blank space: TOTAL FIDELITY FOR SESSION 24		
Then divide this number by the tot demonstrated by facilitators during	g this session.	100 to give a total percent of items correctly L FIDELITY PERCENTAGE FOR SESSION 24
Here is an example: If Facilitator A got 31 checks out of the second of	,	
Facilitator A showed 95.1% of total	ıl tasks for SESSION 24	4
Amount of time spent in the s	session:	Minutes

SESSION 25 (WEEK 13, SESSION 1)

Name of physical activity facili	itator:	
Date:	Location:	
Number of participants present	:	
Research Assistant completing	this form:	
Week 13, Session 1 Physica	al Activity (Page 350)	
(1) Led participants in warr	n up for physical activity (10-minute warm up consisting of moving at a slow pace).	
(2) Led participants in phys	sical activity (30 minute brisk walk or 30 minute Chair Tai Chi DVD).	
(3) Led participants in cool	down from physical activity (5 minutes total of performing activity at slow pace and then	
stretching major muscle groups used during activity).		
To determine fidelity score for the number in the blank space	or this Session, count up the number of checks made on the preceding pages and put ee: TOTAL FIDELITY FOR SESSION 25 / 3	
Then divide this number by t demonstrated by facilitators	he total (3) and multiply by 100 to give a total percent of items correctly during this session.	
·	TOTAL FIDELITY PERCENTAGE FOR SESSION 25%	
Here is an example: If Facilitator A got 31 checks .951 x 100 = 95.1% Facilitator A showed 95.1% of	out of 64 total; 61 divided by 64 is .951 of total tasks for SESSION 25	
Amount of time spent in	the session: Minutes	

SESSION 26 (WEEK 13, SESSION 2)

Name of physical activity facilitate	:	
Date:	_ Location:	
Number of participants present:		
Research Assistant completing this	form:	
Week 13, Session 2 Physical A	tivity (Page 350)	
(1) Led participants in warm up	for physical activity (10-minute warm up consisting of moving at a slow pac	e).
(2) Led participants in physical	activity (30 minute brisk walk or 30 minutes of Cupid Shuffle).	
(3) Led participants in cool dov	n from physical activity (5 minutes total of performing activity at slow pace	and then
stretching major muscle groups used during activity).		
To determine fidelity score for the number in the blank space:	s Session, count up the number of checks made on the preceding pages a	ınd put
•	TOTAL FIDELITY FOR SESSION 26 _	/ <u>3_</u>
Then divide this number by the t demonstrated by facilitators duri	tal (3) and multiply by 100 to give a total percent of items correctly ag this session.	
~	TOTAL FIDELITY PERCENTAGE FOR SESSION 20	6%
Here is an example: If Facilitator A got 31 checks out .951 x 100 = 95.1% Facilitator A showed 95.1% of to	of 64 total; 61 divided by 64 is .951 al tasks for SESSION 26	
Amount of time spent in the	session: Minutes	

SESSION 27 (WEEK 14, SESSION 1)

Name of physical activity facilitator:	
Date:	Location:
Number of participants present:	_
Research Assistant completing this fo	m:
Week 14, Session 1 Physical Acti	ity (Page 350)
(1) Led participants in warm up fo	physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical ac	vity (30 minute brisk walk or 30 minute Dance that Walk DVD)
(3) Led participants in cool down	com physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle group	s used during activity).
To determine fidelity score for this the number in the blank space:	ession, count up the number of checks made on the preceding pages and put TOTAL FIDELITY FOR SESSION 27 / 3
Then divide this number by the tota demonstrated by facilitators during	(3) and multiply by 100 to give a total percent of items correctly this session. TOTAL FIDELITY PERCENTAGE FOR SESSION 27
Here is an example: If Facilitator A got 31 checks out of .951 x 100 = 95.1% Facilitator A showed 95.1% of total	·
Amount of time spent in the se	ssion: Minutes

SESSION 28 (WEEK 14, SESSION 2)

Name of physical activity facilitator:	
Date:	Location:
Number of participants present:	
Research Assistant completing this for	orm:
Week 14, Session 2 Physical Act	tivity (Page 350)
(1) Led participants in warmed up	p for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical a	ctivity (30 minute brisk walk or 30 minutes of Cupid Shuffle).
(3) Led participants in cool down	a from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle grou	aps used during activity).
To determine fidelity score for this the number in the blank space:	Session, count up the number of checks made on the preceding pages and put
	TOTAL FIDELITY FOR SESSION 28/3_
Then divide this number by the tot demonstrated by facilitators during	tal (3) and multiply by 100 to give a total percent of items correctly g this session.
demonstrated by memoria during	TOTAL FIDELITY PERCENTAGE FOR SESSION 28
Here is an example: If Facilitator A got 31 checks out o .951 x 100 = 95.1% Facilitator A showed 95.1% of total	•
Amount of time spent in the s	session: Minutes

SESSION 29 (WEEK 15, SESSION 1)

Name of physical activity facilitate	r:	
Date:	Location:	
Number of participants present:		
Research Assistant completing this	form:	
Week 15, Session 1 Physical A	ctivity (Page 350)	
(1) Led participants in warm up	for physical activity (10-minute warm up consisting of moving at a slow pace).	
(2) Led participants in physical	activity (30 minute brisk walk or 30 minutes of Jessica Smith Walk On DVD).	
(3) Led participants in cool dov	on from physical activity (5 minutes total of performing activity at slow pace and then	
stretching major muscle groups used during activity).		
To determine fidelity score for the number in the blank space:	is Session, count up the number of checks made on the preceding pages and put	
•	TOTAL FIDELITY FOR SESSION 29 / 3	
Then divide this number by the t demonstrated by facilitators dur	otal (3) and multiply by 100 to give a total percent of items correctly ng this session.	
~, ····································	TOTAL FIDELITY PERCENTAGE FOR SESSION 29	
Here is an example: If Facilitator A got 31 checks out .951 x 100 = 95.1% Facilitator A showed 95.1% of to	of 64 total; 61 divided by 64 is .951 tal tasks for SESSION 29	
Amount of time spent in the	session: Minutes	

SESSION 30 (WEEK 15, SESSION 2)

Name of physical activity facilitator:	
Date:	Location:
Number of participants present:	
Research Assistant completing this for	orm:
Week 15, Session 2 Physical Act	tivity (Page 350)
(1) Led participants in warm up f	For physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical a	ctivity (30 minute brisk walk or 30 minutes of Cupid Shuffle).
(3) Led participants in cool down	from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle grou	aps used during activity).
To determine fidelity score for this the number in the blank space:	Session, count up the number of checks made on the preceding pages and put TOTAL FIDELITY FOR SESSION 30 / 3
Then divide this number by the tot demonstrated by facilitators durin	tal (3) and multiply by 100 to give a total percent of items correctly g this session. TOTAL FIDELITY PERCENTAGE FOR SESSION 30
Here is an example: If Facilitator A got 31 checks out o .951 x 100 = 95.1% Facilitator A showed 95.1% of total	al tasks for SESSION 30
Amount of time spent in the s	session: Minutes

SESSION 31 (WEEK 16, SESSION 1)

Name of physical activity facilitator:			
Date:	Location:		
Number of participants present:	<u> </u>		
Research Assistant completing this fo	orm:		
Week 16, Session 1 Physical Act	ivity (Page 351)		
(1) Led participants in warm up for	or physical activity (10-minute warm up consisting of moving at a slow pace).		
(2) Led participants in physical ac	ctivity (30 minute brisk walk or 30 minutes of Cupid Shuffle).		
(3) Led participants in cool down	from physical activity (5 minutes total of performing activity at slow pace and then		
stretching major muscle grou	stretching major muscle groups used during activity).		
To determine fidelity score for this the number in the blank space:	Session, count up the number of checks made on the preceding pages and put TOTAL FIDELITY FOR SESSION 31 / 3		
Then divide this number by the total demonstrated by facilitators during	al (3) and multiply by 100 to give a total percent of items correctly		
demonstrated by facilitators during	TOTAL FIDELITY PERCENTAGE FOR SESSION 31%		
Here is an example: If Facilitator A got 31 checks out of .951 x 100 = 95.1% Facilitator A showed 95.1% of total			
Amount of time spent in the se	ession: Minutes		

SESSION 32 (WEEK 16, SESSION 2)

Name of physical activity facil	itator:		
Date:	Location:		
Number of participants presen	t:		
Research Assistant completing	this form:		
Week 16, Session 2 Physic	al Activity (Page 351)		
(1) Led participants in war	m up for physical activity (10-minute warm up consisting of moving at a slow pace).		
(2) Led participants in phy	sical activity (30 minute brisk walk or 30 minute Chair Tai Chi DVD).		
(3) Led participants in coo	down from physical activity (5 minutes total of performing activity at slow pace and then		
stretching major musc	stretching major muscle groups used during activity).		
To determine fidelity score for the number in the blank space	or this Session, count up the number of checks made on the preceding pages and put ce: TOTAL FIDELITY FOR SESSION 32 / 3		
Then divide this number by demonstrated by facilitators	the total (3) and multiply by 100 to give a total percent of items correctly during this session.		
Company and Sylvenian Sylv	TOTAL FIDELITY PERCENTAGE FOR SESSION 32 %		
$.951 \times 100 = 95.1\%$	out of 64 total; 61 divided by 64 is .951 of total tasks for SESSION 32		
Amount of time spent in	the session: Minutes		

SESSION 33 (WEEK 17, SESSION 1)

Name of physical activity facilitator:	
Date:	Location:
Number of participants present:	
Research Assistant completing this fo	orm:
Week 17, Session 1 Physical Act	ivity (Page 351)
(1) Led participants in warm up f	for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical ac	ctivity (30 minute brisk walk or 30 minutes of Biker's Shuffle)
(3) Led participants in cool down	from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle grou	ips used during activity).
To determine fidelity score for this the number in the blank space:	Session, count up the number of checks made on the preceding pages and put
•	TOTAL FIDELITY FOR SESSION 33 / 3
Then divide this number by the tot demonstrated by facilitators during	ral (3) and multiply by 100 to give a total percent of items correctly g this session.
	TOTAL FIDELITY PERCENTAGE FOR SESSION 33%
Here is an example: If Facilitator A got 31 checks out of .951 x 100 = 95.1% Facilitator A showed 95.1% of total	
Amount of time spent in the s	ession: Minutes

SESSION 34 (WEEK 17, SESSION 2)

