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

SESSION 1 (WEEK 1, SESSION 1)

Name of physical activity facilitator: _____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Physical Activity Session 1 Overview (Page 322)

(1)___ Presented overview focus (Physical Activity Safety).

(2)___ Explained session structure (today, we will begin with a discussion about physical activity; after that, we will start our physical activity with a warm-up, and then we will work out and cool-down).

(3)___ Gave an overview of the educational component of today's session (today we will talk about safety).

Worksheet 58, Safety Reminders (Page 323)

(4)___ Transitioned to Worksheet 58, Safety Reminders and reviewed its contents.

(5)___ Stated that the worksheet presents safety tips to consider when engaging in physical activity.

(6)___ Said that sometimes communities might not be safe to be physically active outdoors.

(7)___ When outdoors, reminded participants to be familiar and aware of their surroundings.

(8)___ Told participants that they should be mindful and respectful in all interactions with others so as to prevent any difficult situations from escalating.

(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 especially important to listen to their body and drink water before, during, and after physical activity.

Week 1, Session 1 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 1 _____ / _14__

Then divide this number by the total (14) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this lesson.

TOTAL FIDELITY PERCENTAGE FOR SESSION 1_____%

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 1

Amount of time spent in the session: _____ Minutes

SESSION 2 (WEEK 1, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Physical Activity Session 2 Overview (Page 324)

(1)___ Presented overview focus (When to Stop Physical Activity).

(2)___ Explained session structure (today, we will continue with a discussion about physical 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 educational component of today's session (today we will talk about when to stop physical activity).

Worksheet 59, When to Stop Physical Activity (Page 325)

(4)___ Transitioned to Worksheet 59, When to Stop Physical Activity and reviewed its contents.

(5)___ Explained that this worksheet can help identify when something is wrong in the body which could prevent a potentially life-threatening condition from occurring.

(6)___ Reviewed Worksheet 59 tips.

(7)___ Led a discussion on participants' experiences with symptoms of physical activity [what are some physical symptoms (i.e. physical sensations like sweating) you experience or have experienced while engaging in physical activity?].

Week 1, Session 2 Physical Activity (Page 347)

(8)___ Transitioned to warm-up for physical activity.

(9)___ Led participants in warm up for physical activity (10-minute warm up consisting of moving at a slow pace).

(10)___ Led participants in physical activity (10 minute brisk walk or 10 minutes of Jessica Smith 10,000 Steps DVD).

(11)___ 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 2 _____ / _11_

Then divide this number by the total (11) and multiply by 100 to give a total percent of items correctly demonstrated 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 x 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: _____

Number of participants present: _____

Research Assistant completing this form: _____

Physical 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).

Worksheet 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 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 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_____%

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 3

Amount of time spent in the session: _____ Minutes

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

_____

Date: _____   Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Physical 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).

Worksheet 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.

Worksheet 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:

<div align="right">

TOTAL FIDELITY FOR SESSION 4 _____ / __14__

</div>

Then divide this number by the total (14) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

<div align="right">

TOTAL FIDELITY PERCENTAGE FOR SESSION 4_____%

</div>

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 4

Amount of time spent in the session: _____ Minutes

SESSION 5 (WEEK 3, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____   Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Physical Activity Session 5 Overview (Page 331)

(1)___ 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.

(14)___ Said that when cooling down, it's important to gradually decrease your physical activity.

Worksheet 64, Warm up and Cool down (Page 332)

(15)___ Introduced Worksheet 64, Warm-up and Cool-down and reviewed the two points about why it's important to 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:

TOTAL FIDELITY FOR SESSION 5 _____ / _26__

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: _____

Number of participants present: _____

Research Assistant completing this form: _____

Physical Activity Session 6 Overview (Page 334)

(1)___ Presented overview focus (Stretching).

(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 overview of the educational component of today's session. (today, we will review information on how to stretch properly.)

Worksheet 43, Sample Stretches (Pages 335-344)

(4)___ Transitioned to Worksheet 43, Sample Stretches.