Name of physical activity facilitator:	
Date:	Location:
Number of participants present:	<u> </u>
Research Assistant completing this for	orm:
Week 17, Session 2 Physical Act	ivity (Page 351)
(1) Led participant in warm up fo	r physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical ac DVD).	ctivity (30 minute brisk walk or 30 minutes of Jessica Smith Mix and Match walking
(3)Led participants in cool down	from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle grou	ps used during activity).
To determine fidelity score for this the number in the blank space:	Session, count up the number of checks made on the preceding pages and put TOTAL FIDELITY FOR SESSION 34/3
Then divide this number by the total demonstrated by facilitators during	al (3) and multiply by 100 to give a total percent of items correctly
demonstrated by facilitators during	TOTAL FIDELITY PERCENTAGE FOR SESSION 34%
Here is an example: If Facilitator A got 31 checks out of .951 x 100 = 95.1% Facilitator A showed 95.1% of tota	
Amount of time spent in the s	ession: Minutes

SESSION 35 (WEEK 18, SESSION 1)

Name of physical activity fac	litator:
Date:	Location:
Number of participants preser	nt:
Research Assistant completing	g this form:
Week 18, Session 1 Physic	eal Activity (Page 351)
(1) Led participants in wa	rm up for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in phy	vsical activity (30 minute brisk walk or 30 minute HASfit workout).
(3) Led participants in coo	ol down from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muse	ele groups used during activity).
To determine fidelity score to the number in the blank spa	for this Session, count up the number of checks made on the preceding pages and put ce: TOTAL FIDELITY FOR SESSION 35 / 3
Then divide this number by demonstrated by facilitators	the total (3) and multiply by 100 to give a total percent of items correctly
demonstrated by facilitators	TOTAL FIDELITY PERCENTAGE FOR SESSION 35
$.951 \times 100 = 95.1\%$	s out of 64 total; 61 divided by 64 is .951 of total tasks for SESSION 35
Amount of time spent in	the session: Minutes

SESSION 36 (WEEK 18, SESSION 2)

Name of physical activity facilitate	or:	
Date:	Location:	
Number of participants present:		
Research Assistant completing this	form:	
Week 18, Session 2 Physical A	ctivity (Page 351)	
(1) Led participants in warm up	o for physical activity (10-minute warm up consisting of moving at a	slow pace).
(2) Led participants in physica	activity (30 minute brisk walk or 30 minutes of Biker's Shuffle).	
(3) Led participants in cool do	wn from physical activity (5 minutes total of performing activity at sle	ow pace and then
stretching major muscle groups used during activity).		
To determine fidelity score for the number in the blank space:	nis Session, count up the number of checks made on the preceding	g pages and put
	TOTAL FIDELITY FOR SESSION	ON 36/3
Then divide this number by the demonstrated by facilitators dur	otal (3) and multiply by 100 to give a total percent of items corre	ctly
acmonstrated by racinations duri	TOTAL FIDELITY PERCENTAGE FOR SES	SSION 36%
Here is an example: If Facilitator A got 31 checks out .951 x 100 = 95.1% Facilitator A showed 95.1% of to	of 64 total; 61 divided by 64 is .951 Stal tasks for SESSION 36	
Amount of time spent in the	e session: Minutes	

SESSION 37 (WEEK 19, SESSION 1)

Name of physical activity facilitator:	
Date:	Location:
Number of participants present:	<u> </u>
Research Assistant completing this for	orm:
Week 19, Session 1 Physical Act	ivity (Page 351)
(1) Led participants in warm up for	or physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical ac DVD).	ctivity (30 minute brisk walk or 30 minutes of Jessica Smith 10,000 walking workout
(3) Led participants in cool down	from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle grou	ps used during activity).
To determine fidelity score for this the number in the blank space:	Session, count up the number of checks made on the preceding pages and put
-	TOTAL FIDELITY FOR SESSION 37/3
Then divide this number by the tot demonstrated by facilitators during	al (3) and multiply by 100 to give a total percent of items correctly
demonstrated by facilitators during	TOTAL FIDELITY PERCENTAGE FOR SESSION 37%
Horo is an avample.	
Here is an example: If Facilitator A got 31 checks out of .951 x 100 = 95.1%	f 64 total; 61 divided by 64 is .951
Facilitator A showed 95.1% of total	l tasks for SESSION 37
Amount of time spent in the s	ession: Minutes

SESSION 38 (WEEK 19, SESSION 2)

Name of physical activity fac	cilitator:
Date:	Location:
Number of participants prese	ent:
Research Assistant completing	ng this form:
Week 19, Session 2 Physi	ical Activity (Page 351)
(1) Led participants in wa	arm up for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in ph	nysical activity (30 minute brisk walk or 30 minutes of Dance that Walk DVD).
(3) Led participants in co	ool down from physical activity (5 minutes total of performing activity at slow pace and then
stretching major mus	scle groups used during activity).
To determine fidelity score the number in the blank sp	for this Session, count up the number of checks made on the preceding pages and put ace: TOTAL FIDELITY FOR SESSION 38 / 3
Then divide this number by demonstrated by facilitator	y the total (3) and multiply by 100 to give a total percent of items correctly during this session.
demonstrated by facilitator	TOTAL FIDELITY PERCENTAGE FOR SESSION 38
$.951 \times 100 = 95.1\%$	ks out of 64 total; 61 divided by 64 is .951 6 of total tasks for SESSION 38
Amount of time spent i	n the session: Minutes

SESSION 39 (WEEK 20, SESSION 1)

Name of physical activity facilitator:	
Date:	Location:
Number of participants present:	
Research Assistant completing this for	orm:
Week 20, Session 1 Physical Act	tivity (Page 351)
(1) Led participants in warm up f	For physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical a	ctivity (30 minute brisk walk or 30 minutes of Biker's Shuffle).
(3) Led participants in cool down	from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle grou	ips used during activity).
To determine fidelity score for this the number in the blank space:	Session, count up the number of checks made on the preceding pages and put
	TOTAL FIDELITY FOR SESSION 39 / 3
Then divide this number by the tot demonstrated by facilitators during	tal (3) and multiply by 100 to give a total percent of items correctly g this session.
demonstrated by memorial during	TOTAL FIDELITY PERCENTAGE FOR SESSION 39
Here is an example: If Facilitator A got 31 checks out o .951 x 100 = 95.1% Facilitator A showed 95.1% of total	
Amount of time spent in the s	session: Minutes

SESSION 40 (WEEK 20, SESSION 2)

Name of physical activity facilitator	r:
Date:	Location:
Number of participants present:	
Research Assistant completing this	form:
Week 20, Session 2 Physical Ac	ctivity (Page 351)
(1) Led participants in warm up	for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical	activity (30 minute brisk walk or 30 minute HASfit workout).
(3) Led participants in cool dow	on from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle gro	oups used during activity).
the number in the blank space:	TOTAL FIDELITY FOR SESSION 40/3_
	otal (3) and multiply by 100 to give a total percent of items correctly
demonstrated by facilitators duri	ng this session. TOTAL FIDELITY PERCENTAGE FOR SESSION 40
Here is an example: If Facilitator A got 31 checks out .951 x 100 = 95.1% Facilitator A showed 95.1% of tot	of 64 total; 61 divided by 64 is .951 tal tasks for SESSION 40
Amount of time spent in the	session: Minutes

SESSION 41 (WEEK 21, SESSION 1)

Name of physical activity fac	ilitator:
Date:	Location:
Number of participants presen	nt:
Research Assistant completing	g this form:
Week 21, Session 1 Physic	cal Activity (Page 352)
(1) Led participants in wa	rm up for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in phy	ysical activity (30 minute brisk walk or 30 minutes Chair Tai Chi DVD)
(3) Led participants in coo	ol down from physical activity (5 minutes total of performing activity at slow pace and then
stretching major mus	cle groups used during activity).
To determine fidelity score the number in the blank spa	for this Session, count up the number of checks made on the preceding pages and put nce: TOTAL FIDELITY FOR SESSION 41 / _3
Then divide this number by demonstrated by facilitators	the total (3) and multiply by 100 to give a total percent of items correctly
demonstrated by facilitators	TOTAL FIDELITY PERCENTAGE FOR SESSION 419
$.951 \times 100 = 95.1\%$	as out of 64 total; 61 divided by 64 is .951 of total tasks for SESSION 41
Amount of time spent in	n the session: Minutes

SESSION 42 (WEEK 21, SESSION 2)

Name of physical activity facilitator:	
Date:	Location:
Number of participants present:	
Research Assistant completing this for	orm:
Week 21, Session 2 Physical Act	tivity (Page 352)
(1) Led participants in warm up f	For physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical a	ctivity (30 minute brisk walk or 30 minutes of Biker's Shuffle)
(3) Led participants in cool down	n from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle grou	aps used during activity).
To determine fidelity score for this the number in the blank space:	Session, count up the number of checks made on the preceding pages and put
•	TOTAL FIDELITY FOR SESSION 42/ _3_
Then divide this number by the tot demonstrated by facilitators during	tal (3) and multiply by 100 to give a total percent of items correctly g this session.
	TOTAL FIDELITY PERCENTAGE FOR SESSION 42
Here is an example: If Facilitator A got 31 checks out o	of 64 total; 61 divided by 64 is .951
.951 x 100 = 95.1% Facilitator A showed 95.1% of total	d tasks for SESSION 42
Amount of time spent in the s	session: Minutes

SESSION 43 (WEEK 22, SESSION 1)

Name of physical activity facilitator:	
Date:	Location:
Number of participants present:	
Research Assistant completing this fo	orm:
Week 22, Session 1 Physical Acti	evity (Page 352)
(1) Led participants in warm up fo	or physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical ac	ctivity (30 minute brisk walk or 30 minutes of Dance that Walk DVD)
(3) Led participants in cool down	from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle group	ps used during activity).
To determine fidelity score for this the number in the blank space:	Session, count up the number of checks made on the preceding pages and put TOTAL FIDELITY FOR SESSION 43 / _3_
	al (3) and multiply by 100 to give a total percent of items correctly
demonstrated by facilitators during	this session. TOTAL FIDELITY PERCENTAGE FOR SESSION 43
Here is an example: If Facilitator A got 31 checks out of .951 x 100 = 95.1% Facilitator A showed 95.1% of total	
Amount of time spent in the so	ession: Minutes

SESSION 44 (WEEK 22, SESSION 2)

Name of physical activity fa	cilitator:
Date:	Location:
Number of participants pres	ent:
Research Assistant complete	ing this form:
Week 22, Session 2 Phys	cical Activity (Page 352)
(1) Led participants in w	varm up for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in p	hysical activity (30 minute brisk walk or 30 minutes of Biker's Shuffle)
(3) Led participants in c	ool down from physical activity (5 minutes total of performing activity at slow pace and then
stretching major mu	scle groups used during activity).
To determine fidelity score the number in the blank sp	e for this Session, count up the number of checks made on the preceding pages and put pace: TOTAL FIDELITY FOR SESSION 44 / _3
Then divide this number be demonstrated by facilitato	by the total (3) and multiply by 100 to give a total percent of items correctly
demonstrated by facilitato	TOTAL FIDELITY PERCENTAGE FOR SESSION 44
$.951 \times 100 = 95.1\%$	cks out of 64 total; 61 divided by 64 is .951 % of total tasks for SESSION 44
Amount of time spent	in the session: Minutes

SESSION 45 (WEEK 23, SESSION 1)

Name of physical activity facilitate	r:	
Date:	Location:	
Number of participants present:		
Research Assistant completing thi	form:	
Week 23, Session 1 Physical A	ctivity (Page 352)	
(1) Led participants in warm u	o for physical activity (10-minute warm up consisting of moving at a slow	pace).
(2) Led participants in physica	activity (30 minute brisk walk or 30 minutes of Jessica Smith 10,000 Mil	es DVD)
(3) Led participants in cool do	vn from physical activity (5 minutes total of performing activity at slow page 10 minutes total of performing activity at slow page 20 minutes total of performing activity at slow page 20 minutes total of performing activity at slow page 20 minutes total of performing activity at slow page 20 minutes total of performing activity at slow page 20 minutes total of performing activity at slow page 20 minutes total of performing activity at slow page 20 minutes total of performing activity at slow page 20 minutes total of performing activity at slow page 20 minutes total of performing activity at slow page 20 minutes total of performing activity at slow page 20 minutes total of performing activity at slow page 20 minutes total of performing activity at slow page 20 minutes at a pa	ace and then
stretching major muscle g	oups used during activity).	
To determine fidelity score for the number in the blank space:	is Session, count up the number of checks made on the preceding pag	ges and put
	TOTAL FIDELITY FOR SESSION 45	/
Then divide this number by the demonstrated by facilitators dur	otal (3) and multiply by 100 to give a total percent of items correctly ing this session.	
	TOTAL FIDELITY PERCENTAGE FOR SESSIO	ON 45%
Here is an example: If Facilitator A got 31 checks ou .951 x 100 = 95.1% Facilitator A showed 95.1% of to	of 64 total; 61 divided by 64 is .951 tal tasks for SESSION 45	
Amount of time spent in the	e session: Minutes	

SESSION 46 (WEEK 23, SESSION 2)

Name of physical activity faci	litator:	
Date:	Location: .	
Number of participants presen	t:	
Research Assistant completing	g this form:	
Week 23, Session 2 Physic	al Activity (Page	352)
(1) Led participants in war	m up for physical ac	ctivity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in phy	sical activity (30 mi	nute brisk walk or 30 minutes of HASfit workout)
(3) Led participants in coo	l down from physica	al activity (5 minutes total of performing activity at slow pace and then
stretching major muscle groups used during activity).		
To determine fidelity score f the number in the blank spa	,	nt up the number of checks made on the preceding pages and put
Then divide this number by demonstrated by facilitators		TOTAL FIDELITY FOR SESSION 46 / _3ultiply by 100 to give a total percent of items correctly TOTAL FIDELITY PERCENTAGE FOR SESSION 46 %
Here is an example: If Facilitator A got 31 checks .951 x 100 = 95.1%	s out of 64 total; 61	divided by 64 is .951
Facilitator A showed 95.1%	of total tasks for Sl	ESSION 46
Amount of time spent in	the session.	Minutes

SESSION 47 (WEEK 24, SESSION 1)

Name of physical activity facil	itator:
Date:	Location:
Number of participants presen	::
Research Assistant completing	this form:
Week 24, Session 1 Physica	al Activity (Page 352)
(1) Led participants in war	m up for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in phy	sical activity (30 minute brisk walk or 30 minutes of Biker's Shuffle)
(3) Led participants in coo	down from physical activity (5 minutes total of performing activity at slow pace and then
stretching major musc	le groups used during activity).
To determine fidelity score for the number in the blank space	or this Session, count up the number of checks made on the preceding pages and put ee: TOTAL FIDELITY FOR SESSION 47 / _3
Then divide this number by demonstrated by facilitators	the total (3) and multiply by 100 to give a total percent of items correctly during this session.
demonstrated by facilitators	TOTAL FIDELITY PERCENTAGE FOR SESSION 47%
$.951 \times 100 = 95.1\%$	out of 64 total; 61 divided by 64 is .951 of total tasks for SESSION 47
Amount of time spent in	the session: Minutes

SESSION 48 (WEEK 24, SESSION 2)

Name of physical activity facilitator:	
Date:	Location:
Number of participants present:	
Research Assistant completing this for	orm:
Week 24, Session 2 Physical Act	tivity (Page 352)
(1) Led participants in warm up f	For physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical a	ctivity (30 minute brisk walk or 30 minutes of Chair Tai Chi DVD)
(3) Led participants in cool down	from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle grou	aps used during activity).
To determine fidelity score for this the number in the blank space:	Session, count up the number of checks made on the preceding pages and put TOTAL FIDELITY FOR SESSION 48 / _3
Then divide this number by the tot demonstrated by facilitators durin	tal (3) and multiply by 100 to give a total percent of items correctly g this session. TOTAL FIDELITY PERCENTAGE FOR SESSION 48%
Here is an example: If Facilitator A got 31 checks out o .951 x 100 = 95.1% Facilitator A showed 95.1% of total	f 64 total; 61 divided by 64 is .951
Amount of time spent in the s	session: Minutes

SESSION 49 (WEEK 25, SESSION 1)

Name of physical activity facilitate	or:
Date:	Location:
Number of participants present:	
Research Assistant completing this	form:
Week 25, Session 1 Physical A	ctivity (Page 352)
(1) Led participants in warm up	o for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical	activity (30 minute brisk walk or 30 minutes of HASfit workout)
(3) Led participants in cool dov	vn from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle gr	oups used during activity).
To determine fidelity score for the number in the blank space:	is Session, count up the number of checks made on the preceding pages and put
	TOTAL FIDELITY FOR SESSION 49/ _3_
Then divide this number by the t demonstrated by facilitators dur	otal (3) and multiply by 100 to give a total percent of items correctly ing this session.
acmonstrated by memons and	TOTAL FIDELITY PERCENTAGE FOR SESSION 499
Here is an example: If Facilitator A got 31 checks out .951 x 100 = 95.1% Facilitator A showed 95.1% of to	of 64 total; 61 divided by 64 is .951 stal tasks for SESSION 49
Amount of time spent in the	e session: Minutes

SESSION 50 (WEEK 25, SESSION 2)

Name of physical activity facilitato	r:
Date:	Location:
Number of participants present:	
Research Assistant completing this	form:
Week 25, Session 2 Physical A	ctivity (Page 352)
(1) Led participants in warm up	o for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical workout DVD)	activity (30 minute brisk walk or 30 minute Jessica Smith Mix and Match walking
(3) Led participants in cool dov	on from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle gr	oups used during activity).
To determine fidelity score for the number in the blank space:	is Session, count up the number of checks made on the preceding pages and put TOTAL FIDELITY FOR SESSION 50 / _3
Then divide this number by the t demonstrated by facilitators duri	otal (3) and multiply by 100 to give a total percent of items correctly ing this session. TOTAL FIDELITY PERCENTAGE FOR SESSION 50
Here is an example: If Facilitator A got 31 checks out .951 x 100 = 95.1% Facilitator A showed 95.1% of to	of 64 total; 61 divided by 64 is .951 tal tasks for SESSION 50
Amount of time spent in the	session: Minutes

SESSION 51 (WEEK 26, SESSION 1)

Name of physical activity facilitator:		
Date:	Location:	
Number of participants present:	_	
Research Assistant completing this fo	n:	
Week 26, Session 1 Physical Acti	ity (Page 353)	
(1) Led participants in warm up fo	physical activity (10-minute warm up consisting of moving at a slow pac	ce).
(2) Led participants in physical ac	vity (30 minute brisk walk or 30 minute HASfit workout)	
(3) Led participants in cool down	om physical activity (5 minutes total of performing activity at slow pace	and then
stretching major muscle group	used during activity).	
To determine fidelity score for this the number in the blank space:	ession, count up the number of checks made on the preceding pages a TOTAL FIDELITY FOR SESSION 51	•
Then divide this number by the total demonstrated by facilitators during	(3) and multiply by 100 to give a total percent of items correctly	/ <u>_</u> /
	TOTAL FIDELITY PERCENTAGE FOR SESSION 5	1%
Here is an example:		
If Facilitator A got 31 checks out of .951 x 100 = 95.1%	4 total; 61 divided by 64 is .951	
.951 x 100 = 95.1% Facilitator A showed 95.1% of total	asks for SESSION 51	
Amount of time spent in the so	sion: Minutes	

SESSION 52 (WEEK 26, SESSION 2)

Name of physical activity facilitator:	
Date:	Location:
Number of participants present:	
Research Assistant completing this for	orm:
Week 26, Session 2 Physical Act	tivity (Page 353)
(1) Led participants in warm up f	For physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical ac	ctivity (30 minute brisk walk or 30 minute electric slide)
(3) Led participants in cool down	n from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle grou	aps used during activity).
To determine fidelity score for this the number in the blank space:	Session, count up the number of checks made on the preceding pages and put
•	TOTAL FIDELITY FOR SESSION 52/ 3_
Then divide this number by the tot demonstrated by facilitators during	tal (3) and multiply by 100 to give a total percent of items correctly g this session.
	TOTAL FIDELITY PERCENTAGE FOR SESSION 52
Here is an example: If Facilitator A got 31 checks out of .951 x 100 = 95.1% Facilitator A showed 95.1% of total	
Amount of time spent in the s	session: Minutes

SESSION 53 (WEEK 27, SESSION 1)

Name of physical activity facilita	ntor:
Date:	Location:
Number of participants present:	
Research Assistant completing the	nis form:
Week 27, Session 1 Physical	Activity (Page 353)
(1) Led participants in warm	up for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physic	cal activity (30 minute brisk walk or 30 minute Jessica Smith Walk On DVD)
(3) Led participants in cool d	own from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle	groups used during activity).
To determine fidelity score for the number in the blank spaces	this Session, count up the number of checks made on the preceding pages and put TOTAL FIDELITY FOR SESSION 53 / _3_
	e total (3) and multiply by 100 to give a total percent of items correctly
demonstrated by facilitators du	ring this session. TOTAL FIDELITY PERCENTAGE FOR SESSION 53
Here is an example: If Facilitator A got 31 checks o .951 x 100 = 95.1% Facilitator A showed 95.1% of	ut of 64 total; 61 divided by 64 is .951 total tasks for SESSION 53
Amount of time spent in the	he session: Minutes

SESSION 54 (WEEK 27, SESSION 2)