(5)___ Reviewed recommendation about stretching after physical activity (after the body is warmed up).

(6)___ Reviewed safety tips and informed participants that they will be doing stretches during group cool downs.

Week 3, Session 2 Physical Activity (Page 347-348)

(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 (15 minute brisk walk or 5 minute Donovan Greene No Excuse workout and 10 minutes of Electric Slide).

(10)___ 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 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_____%

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:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Physical Activity Session 7 Overview (Page 345)

(1)___ Presented overview focus (Ways to Get Started Increasing Physical Activity).

(2)___ Explained session structure (today, we will begin with a discussion about how to engage in physical activity; then, we will warm up, work out, and cool down).

(3)___ Gave overview of the educational component of today's session (during the first part of today's session, we are going to talk about how to engage in more physical activity; more specifically, we will learn about F.I.T.- Frequency, Intensity, and Time).

Worksheet 28, Get Started Getting F.I.T. (Page 346)

(4)___ Transitioned to Worksheet 28, Get Started Getting F.I.T. (let's talk a little bit about some different ways to become more physically active).

(5)___ Presented worksheet and discussed its contents.

(6)___ Said that frequency, intensity, and time help guide how often, how hard, and how long we are active.

(7)___ Said that frequency defines how often you do something.

(8)___ Stated that during BHL, participants will increase the frequency of engagement in physical activity by meeting twice a week for fun, low-impact activities.

(9)___ Said that for intensity and time, let's talk about the differences between mild and moderate activities and think of examples.

(10)___ Explained that it is important to keep in mind that what is easy for one person may be hard for another.

(11)___ Told participants that they should listen to their own body, being active at a rate that allows for talking.

(12)___ Introduced talk test (one way to make sure that we are active at the right intensity is to make sure we can talk to one another person while we are working out).

(13)___ Said that if participants can't talk comfortably, you are active at a vigorous level; thus, you should cut back on the 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)___ Transitioned to warm-up for physical activity.

(15)___ Led participants in warm up for physical activity (10-minute warm up consisting of moving at a slow pace).

(16)___ Led participants in physical activity (15 minute brisk walk or 15 minutes of Electric Slide).

13

(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 x 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 facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 4, Session 2 Physical Activity (Page 348)

(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 (15 minute brisk walk or 15 minutes of Jessica Smith Mix and Match walking 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 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 8 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 8_____%

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 3

Amount of time spent in the session: _____ Minutes

SESSION 9 (WEEK 5, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 5, Session 1 Physical Activity (Page 348)

(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 (20 minute 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 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 9 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 9_____%

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 9

Amount of time spent in the session: _____ Minutes

SESSION 10 (WEEK 5, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 5, Session 2 Physical Activity (Page 348)

(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 (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 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 10 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 10 _____ %

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 10

Amount of time spent in the session: _____ Minutes

SESSION 11 (WEEK 6, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____   Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 6, Session 1 Physical Activity (348)

(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 (20 minute brisk walk or 20 minutes of Chair Tai Chi DVD).

(3)___ Led participants in cooled 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 11 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 11_____%

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 11

Amount of time spent in the session: _____ Minutes

SESSION 12 (WEEK 6, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 6, Session 2 Physical Activity (Page 348)

(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 (20 minute brisk walk or 5 minute Donovan Greene No Excuse Workout and 15 minutes Jessica Smith Mix and Match walking DVD).

(3)___ Led participants 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 12 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 12 _____%

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 12

Amount of time spent in the session: _____ Minutes

SESSION 13 (WEEK 7, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 7, Session 1 Physical 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 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 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 13 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 13 _____%

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 13

Amount of time spent in the session: _____ Minutes

SESSION 14 (WEEK 7, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 7, Session 2 Physical 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 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 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 14 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 14_____%

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 14

Amount of time spent in the session: _____ Minutes

SESSION 15 (WEEK 8, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 8, Session 1 Physical 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 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 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 15 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 15 _____%

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 15

Amount of time spent in the session: _____ Minutes

SESSION 16 (WEEK 8, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 8, Session 2 Physical 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 10,000 steps 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 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 16 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 16_____%

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 16

Amount of time spent in the session: _____ Minutes

SESSION 17 (WEEK 9, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____   Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 9, Session 1 Physical 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 (30 minute brisk walk or 30 minute HASfit workout).