Name of physical activity	facilitator:
Date:	Location:
Number of participants p	resent:
Research Assistant comp	leting this form:
Week 27, Session 2 Ph	nysical Activity (Page 353)
(1) Led participants in	n warm up for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in	n physical activity (30 minute brisk walk or 30 minute Dance that Walk DVD)
(3) Led participants in	n cool down from physical activity (5 minutes total of performing activity at slow pace and then
stretching major	muscle groups used during activity).
To determine fidelity so the number in the blank	
	TOTAL FIDELITY FOR SESSION 54 / _3_ r by the total (3) and multiply by 100 to give a total percent of items correctly ators during this session.
·	TOTAL FIDELITY PERCENTAGE FOR SESSION 54
Here is an example:	
If Facilitator A got 31 cl	hecks out of 64 total; 61 divided by 64 is .951
.951 x 100 = 95.1% Facilitator A showed 95	.1% of total tasks for SESSION 54
A	
Amount of time spen	nt in the session: Minutes

SESSION 55 (WEEK 28, SESSION 1)

Name of physical activity facilitator:	
Date:	Location:
Number of participants present:	
Research Assistant completing this fo	rm:
Week 28, Session 1 Physical Acti	vity (Page 353)
(1) Led participants in warm up fo	or physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical ac	tivity (30 minute brisk walk or 30 minutes of electric slide)
(3) Led participants in cool down	from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle group	ps used during activity).
To determine fidelity score for this the number in the blank space:	Session, count up the number of checks made on the preceding pages and put TOTAL FIDELITY FOR SESSION 55 / _3
Then divide this number by the tota demonstrated by facilitators during	al (3) and multiply by 100 to give a total percent of items correctly
Here is an example: If Facilitator A got 31 checks out of .951 x 100 = 95.1% Facilitator A showed 95.1% of total	
Amount of time spent in the se	ession: Minutes

SESSION 56 (WEEK 28, SESSION 2)

Name of physical activity facilitator:	
Date:	Location:
Number of participants present:	<u> </u>
Research Assistant completing this for	orm:
Week 28, Session 2 Physical Act	civity (Page 353)
(1) Led participants in warm up fe	or physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical ac	ctivity (30 minute brisk walk or 30 minute HASfit workout)
(3) Led participants in cool down	from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle grou	ips used during activity).
To determine fidelity score for this the number in the blank space:	Session, count up the number of checks made on the preceding pages and put
one manager an one semant spaces	TOTAL FIDELITY FOR SESSION 56/ 3_
Then divide this number by the tot demonstrated by facilitators during	ral (3) and multiply by 100 to give a total percent of items correctly g this session.
,	TOTAL FIDELITY PERCENTAGE FOR SESSION 56
Here is an example: If Facilitator A got 31 checks out of .951 x 100 = 95.1% Facilitator A showed 95.1% of total	
Amount of time spent in the s	session: Minutes

SESSION 57 (WEEK 29, SESSION 1)

Name of physical activity facilitator:	
Date:	Location:
Number of participants present:	<u> </u>
Research Assistant completing this for	orm:
Week 29, Session 1 Physical Act	tivity (Page 353)
(1) Led participants in warm up f	for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical a	activity (30 minute brisk walk or 30 minutes Chair Tai Chi DVD)
(3) Led participants in cool down	n from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle grou	aps used during activity).
To determine fidelity score for this the number in the blank space:	s Session, count up the number of checks made on the preceding pages and put
	TOTAL FIDELITY FOR SESSION 57/ 3_
Then divide this number by the tot demonstrated by facilitators durin	tal (3) and multiply by 100 to give a total percent of items correctly g this session.
•	TOTAL FIDELITY PERCENTAGE FOR SESSION 57
Here is an example: If Facilitator A got 31 checks out o .951 x 100 = 95.1% Facilitator A showed 95.1% of total	
Amount of time spent in the s	session: Minutes

SESSION 58 (WEEK 29, SESSION 2)

Name of physical activity facilitator:	
Date:	Location:
Number of participants present:	<u> </u>
Research Assistant completing this for	orm:
Week 29, Session 2 Physical Act	ivity (Page 353)
(1) Led participants in warm up for	or physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical ac workout DVD)	ctivity (30 minute brisk walk or 30 minute Jessica Smith Mix and Match walking
(3) Led participants in cool down	from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle grou	ps used during activity).
To determine fidelity score for this the number in the blank space:	Session, count up the number of checks made on the preceding pages and put TOTAL FIDELITY FOR SESSION 58 / _3
Then divide this number by the tot demonstrated by facilitators during	al (3) and multiply by 100 to give a total percent of items correctly
Here is an example: If Facilitator A got 31 checks out of .951 x 100 = 95.1% Facilitator A showed 95.1% of total	
Amount of time spent in the s	ession: Minutes

SESSION 59 (WEEK 30, SESSION 1)

Name of physical activity facilitator:	
Date:	Location:
Number of participants present:	<u> </u>
Research Assistant completing this for	orm:
Week 30, Session 1 Physical Act	civity (Page 353)
(1) Led participants in warm up f	for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical ac	ctivity (30 minute brisk walk or 30 minute Dance that Walk DVD)
(3) Led participants in cool down	from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle grou	ips used during activity).
To determine fidelity score for this the number in the blank space:	Session, count up the number of checks made on the preceding pages and put
•	TOTAL FIDELITY FOR SESSION 59/ 3_
Then divide this number by the tot demonstrated by facilitators during	eal (3) and multiply by 100 to give a total percent of items correctly g this session.
	TOTAL FIDELITY PERCENTAGE FOR SESSION 59
Here is an example: If Facilitator A got 31 checks out of .951 x 100 = 95.1% Facilitator A showed 95.1% of total	
Amount of time spent in the s	session: Minutes

SESSION 60 (WEEK 30, SESSION 2)

Name of physical activity facilitator:	
Date:	Location:
Number of participants present:	
Research Assistant completing this for	orm:
Week 30, Session 2 Physical Act	tivity (Page 353)
(1) Led participants in warm up f	For physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical a	ctivity (30 minute brisk walk or 30 minutes of electric slide)
(3) Led participants in cool down	n from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle grou	aps used during activity).
To determine fidelity score for this the number in the blank space:	Session, count up the number of checks made on the preceding pages and put
	TOTAL FIDELITY FOR SESSION 60/ _3_
Then divide this number by the tot demonstrated by facilitators durin	tal (3) and multiply by 100 to give a total percent of items correctly g this session.
	TOTAL FIDELITY PERCENTAGE FOR SESSION 60
Here is an example: If Facilitator A got 31 checks out o .951 x 100 = 95.1% Facilitator A showed 95.1% of total	
Amount of time spent in the s	session: Minutes

SESSION 61 (WEEK 31, SESSION 1)

Name of physical activity facilitator:	
Date:	Location:
Number of participants present:	
Research Assistant completing this for	orm:
Week 31, Session 1 Physical Act	ivity (Page 354)
(1) Led participants in warm up f	or physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical a	ctivity (30 minute brisk walk or 30 minute Jessica Smith 10,000 Miles DVD)
(3) Led participants in cool down	from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle grou	ps used during activity).
To determine fidelity score for this the number in the blank space:	Session, count up the number of checks made on the preceding pages and put
	TOTAL FIDELITY FOR SESSION 61 / _3_
Then divide this number by the tot demonstrated by facilitators during	al (3) and multiply by 100 to give a total percent of items correctly this session.
	TOTAL FIDELITY PERCENTAGE FOR SESSION 61
Here is an example: If Facilitator A got 31 checks out o .951 x 100 = 95.1%	f 64 total; 61 divided by 64 is .951
Facilitator A showed 95.1% of total	l tasks for SESSION 61
Amount of time spent in the s	ession: Minutes

SESSION 62 (WEEK 31, SESSION 2)

Name of physical activity facilitator	r:
Date:	Location:
Number of participants present:	
Research Assistant completing this	form:
Week 31, Session 2 Physical Ac	ctivity (Page 354)
(1) Led participants in warm up	for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical	activity (30 minute brisk walk or 30 minute HASfit workout)
(3) Led participants in cool dow	on from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle gro	oups used during activity).
To determine fidelity score for the the number in the blank space:	is Session, count up the number of checks made on the preceding pages and put
	TOTAL FIDELITY FOR SESSION 62/ _3_
Then divide this number by the to demonstrated by facilitators during	otal (3) and multiply by 100 to give a total percent of items correctly ng this session.
2	TOTAL FIDELITY PERCENTAGE FOR SESSION 62
Here is an example: If Facilitator A got 31 checks out .951 x 100 = 95.1% Facilitator A showed 95.1% of tot	of 64 total; 61 divided by 64 is .951 tal tasks for SESSION 62
Amount of time spent in the	session: Minutes

SESSION 63 (WEEK 32, SESSION 1)

Name of physical activity facilitate	or:	
Date:	Location:	
Number of participants present:		
Research Assistant completing this form:		
Week 32, Session 1 Physical A	ctivity (Page 354)	
(1) Led participants in warm up	o for physical activity (10-minute warm up consisting of moving at a slow pace).	
(2) Led participants in physical	activity (30 minute brisk walk or 30 minutes of electric slide)	
(3) Led participants in cool dov	wn from physical activity (5 minutes total of performing activity at slow pace and then	
stretching major muscle groups used during activity).		
To determine fidelity score for the number in the blank space:	nis Session, count up the number of checks made on the preceding pages and put	
	TOTAL FIDELITY FOR SESSION 63/ 3_	
Then divide this number by the t demonstrated by facilitators dur	total (3) and multiply by 100 to give a total percent of items correctly ing this session.	
	TOTAL FIDELITY PERCENTAGE FOR SESSION 63%	
Here is an example: If Facilitator A got 31 checks out .951 x 100 = 95.1% Facilitator A showed 95.1% of to	t of 64 total; 61 divided by 64 is .951 otal tasks for SESSION 63	
Amount of time spent in the	e session: Minutes	

SESSION 64 (WEEK 32, SESSION 2)

Name of physical activity fa	cilitator:
Date:	Location:
Number of participants pres	ent:
Research Assistant complet	ing this form:
Week 32, Session 2 Phys	sical Activity (Page 354)
(1) Led participants in w	varm up for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in p	hysical activity (30 minute brisk walk or 30 minute Chair Tai Chi DVD)
(3) Led participants in c	ool down from physical activity (5 minutes total of performing activity at slow pace and then
stretching major mu	ascle groups used during activity).
To determine fidelity score the number in the blank s	e for this Session, count up the number of checks made on the preceding pages and put pace: TOTAL FIDELITY FOR SESSION 64 / 3_
Then divide this number be demonstrated by facilitate	by the total (3) and multiply by 100 to give a total percent of items correctly
demonstrated by facilitato	TOTAL FIDELITY PERCENTAGE FOR SESSION 64
$.951 \times 100 = 95.1\%$	cks out of 64 total; 61 divided by 64 is .951 % of total tasks for SESSION 64
Amount of time spent	in the session: Minutes

SESSION 65 (WEEK 33, SESSION 1)

Name of physical activity facilitator:	
Date:	Location:
Number of participants present:	
Research Assistant completing this for	orm:
Week 33, Session 1 Physical Act	tivity (Page 354)
(1) Led participants in warm up f	For physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical a	ctivity (30 minute brisk walk or 30 minutes Cupid Shuffle)
(3) Led participants in cool down	n from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle grou	aps used during activity).
To determine fidelity score for this the number in the blank space:	Session, count up the number of checks made on the preceding pages and put
	TOTAL FIDELITY FOR SESSION 65/ 3_
Then divide this number by the tot demonstrated by facilitators during	tal (3) and multiply by 100 to give a total percent of items correctly g this session.
	TOTAL FIDELITY PERCENTAGE FOR SESSION 65
Here is an example: If Facilitator A got 31 checks out o .951 x 100 = 95.1% Facilitator A showed 95.1% of total	
Amount of time spent in the s	session: Minutes

SESSION 66 (WEEK 33, SESSION 2)

Name of physical activity facilitator:	
Date:	Location:
Number of participants present:	
Research Assistant completing this for	orm:
Week 33, Session 2 Physical Act	ivity (Page 354)
(1) Led participants in warm up fo	or physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical ac workout DVD)	ctivity (30 minute brisk walk or 30 minute Jessica Smith Mix and Match walking
(3) Led participants in cool down	from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle grou	ps used during activity).
To determine fidelity score for this the number in the blank space:	Session, count up the number of checks made on the preceding pages and put TOTAL FIDELITY FOR SESSION 66 / _3_
Then divide this number by the tot demonstrated by facilitators during	al (3) and multiply by 100 to give a total percent of items correctly g this session. TOTAL FIDELITY PERCENTAGE FOR SESSION 66
Here is an example: If Facilitator A got 31 checks out of .951 x 100 = 95.1% Facilitator A showed 95.1% of total	
Amount of time spent in the s	ession: Minutes

SESSION 67 (WEEK 34, SESSION 1)

Name of physical activity facilitate	or:
Date:	Location:
Number of participants present:	
Research Assistant completing this	s form:
Week 34, Session 1 Physical A	ctivity (Page 354)
(1) Led participants in warm u	o for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physica	activity (30 minute brisk walk or 30 minute HASfit workout)
(3) Led participants in cool do	wn from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle g	roups used during activity).
To determine fidelity score for the number in the blank space:	nis Session, count up the number of checks made on the preceding pages and put
	TOTAL FIDELITY FOR SESSION 67/_3_
Then divide this number by the demonstrated by facilitators dur	total (3) and multiply by 100 to give a total percent of items correctly ing this session.
	TOTAL FIDELITY PERCENTAGE FOR SESSION 67
Here is an example: If Facilitator A got 31 checks ou .951 x 100 = 95.1% Facilitator A showed 95.1% of to	t of 64 total; 61 divided by 64 is .951 otal tasks for SESSION 67
Amount of time spent in the	e session: Minutes

SESSION 68 (WEEK 34, SESSION 2)

Name of physical activity facilitator:	
Date:	Location:
Number of participants present:	<u> </u>
Research Assistant completing this for	orm:
Week 34, Session 2 Physical Act	ivity (Page 354)
(1) Led participants in warm up fo	or physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical ac	ctivity (30 minute brisk walk or 30 minutes of Cupid Shuffle)
(3) Led participants in cool down	from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle grou	ips used during activity).
To determine fidelity score for this the number in the blank space:	Session, count up the number of checks made on the preceding pages and put
one number in the same space.	TOTAL FIDELITY FOR SESSION 68/ 3_
Then divide this number by the total demonstrated by facilitators during	al (3) and multiply by 100 to give a total percent of items correctly g this session.
	TOTAL FIDELITY PERCENTAGE FOR SESSION 68
Here is an example: If Facilitator A got 31 checks out of .951 x 100 = 95.1% Facilitator A showed 95.1% of total	
Amount of time spent in the s	ession: Minutes

SESSION 69 (WEEK 35, SESSION 1)

Name of physical activity facilitate	r:	
Date:	Location:	
Number of participants present:		
Research Assistant completing this	form:	
Week 35, Session 1 Physical A	ctivity (Page 354)	
(1) Led participants in warm up	o for physical activity (10-minute warm up consisting of moving at a slow pace).	
(2) Led participants in physica	activity (30 minute brisk walk or 30 minute Jessica Smith 10,000 Miles DVD)	
(3) Led participants in cool do	vn from physical activity (5 minutes total of performing activity at slow pace and to	then
stretching major muscle gr	oups used during activity).	
To determine fidelity score for the number in the blank space:	is Session, count up the number of checks made on the preceding pages and p	put
от тако тако тако тако тако тако тако та	TOTAL FIDELITY FOR SESSION 69	/_3
Then divide this number by the demonstrated by facilitators dur	otal (3) and multiply by 100 to give a total percent of items correctly ing this session.	
	TOTAL FIDELITY PERCENTAGE FOR SESSION 69	%
Here is an example: If Facilitator A got 31 checks out .951 x 100 = 95.1% Facilitator A showed 95.1% of to	of 64 total; 61 divided by 64 is .951 tal tasks for SESSION 69	
Amount of time spent in the	session: Minutes	

SESSION 70 (WEEK 35, SESSION 2)

Name of physical activity facilitato	r:
Date:	Location:
Number of participants present:	
Research Assistant completing this	form:
Week 35, Session 2 Physical A	ctivity (Page 354)
(1) Led participants in warm up	o for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical	activity (30 minute brisk walk or 30 minute Dance that Walk DVD)
(3) Led participants in cool dow	on from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle gro	oups used during activity).
To determine fidelity score for the number in the blank space:	is Session, count up the number of checks made on the preceding pages and put TOTAL FIDELITY FOR SESSION 70 / _3
Then divide this number by the to demonstrated by facilitators duri	otal (3) and multiply by 100 to give a total percent of items correctly
demonstrated by facilitators duri	TOTAL FIDELITY PERCENTAGE FOR SESSION 70%
Here is an example: If Facilitator A got 31 checks out .951 x 100 = 95.1% Facilitator A showed 95.1% of to	of 64 total; 61 divided by 64 is .951 tal tasks for SESSION 70
Amount of time spent in the	session: Minutes

SESSION 71 (WEEK 36, SESSION 1)

Name of physical activity facilitate	or:
Date:	Location:
Number of participants present:	
Research Assistant completing this	s form:
Week 36, Session 1 Physical A	activity (Page 355)
(1) Led participants in warm up	p for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical	activity (30 minute brisk walk or 30 minutes of Cupid Shuffle)
(3) Led participants in cool dov	wn from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle gr	roups used during activity).
To determine fidelity score for the number in the blank space:	nis Session, count up the number of checks made on the preceding pages and put
•	TOTAL FIDELITY FOR SESSION 71/ 3
Then divide this number by the t demonstrated by facilitators dur	total (3) and multiply by 100 to give a total percent of items correctly ing this session.
~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~	TOTAL FIDELITY PERCENTAGE FOR SESSION 71
Here is an example: If Facilitator A got 31 checks out .951 x 100 = 95.1% Facilitator A showed 95.1% of to	t of 64 total; 61 divided by 64 is .951 otal tasks for SESSION 71
Amount of time spent in the	e session: Minutes

SESSION 72 (WEEK 36, SESSION 2)

Name of physical activity facil	itator:	
Date:	Location:	
Number of participants presen	t:	
Research Assistant completing	this form:	
Week 36, Session 2 Physic	al Activity (Page 355)	
(1) Led participants in war	m up for physical activity (10-minute warm up consisting of moving at a slow pace).	
(2) Led participants in phy	sical activity (30 minute brisk walk or 30 minute HASfit workout)	
(3) Led participants in coo	down from physical activity (5 minutes total of performing activity at slow pace and then	n
stretching major musc	le groups used during activity).	
To determine fidelity score for the number in the blank space	or this Session, count up the number of checks made on the preceding pages and put ce: TOTAL FIDELITY FOR SESSION 72 / _3	
Then divide this number by demonstrated by facilitators	the total (3) and multiply by 100 to give a total percent of items correctly	
demonstrated by facilitators	TOTAL FIDELITY PERCENTAGE FOR SESSION 72	<u>%</u>
$.951 \times 100 = 95.1\%$	of total tasks for SESSION 72	
Amount of time spent in	the session: Minutes	

SESSION 73 (WEEK 37, SESSION 1)

Name of physical activity facilitator:	
Date:	Location:
Number of participants present:	<u> </u>
Research Assistant completing this f	form:
Week 37, Session 1 Physical Act	tivity (Page 355)
(1) Led participants in warm up f	for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical a	activity (30 minute brisk walk or 30 minute Chair Tai Chi DVD)
(3) Led participants in cool down	n from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle grou	ups used during activity).
To determine fidelity score for this the number in the blank space:	s Session, count up the number of checks made on the preceding pages and put
	TOTAL FIDELITY FOR SESSION 73/ _3_
Then divide this number by the tot demonstrated by facilitators durin	tal (3) and multiply by 100 to give a total percent of items correctly ag this session.
	TOTAL FIDELITY PERCENTAGE FOR SESSION 73
Here is an example: If Facilitator A got 31 checks out o .951 x 100 = 95.1% Facilitator A showed 95.1% of total	
Amount of time spent in the s	session: Minutes

SESSION 74 (WEEK 37, SESSION 2)

Name of physical activity facilitator:	
Date:	Location:
Number of participants present:	
Research Assistant completing this fo	orm:
Week 37, Session 2 Physical Acti	ivity (Page 355)
(1) Led participants in warm up fo	or physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical ac	ctivity (30 minute brisk walk or 30 minutes of Cupid Shuffle)
(3) Led participants in cool down	from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle group	ps used during activity).
To determine fidelity score for this the number in the blank space:	Session, count up the number of checks made on the preceding pages and put TOTAL FIDELITY FOR SESSION 74 / _3
Then divide this number by the total demonstrated by facilitators during	al (3) and multiply by 100 to give a total percent of items correctly g this session. TOTAL FIDELITY PERCENTAGE FOR SESSION 74
Here is an example: If Facilitator A got 31 checks out of .951 x 100 = 95.1% Facilitator A showed 95.1% of total	
Amount of time spent in the se	ession: Minutes

SESSION 75 (WEEK 38, SESSION 1)

Name of physical activity facilitators	
Date:	Location:
Number of participants present:	
Research Assistant completing this f	Form:
Week 38, Session 1 Physical Ac	tivity (Page 355)
(1) Led participants in warm up	for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical a	activity (30 minute brisk walk or 30 minute Dance that Walk DVD)
(3) Led participants in cool down	n from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle gro	ups used during activity).
To determine fidelity score for this the number in the blank space:	s Session, count up the number of checks made on the preceding pages and put
	TOTAL FIDELITY FOR SESSION 75/ _3_
Then divide this number by the to- demonstrated by facilitators durin	tal (3) and multiply by 100 to give a total percent of items correctly ag this session.
	TOTAL FIDELITY PERCENTAGE FOR SESSION 75
Here is an example: If Facilitator A got 31 checks out of .951 x 100 = 95.1% Facilitator A showed 95.1% of total	
Amount of time spent in the	session: Minutes