(3)____ Led 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 17 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 17 _____%

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 17

Amount of time spent in the session: _____ Minutes

SESSION 18 (WEEK 9, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 9, Session 2 Physical 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 (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 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 18 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 18_____%

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 18

Amount of time spent in the session: _____ Minutes

SESSION 19 (WEEK 10, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 10, Session 1 Physical 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 (30 minute brisk walk or 30 minutes of 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 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 19 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 19 _____ %

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 19

Amount of time spent in the session: _____ Minutes

SESSION 20 (WEEK 10, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 10, Session 2 Physical 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 physical activity (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 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 20 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 20 _____%

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 20

Amount of time spent in the session: _____ Minutes

SESSION 21 (WEEK 11, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 11, Session 1 Physical Activity (Page 349-350)

(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 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 Session, count up the number of checks made on the preceding pages and put the number in the blank space:

TOTAL FIDELITY FOR SESSION 21 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 21_____%

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 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: _____

Research Assistant completing this form: _____

Week 11, Session 2 Physical 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 (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 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 22 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.
TOTAL FIDELITY PERCENTAGE FOR SESSION 22_____%

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 22

Amount of time spent in the session: _____ Minutes

SESSION 23 (WEEK 12, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____   Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 12, Session 1 Physical Activity (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 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 Session, count up the number of checks made on the preceding pages and put the number in the blank space:

TOTAL FIDELITY FOR SESSION 23 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 23 _____%

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 23

Amount of time spent in the session: _____ Minutes

SESSION 24 (WEEK 12, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 12, Session 2 Physical Activity (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 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 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 24 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 24_____%

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 24

Amount of time spent in the session: _____ Minutes

SESSION 25 (WEEK 13, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 13, Session 1 Physical Activity (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 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 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 25 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.
TOTAL FIDELITY PERCENTAGE FOR SESSION 25 _____ %

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 25

Amount of time spent in the session: _____ Minutes

SESSION 26 (WEEK 13, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____   Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 13, Session 2 Physical Activity (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 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 Session, count up the number of checks made on the preceding pages and put the number in the blank space:

TOTAL FIDELITY FOR SESSION 26 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 26 _____%

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 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 form: _____

Week 14, Session 1 Physical Activity (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 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 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 27 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 27 _____%

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 27

Amount of time spent in the session: _____ Minutes

SESSION 28 (WEEK 14, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 14, Session 2 Physical Activity (Page 350)

(1)___ Led participants in warmed 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 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 Session, count up the number of checks made on the preceding pages and put the number in the blank space:

TOTAL FIDELITY FOR SESSION 28 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 28_____%

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 28

Amount of time spent in the session: _____ Minutes

SESSION 29 (WEEK 15, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 15, Session 1 Physical Activity (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 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 29 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 29 _____%

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 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 form: _____

Week 15, Session 2 Physical Activity (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 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 Session, count up the number of checks made on the preceding pages and put the number in the blank space:

TOTAL FIDELITY FOR SESSION 30 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 30_____%

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 30

Amount of time spent in the session: _____ Minutes

SESSION 31 (WEEK 16, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 16, Session 1 Physical Activity (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 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 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 31 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 31_____%

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 31

Amount of time spent in the session: _____ Minutes

SESSION 32 (WEEK 16, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 16, Session 2 Physical Activity (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 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 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 32 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 32_____%

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 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 form: _____

Week 17, Session 1 Physical Activity (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 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 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 33 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 33 _____%

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 33

Amount of time spent in the session: _____ Minutes

SESSION 34 (WEEK 17, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 17, Session 2 Physical Activity (Page 351)