SESSION 76 (WEEK 38, SESSION 2)

Name of physical activity facil	itator:
Date:	Location:
Number of participants present	::
Research Assistant completing	this form:
Week 38, Session 2 Physics	al Activity (Page 355)
(1) Led participants in war	m up for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in phy	sical activity (30 minute brisk walk or 30 minutes Cupid Shuffle)
(3) Led participants in cool	down from physical activity (5 minutes total of performing activity at slow pace and then
stretching major musc	le groups used during activity).
To determine fidelity score for the number in the blank space	or this Session, count up the number of checks made on the preceding pages and put ce: TOTAL FIDELITY FOR SESSION 76 / _3
Then divide this number by demonstrated by facilitators	the total (3) and multiply by 100 to give a total percent of items correctly
demonstrated by facilitators	TOTAL FIDELITY PERCENTAGE FOR SESSION 76
$.951 \times 100 = 95.1\%$	out of 64 total; 61 divided by 64 is .951 of total tasks for SESSION 76
Amount of time spent in	the session: Minutes

SESSION 77 (WEEK 39, SESSION 1)

Name of physical activity facilita	tor:	
Date:	Location:	
Number of participants present:		
Research Assistant completing th	is form:	
Week 39, Session 1 Physical Ac	tivity (Page 355)	
(1) Led participants in warm	up for physical activity (10-minute warm up consisting of moving at a slow pace).	
(2) Led participants in physic	al activity (30 minute brisk walk or 30 minute Jessica Smith 10,000 Miles DVD)	
(3) Led participants in cool down from physical activity (5 minutes total of performing activity at slow pace and t		
stretching major muscle groups used during activity).		
To determine fidelity score for the number in the blank space:	this Session, count up the number of checks made on the preceding pages and put TOTAL FIDELITY FOR SESSION 77 / _3	
Then divide this number by the demonstrated by facilitators du	e total (3) and multiply by 100 to give a total percent of items correctly uring this session.	
demonstrated by facilitators de	TOTAL FIDELITY PERCENTAGE FOR SESSION 77	
Here is an example: If Facilitator A got 31 checks of .951 x 100 = 95.1% Facilitator A showed 95.1% of	ut of 64 total; 61 divided by 64 is .951 total tasks for SESSION 77	
Amount of time spent in tl	ne session: Minutes	

SESSION 78 (WEEK 39, SESSION 2)

Name of physical activity facilitator:	
Date:	Location:
Number of participants present:	
Research Assistant completing this for	orm:
Week 39, Session 2 Physical Act	ivity (Page 355)
(1) Led participants in warm up fe	or physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical ac	ctivity (30 minute brisk walk or 30 minute Dance that Walk DVD)
(3) Led participants in cool down	from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle grou	ps used during activity).
To determine fidelity score for this the number in the blank space:	Session, count up the number of checks made on the preceding pages and put
one number in the same space.	TOTAL FIDELITY FOR SESSION 78/_3_
Then divide this number by the tot demonstrated by facilitators during	al (3) and multiply by 100 to give a total percent of items correctly this session.
,	TOTAL FIDELITY PERCENTAGE FOR SESSION 78
Here is an example: If Facilitator A got 31 checks out of .951 x 100 = 95.1% Facilitator A showed 95.1% of total	
Amount of time spent in the s	ession: Minutes

SESSION 79 (WEEK 40, SESSION 1)

Name of physical activity facilitat	or:		
Date:	Location:		
Number of participants present: _			
Research Assistant completing thi	form:		
Week 40, Session 1 Physical A	ctivity (Page 355-356)		
(1) Led participants in warm u	o for physical activity (10-minute warm up consisting of moving at a slow pace).		
(2) Led participants in physica	activity (30 minute brisk walk or 30 minutes of Cupid Shuffle)		
(3) Led participants in cool do	vn from physical activity (5 minutes total of performing activity at slow pace and t	hen	
stretching major muscle groups used during activity).			
To determine fidelity score for t the number in the blank space:	is Session, count up the number of checks made on the preceding pages and p	ut	
	TOTAL FIDELITY FOR SESSION 79/	_3	
Then divide this number by the demonstrated by facilitators dur	otal (3) and multiply by 100 to give a total percent of items correctly ing this session.		
	TOTAL FIDELITY PERCENTAGE FOR SESSION 79		
Here is an example: If Facilitator A got 31 checks ou .951 x 100 = 95.1% Facilitator A showed 95.1% of t	of 64 total; 61 divided by 64 is .951 stal tasks for SESSION 79		
Amount of time spent in the	e session: Minutes		

SESSION 80 (WEEK 40, SESSION 2)

Name of physical activity facilitate	r:		
Date:	Location:		
Number of participants present:			
Research Assistant completing this	form:		
Week 40, Session 2 Physical A	ctivity (Page 355)		
(1) Led participants in warm u	o for physical activity (10-minute warm up consisting of moving at a slow pace).		
(2) Led participants in physica	activity (30 minute brisk walk or 30 minute Chair Tai Chi DVD)		
(3) Led participants in cool do	vn from physical activity (5 minutes total of performing activity at slow pace and the	en	
stretching major muscle groups used during activity).			
To determine fidelity score for the number in the blank space:	is Session, count up the number of checks made on the preceding pages and put	t	
•	TOTAL FIDELITY FOR SESSION 80/_	3	
Then divide this number by the demonstrated by facilitators dur	otal (3) and multiply by 100 to give a total percent of items correctly ing this session.		
	TOTAL FIDELITY PERCENTAGE FOR SESSION 80	_%	
Here is an example: If Facilitator A got 31 checks out .951 x 100 = 95.1% Facilitator A showed 95.1% of to	of 64 total; 61 divided by 64 is .951 tal tasks for SESSION 80		
Amount of time spent in the	session: Minutes		

SESSION 81 (WEEK 41, SESSION 1)

Name of physical activity faci	litator:
Date:	Location:
Number of participants presen	t:
Research Assistant completing	g this form:
Week 41, Session 1 Physic	al Activity (Page 356)
(1) Led participants in war	rm up for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in phy	sical activity (30 minute brisk walk or 30 minute HASfit DVD)
(3) Led participants in coo	l down from physical activity (5 minutes total of performing activity at slow pace and then
stretching major musc	ele groups used during activity).
To determine fidelity score f the number in the blank spa	for this Session, count up the number of checks made on the preceding pages and put ce: TOTAL FIDELITY FOR SESSION 81 / _3
Then divide this number by demonstrated by facilitators	the total (3) and multiply by 100 to give a total percent of items correctly
demonstrated by facilitators	TOTAL FIDELITY PERCENTAGE FOR SESSION 81
$.951 \times 100 = 95.1\%$	s out of 64 total; 61 divided by 64 is .951 of total tasks for SESSION 81
Amount of time spent in	the session: Minutes

SESSION 82 (WEEK 41, SESSION 2)

Name of physical activity facilitator		
Date:	Location:	
Number of participants present:	<u> </u>	
Research Assistant completing this	orm:	
Week 41, Session 2 Physical Ac	ivity (Page 356)	
(1) Led participants in warm up	or physical activity (10-minute warm up consisting of moving at a slow pace).	
(2) Led participants in physical	ctivity (30 minute brisk walk or 30 minute Biker's Shuffle)	
(3) Led participants in cool dow	from physical activity (5 minutes total of performing activity at slow pace and	then
stretching major muscle gro	ps used during activity).	
To determine fidelity score for thi the number in the blank space:	Session, count up the number of checks made on the preceding pages and	put
	TOTAL FIDELITY FOR SESSION 82	/ 3
Then divide this number by the to demonstrated by facilitators during	al (3) and multiply by 100 to give a total percent of items correctly this session.	
	TOTAL FIDELITY PERCENTAGE FOR SESSION 82	%
Here is an example: If Facilitator A got 31 checks out	f 64 total; 61 divided by 64 is .951	
.951 x 100 = 95.1% Facilitator A showed 95.1% of tot		
Amount of time spent in the	ession: Minutes	

SESSION 83 (WEEK 42, SESSION 1)

Name of physical activity facilitate	r:		
Date:	Location:		
Number of participants present:			
Research Assistant completing this	form:		
Week 42, Session 1 Physical A	ctivity (Page 356)		
(1) Led participants in warm up	o for physical activity (10-minute warm up consisting of moving at a slow	pace).	
(2) Led participants in physica	activity (30 minute brisk walk or 30 minute HASfit workout)		
(3) Led participants in cool do	vn from physical activity (5 minutes total of performing activity at slow pa	ice and then	
stretching major muscle groups used during activity).			
To determine fidelity score for the number in the blank space:	is Session, count up the number of checks made on the preceding page	es and put	
•	TOTAL FIDELITY FOR SESSION 83	/_3	
Then divide this number by the demonstrated by facilitators dur	otal (3) and multiply by 100 to give a total percent of items correctly ing this session.		
	TOTAL FIDELITY PERCENTAGE FOR SESSION	N 83%	
Here is an example: If Facilitator A got 31 checks out .951 x 100 = 95.1% Facilitator A showed 95.1% of to	of 64 total; 61 divided by 64 is .951 tal tasks for SESSION 83		
Amount of time spent in the	e session: Minutes		

SESSION 84 (WEEK 42, SESSION 2)

Name of physical activity facil	itator:	
Date:	Location:	
Number of participants present	::	
Research Assistant completing	this form:	
Week 42, Session 2 Physics	al Activity (Page 356)	
(1) Led participants in war	m up for physical activity (10-minute warm up consisting of moving at a slow pace).	
(2) Led participants in phy	sical activity (30 minute brisk walk or 30 minute Biker's Shuffle)	
(3) Led participants in cool	down from physical activity (5 minutes total of performing activity at slow pace and then	n
stretching major musc	le groups used during activity).	
To determine fidelity score for the number in the blank space	or this Session, count up the number of checks made on the preceding pages and put ee: TOTAL FIDELITY FOR SESSION 84 / _3	
Then divide this number by demonstrated by facilitators	the total (3) and multiply by 100 to give a total percent of items correctly	
demonstrated by facilitators	TOTAL FIDELITY PERCENTAGE FOR SESSION 84	<u>%</u>
$.951 \times 100 = 95.1\%$	out of 64 total; 61 divided by 64 is .951 of total tasks for SESSION 84	
Amount of time spent in	the session: Minutes	

SESSION 85 (WEEK 43, SESSION 1)

Name of physical activity facilitator	:	
Date:	Location:	
Number of participants present:		
Research Assistant completing this	form:	
Week 43, Session 1 Physical Ac	ctivity (Page 356)	
(1) Led participants in warm up	for physical activity (10-minute warm up consisting of moving at a slow pace).	
(2) Led participants in physical	activity (30 minute brisk walk or 30 minutes of Biker's Shuffle)	
(3) Led participants in cool dow	on from physical activity (5 minutes total of performing activity at slow pace and then	
stretching major muscle groups used during activity).		
To determine fidelity score for thi the number in the blank space:	is Session, count up the number of checks made on the preceding pages and put TOTAL FIDELITY FOR SESSION 85 / _3	
Then divide this number by the to demonstrated by facilitators during	otal (3) and multiply by 100 to give a total percent of items correctly ng this session.	
·	TOTAL FIDELITY PERCENTAGE FOR SESSION 85%	
Here is an example: If Facilitator A got 31 checks out .951 x 100 = 95.1% Facilitator A showed 95.1% of tot	of 64 total; 61 divided by 64 is .951 tal tasks for SESSION 85	
Amount of time spent in the	session: Minutes	

SESSION 86 (WEEK 43, SESSION 2)

Name of physical activit	y facilitator:
Date:	
Number of participants p	present:
Research Assistant comp	oleting this form:
Week 43, Session 2 P	hysical Activity (Page 356)
(1) Led participants	in warm up for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants	in physical activity (30 minute brisk walk or 30 minute Dance that Walk DVD)
(3) Led participants	in cool down from physical activity (5 minutes total of performing activity at slow pace and then
stretching major	muscle groups used during activity).
To determine fidelity sethe number in the blan	<u> </u>
	TOTAL FIDELITY FOR SESSION 86 / _3_ er by the total (3) and multiply by 100 to give a total percent of items correctly tators during this session.
	TOTAL FIDELITY PERCENTAGE FOR SESSION 86
Here is an example:	
	checks out of 64 total; 61 divided by 64 is .951
.951 x 100 = 95.1% Facilitator A showed 9	5.1% of total tasks for SESSION 86
Amount of time spe	ent in the session: Minutes

SESSION 87 (WEEK 44, SESSION 1)

Name of physical activity facilitator:	
Date:	Location:
Number of participants present:	
Research Assistant completing this f	form:
Week 44, Session 1 Physical Act	tivity (Page 356)
(1) Led participants in warm up f	for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical a	activity (30 minute brisk walk or 30 minute Biker's Shuffle)
(3) Led participants in cool down	n from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle grou	ups used during activity).
To determine fidelity score for this the number in the blank space:	s Session, count up the number of checks made on the preceding pages and put
	TOTAL FIDELITY FOR SESSION 87/ _3_
Then divide this number by the tot demonstrated by facilitators durin	tal (3) and multiply by 100 to give a total percent of items correctly gethis session.
	TOTAL FIDELITY PERCENTAGE FOR SESSION 87
Here is an example: If Facilitator A got 31 checks out o .951 x 100 = 95.1% Facilitator A showed 95.1% of total	
Amount of time spent in the s	session: Minutes

SESSION 88 (WEEK 44, SESSION 2)

Name of physical activity facilitator:		
Date:	_ Location:	
Number of participants present:		
Research Assistant completing this f	Form:	
Week 44, Session 2 Physical Act	tivity (Page 356)	
(1) Led participants in warm up t	for physical activity (10-minute warm up consisting of moving at a slow pace).	
(2) Led participants in physical a	activity (30 minute brisk walk or 30 minutes HASfit workout)	
(3) Led participants in cool dowr	n from physical activity (5 minutes total of performing activity at slow pace and then	
stretching major muscle groups used during activity).		
To determine fidelity score for this the number in the blank space:	Session, count up the number of checks made on the preceding pages and put TOTAL FIDELITY FOR SESSION 88 / _3	
Then divide this number by the tot demonstrated by facilitators durin		
	TOTAL FIDELITY PERCENTAGE FOR SESSION 88%	
Here is an example: If Facilitator A got 31 checks out of .951 x 100 = 95.1% Facilitator A showed 95.1% of total		
Amount of time spent in the s	session: Minutes	

SESSION 89 (WEEK 45, SESSION 1)

Name of physical activity facilitat	r:			
Date:	Location:			
Number of participants present: _				
Research Assistant completing thi	form:			
Week 45, Session 1 Physical A	ctivity (Page 356)			
(1) Led participants in warm u	o for physical activity (10-minute warm up consisting of moving at a slow pace).			
(2) Led participants in physica	activity (30 minute brisk walk or 30 minute Chair Tai Chi DVD)			
(3) Led participants in cool do	vn from physical activity (5 minutes total of performing activity at slow pace and t	hen		
stretching major muscle g	stretching major muscle groups used during activity).			
To determine fidelity score for t the number in the blank space:	is Session, count up the number of checks made on the preceding pages and p	out		
	TOTAL FIDELITY FOR SESSION 89/	3		
Then divide this number by the demonstrated by facilitators dur	otal (3) and multiply by 100 to give a total percent of items correctly ing this session.			
	TOTAL FIDELITY PERCENTAGE FOR SESSION 89			
Here is an example: If Facilitator A got 31 checks ou .951 x 100 = 95.1% Facilitator A showed 95.1% of t	of 64 total; 61 divided by 64 is .951 tal tasks for SESSION 89			
Amount of time spent in the	session: Minutes			

SESSION 90 (WEEK 45, SESSION 2)

Name of physical activity facilitator:	
	Location:
Number of participants present:	<u> </u>
Research Assistant completing this fo	orm:
Week 45, Session 2 Physical Acti	ivity (Page 356)
(1) Led participants in warm up fo	or physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical ac DVD).	ctivity (30 minute brisk walk or 30 minutes Jessica Smith Mix and Match walking
(3) Led participants in cool down	from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle group	ps used during activity).
To determine fidelity score for this the number in the blank space:	Session, count up the number of checks made on the preceding pages and put
•	TOTAL FIDELITY FOR SESSION 90/ _3_
Then divide this number by the total demonstrated by facilitators during	al (3) and multiply by 100 to give a total percent of items correctly g this session. TOTAL FIDELITY PERCENTAGE FOR SESSION 90
Here is an example: If Facilitator A got 31 checks out of .951 x 100 = 95.1% Facilitator A showed 95.1% of total	
Amount of time spent in the so	ession: Minutes

SESSION 91 (WEEK 46, SESSION 1)

Name of physical activity facilitator:	
Date:	Location:
Number of participants present:	<u> </u>
Research Assistant completing this for	orm:
Week 46, Session 1 Physical Act	tivity (Page 357)
(1) Led participants in warm up f	for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical a	activity (30 minute brisk walk or 30 minute Dance that Walk DVD)
(3) Led participants in cool down	n from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle grou	aps used during activity).
To determine fidelity score for this the number in the blank space:	s Session, count up the number of checks made on the preceding pages and put
	TOTAL FIDELITY FOR SESSION 91/ _3_
Then divide this number by the tot demonstrated by facilitators durin	tal (3) and multiply by 100 to give a total percent of items correctly this session.
demonstrated by ruemantons during	TOTAL FIDELITY PERCENTAGE FOR SESSION 91
Here is an example: If Facilitator A got 31 checks out o .951 x 100 = 95.1% Facilitator A showed 95.1% of total	
Amount of time spent in the s	session: Minutes

SESSION 92 (WEEK 46, SESSION 2)

Name of physical activity facilitator:	
	Location:
Number of participants present:	<u> </u>
Research Assistant completing this for	orm:
Week 46, Session 2 Physical Act	ivity (Page 357)
(1) Led participants in warm up for	or physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical ac	ctivity (30 minute brisk walk or 30 minute Biker's Shuffle)
(3) Led participants in cool down	from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle grou	ps used during activity).
To determine fidelity score for this the number in the blank space:	Session, count up the number of checks made on the preceding pages and put
one number in the same spaces	TOTAL FIDELITY FOR SESSION 92/ 3
Then divide this number by the total demonstrated by facilitators during	al (3) and multiply by 100 to give a total percent of items correctly this session.
	TOTAL FIDELITY PERCENTAGE FOR SESSION 92
Here is an example: If Facilitator A got 31 checks out of .951 x 100 = 95.1% Facilitator A showed 95.1% of total	
Amount of time spent in the so	ession: Minutes

SESSION 93 (WEEK 47, SESSION 1)

Name of physical activity facilitate	r:	
Date:	Location:	
Number of participants present:		
Research Assistant completing this	form:	
Week 47, Session 1 Physical A	ctivity (Page 357)	
(1) Led participants in warm up	for physical activity (10-minute warm up consisting of moving at a slow pace).	
(2) Led participants in physical	activity (30 minute brisk walk or 30 minutes Jessica Smith Walk On DVD)	
(3) Led participants in cool dov	on from physical activity (5 minutes total of performing activity at slow pace and then	n
stretching major muscle gr	oups used during activity).	
To determine fidelity score for the number in the blank space:	is Session, count up the number of checks made on the preceding pages and put	
одо данамот на час жанан крисси	TOTAL FIDELITY FOR SESSION 93/_3	<u>)</u>
Then divide this number by the t demonstrated by facilitators dur	otal (3) and multiply by 100 to give a total percent of items correctly ng this session.	
~	TOTAL FIDELITY PERCENTAGE FOR SESSION 93	<u>%</u>
Here is an example: If Facilitator A got 31 checks out .951 x 100 = 95.1% Facilitator A showed 95.1% of to	of 64 total; 61 divided by 64 is .951 tal tasks for SESSION 93	
Amount of time spent in the	session: Minutes	

SESSION 94 (WEEK 47, SESSION 2)

Name of physical activity facilitate	or:
Date:	Location:
Number of participants present:	
Research Assistant completing this	s form:
Week 47, Session 2 Physical A	activity (Page 357)
(1) Led participants in warm u	p for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physica	activity (30 minute brisk walk or 30 minute HASfit workout)
(3) Led participants in cool do	wn from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle g	roups used during activity).
To determine fidelity score for the number in the blank space:	nis Session, count up the number of checks made on the preceding pages and put
•	TOTAL FIDELITY FOR SESSION 94/_3
Then divide this number by the demonstrated by facilitators dur	total (3) and multiply by 100 to give a total percent of items correctly ing this session.
	TOTAL FIDELITY PERCENTAGE FOR SESSION 94
Here is an example: If Facilitator A got 31 checks ou .951 x 100 = 95.1% Facilitator A showed 95.1% of to	t of 64 total; 61 divided by 64 is .951 otal tasks for SESSION 94
Amount of time spent in the	e session: Minutes

SESSION 95 (WEEK 48, SESSION 1)

Name of physical activity faci	litator:	
Date:	Location: _	
Number of participants preser	it:	
Research Assistant completing	g this form:	
Week 48, Session 1 Physic	al Activity (Page ?	357)
(1) Led participants in war	m up for physical ac	ctivity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in phy	vsical activity (30 mi	nute brisk walk or 30 minute Biker's Shuffle)
(3) Led participants in coo	l down from physica	al activity (5 minutes total of performing activity at slow pace and then
stretching major muscle group	os used during activit	ty).
To determine fidelity score f the number in the blank spa		ant up the number of checks made on the preceding pages and put
•		TOTAL FIDELITY FOR SESSION 95/_3
Then divide this number by demonstrated by facilitators		ultiply by 100 to give a total percent of items correctly
		TOTAL FIDELITY PERCENTAGE FOR SESSION 95%
Here is an example:		
If Facilitator A got 31 check	s out of 64 total; 61	divided by 64 is .951
.951 x 100 = 95.1% Facilitator A showed 95.1%	of total tasks for SI	ESSION 95
Amount of time spent in	the session:	Minutes

SESSION 96 (WEEK 48, SESSION 2)

Name of physical activity fac	cilitator:
Date:	Location:
Number of participants prese	ent:
Research Assistant completing	ng this form:
Week 48, Session 2 Physi	cal Activity (Page 357)
(1) Led participants in wa	arm up for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in ph	nysical activity (30 minute brisk walk or 30 minutes Chair Tai Chi DVD)
(3) Led participants in co	ol down from physical activity (5 minutes total of performing activity at slow pace and then
stretching major mus	scle groups used during activity).
To determine fidelity score the number in the blank sp	for this Session, count up the number of checks made on the preceding pages and put ace: TOTAL FIDELITY FOR SESSION 96 / 3
Then divide this number by demonstrated by facilitator	y the total (3) and multiply by 100 to give a total percent of items correctly
demonstrated by facilitator	TOTAL FIDELITY PERCENTAGE FOR SESSION 96
$.951 \times 100 = 95.1\%$	ks out of 64 total; 61 divided by 64 is .951 6 of total tasks for SESSION 96
Amount of time spent i	n the session: Minutes

SESSION 97 (WEEK 49, SESSION 1)

Name of physical activity facilitate	tor:	
Date:	Location:	
Number of participants present: _		
Research Assistant completing th	is form:	
Week 49, Session 1 Physical A	Activity (Page 35	37)
(1) Led participants in warm u	up for physical activ	vity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physica	al activity (30 minu	tte brisk walk or 30 minute HASfit workout)
(3) Led participants in cool do	own from physical a	activity (5 minutes total of performing activity at slow pace and then
stretching major muscle g	groups used during	activity).
To determine fidelity score for the number in the blank space:	this Session, count	up the number of checks made on the preceding pages and put
		TOTAL FIDELITY FOR SESSION 97/ _3
Then divide this number by the demonstrated by facilitators du	` '	tiply by 100 to give a total percent of items correctly
27 240 27	g	TOTAL FIDELITY PERCENTAGE FOR SESSION 97 %
Here is an example: If Facilitator A got 31 checks or .951 x 100 = 95.1% Facilitator A showed 95.1% of t	•	•
Amount of time spent in th	ne session:	Minutes

SESSION 98 (WEEK 49, SESSION 2)

Name of physical activity facilitate	r:	
Date:	Location:	
Number of participants present:		
Research Assistant completing this	form:	
Week 49, Session 2 Physical A	ctivity (Page 357)	
(1) Led participants in warm up	for physical activity (10-minute warm up consisting of moving at a slow pace).	
(2) Led participants in physical	activity (30 minute brisk walk or 30 minutes Jessica Smith Mix and Match)	
(3) Led participants in cool dov	on from physical activity (5 minutes total of performing activity at slow pace and	then
stretching major muscle gr	oups used during activity).	
To determine fidelity score for the number in the blank space:	is Session, count up the number of checks made on the preceding pages and	put
от тако от так	TOTAL FIDELITY FOR SESSION 98	/ 3
Then divide this number by the t demonstrated by facilitators dur	otal (3) and multiply by 100 to give a total percent of items correctly ng this session.	
acmonstrated by memons and	TOTAL FIDELITY PERCENTAGE FOR SESSION 98_	%
Here is an example: If Facilitator A got 31 checks out .951 x 100 = 95.1% Facilitator A showed 95.1% of to	of 64 total; 61 divided by 64 is .951 tal tasks for SESSION 98	
Amount of time spent in the	session: Minutes	

SESSION 99 (WEEK 50, SESSION 1)

Name of physical activity facilitate	r:
	Location:
Number of participants present:	
Research Assistant completing this	form:
Week 50, Session 1 Physical Acti	vity (Page 357)
(1) Led participants in warm up	for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical	activity (30 minute brisk walk or 30 minute HASfit workout)
(3) Led participants in cool dov	on from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle gr	oups used during activity).
To determine fidelity score for the number in the blank space:	is Session, count up the number of checks made on the preceding pages and put
one number in the same space.	TOTAL FIDELITY FOR SESSION 99/_3_
Then divide this number by the t demonstrated by facilitators duri	otal (3) and multiply by 100 to give a total percent of items correctly ng this session.
~ J -wo	TOTAL FIDELITY PERCENTAGE FOR SESSION 999
Here is an example: If Facilitator A got 31 checks out .951 x 100 = 95.1% Facilitator A showed 95.1% of to	of 64 total; 61 divided by 64 is .951 tal tasks for SESSION 99
Amount of time spent in the	session: Minutes

SESSION 100 (WEEK 50, SESSION 2)

Name of physical activity facilitator	:
Date:	_ Location:
Number of participants present:	<u></u>
Research Assistant completing this	form:
Week 50, Session 2 Physical Ac	tivity (Page 357)
(1) Led participants in warm up	for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical a	activity (30 minute brisk walk or 30 minute electric slide)
(3) Led participants in cool dow	n from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle gro	ups used during activity).
To determine fidelity score for thi the number in the blank space:	s Session, count up the number of checks made on the preceding pages and put
	TOTAL FIDELITY FOR SESSION 100/_3_
Then divide this number by the to demonstrated by facilitators durin	otal (3) and multiply by 100 to give a total percent of items correctly ng this session.
2, 200-200-2 Cul-1	TOTAL FIDELITY PERCENTAGE FOR SESSION 100
Here is an example:	
If Facilitator A got 31 checks out (.951 x 100 = 95.1%	of 64 total; 61 divided by 64 is .951
Facilitator A showed 95.1% of tot	al tasks for SESSION 100
Amount of time spent in the	session: Minutes

SESSION 101 (WEEK 51, SESSION 1)

Name of physical activity facilitator:	
Date:	Location:
Number of participants present:	
Research Assistant completing this fo	orm:
Week 51, Session 1 Physical Act	ivity (Page 358)
(1) Led participants in warm up for	or physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physical ac	ctivity (30 minute brisk walk or 30 minutes Jessica Smith 10,000 Miles DVD)
(3) Led participants in cool down	from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle grou	ps used during activity).
To determine fidelity score for this the number in the blank space:	Session, count up the number of checks made on the preceding pages and put TOTAL FIDELITY FOR SESSION 101 / _3_
Then divide this number by the tot demonstrated by facilitators during	al (3) and multiply by 100 to give a total percent of items correctly g this session. TOTAL FIDELITY PERCENTAGE FOR SESSION 101
Here is an example: If Facilitator A got 31 checks out of .951 x 100 = 95.1% Facilitator A showed 95.1% of tota	
Amount of time spent in the s	ession: Minutes

SESSION 102 (WEEK 51, SESSION 2)

Name of physical activity facilitato	r:		
Date:	Location:		
Number of participants present:			
Research Assistant completing this	form:		
Week 51, Session 2 Physical Activ	ty (Page 358)		
(1) Led participants in warm up	for physical activity (10-minute warm up consisting of moving at a slow pace).		
(2) Led participants in physical	activity (30 minute brisk walk or 30 minute Dance that Walk DVD)		
(3) Led participants in cool dow	on from physical activity (5 minutes total of performing activity at slow pace and then		
stretching major muscle groups used during activity).			
To determine fidelity score for the number in the blank space:	is Session, count up the number of checks made on the preceding pages and put TOTAL FIDELITY FOR SESSION 102 / _3		
Then divide this number by the to demonstrated by facilitators duri	otal (3) and multiply by 100 to give a total percent of items correctly ng this session. TOTAL FIDELITY PERCENTAGE FOR SESSION 102		
Here is an example: If Facilitator A got 31 checks out .951 x 100 = 95.1% Facilitator A showed 95.1% of to	of 64 total; 61 divided by 64 is .951 tal tasks for SESSION 102		
Amount of time spent in the	session: Minutes		

SESSION 103 (WEEK 52, SESSION 1)

Name of physical activity facilitat	or:
Date:	Location:
Number of participants present: _	
Research Assistant completing thi	s form:
Week 52, Session 1 Physical Act	ivity (Page 358)
(1) Led participants in warm u	up for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physica	al activity (30 minute brisk walk or 30 minute electric slide)
(3) Led participants in cool do	own from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle g	roups used during activity).
To determine fidelity score for t the number in the blank space:	his Session, count up the number of checks made on the preceding pages and put TOTAL FIDELITY FOR SESSION 103 / _3
Then divide this number by the demonstrated by facilitators dur	total (3) and multiply by 100 to give a total percent of items correctly ring this session. TOTAL FIDELITY PERCENTAGE FOR SESSION 103
Here is an example: If Facilitator A got 31 checks ou .951 x 100 = 95.1% Facilitator A showed 95.1% of t	et of 64 total; 61 divided by 64 is .951 otal tasks for SESSION 103
Amount of time spent in th	e session: Minutes

SESSION 104 (WEEK 52, SESSION 2)

Name of physical activity facilitat	or:
Date:	Location:
Number of participants present: _	
Research Assistant completing thi	s form:
Week 52, Session 2 Physical Act	ivity
(1) Led participants in warm u	p for physical activity (10-minute warm up consisting of moving at a slow pace).
(2) Led participants in physica	activity (30 minute brisk walk or 30 minute Dance that Walk DVD)
(3) Led participants in cool do	wn from physical activity (5 minutes total of performing activity at slow pace and then
stretching major muscle g	roups used during activity).
To determine fidelity score for the number in the blank space:	his Session, count up the number of checks made on the preceding pages and put TOTAL FIDELITY FOR SESSION 104 / _3
Then divide this number by the demonstrated by facilitators dur	total (3) and multiply by 100 to give a total percent of items correctly ring this session. TOTAL FIDELITY PERCENTAGE FOR SESSION 104
Here is an example: If Facilitator A got 31 checks ou .951 x 100 = 95.1% Facilitator A showed 95.1% of to	t of 64 total; 61 divided by 64 is .951
Amount of time spent in the	