(1)___ Led participant 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 Mix and Match walking 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 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 34 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 34_____%

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 34

Amount of time spent in the session: _____ Minutes

SESSION 35 (WEEK 18, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 18, Session 1 Physical Activity (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 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 35 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 35 _____%

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 35

Amount of time spent in the session: _____ Minutes

SESSION 36 (WEEK 18, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 18, Session 2 Physical Activity (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 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 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 36 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.
TOTAL FIDELITY PERCENTAGE FOR SESSION 36 _____%

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 36

Amount of time spent in the session: _____ Minutes

SESSION 37 (WEEK 19, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 19, Session 1 Physical Activity (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 minutes of Jessica Smith 10,000 walking workout 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 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 37 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 37_____%

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 37

Amount of time spent in the session: _____ Minutes

SESSION 38 (WEEK 19, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 19, Session 2 Physical Activity (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 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 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 38 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 38 _____%

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 38

Amount of time spent in the session: _____ Minutes

SESSION 39 (WEEK 20, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 20, Session 1 Physical Activity (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 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 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 39 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 39 _____%

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 39

Amount of time spent in the session: _____ Minutes

SESSION 40 (WEEK 20, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 20, Session 2 Physical Activity (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 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 40 _____ / 3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 40_____%

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 40

Amount of time spent in the session: _____ Minutes

SESSION 41 (WEEK 21, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 21, Session 1 Physical Activity (Page 352)

(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 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 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 41 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 41_____%

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 41

Amount of time spent in the session: _____ Minutes

SESSION 42 (WEEK 21, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 21, Session 2 Physical Activity (Page 352)

(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 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 42 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 42 _____%

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 42

Amount of time spent in the session: _____ Minutes

SESSION 43 (WEEK 22, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 22, Session 1 Physical Activity (Page 352)

(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 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 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 43 _____ / _3_

Then divide this number by the total (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 64 total; 61 divided by 64 is .951
.951 x 100 = 95.1%
Facilitator A showed 95.1% of total tasks for SESSION 43

Amount of time spent in the session: _____ Minutes

SESSION 44 (WEEK 22, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 22, Session 2 Physical Activity (Page 352)

(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 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 44 _____ / _3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.
TOTAL FIDELITY PERCENTAGE FOR SESSION 44 _____%

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 44

Amount of time spent in the session: _____ Minutes

SESSION 45 (WEEK 23, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 23, Session 1 Physical Activity (Page 352)

(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 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 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 45 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 45_____%

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 45

Amount of time spent in the session: _____ Minutes

SESSION 46 (WEEK 23, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 23, Session 2 Physical Activity (Page 352)

(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 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 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 46 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 46_____%

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 46

Amount of time spent in the session: _____ Minutes

SESSION 47 (WEEK 24, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 24, Session 1 Physical Activity (Page 352)

(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 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 47 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.
TOTAL FIDELITY PERCENTAGE FOR SESSION 47 _____%

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 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 form: _____

Week 24, Session 2 Physical Activity (Page 352)

(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 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 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 48 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 48 _____%

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 48

Amount of time spent in the session: _____ Minutes

SESSION 49 (WEEK 25, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 25, Session 1 Physical Activity (Page 352)

(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 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 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 49 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 49 _____%

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 49

Amount of time spent in the session: _____ Minutes

SESSION 50 (WEEK 25, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____   Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 25, Session 2 Physical Activity (Page 352)

(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 Jessica Smith Mix and Match walking workout 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 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 50 _____ / _3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 50_____%

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 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 form: _____

Week 26, 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 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 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 51 _____ / _3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 51_____%

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 51

Amount of time spent in the session: _____ Minutes

SESSION 52 (WEEK 26, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 26, Session 2 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 physical activity (30 minute brisk walk or 30 minute 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 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 52 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 52 _____ %

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 52

Amount of time spent in the session: _____ Minutes

SESSION 53 (WEEK 27, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this 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 physical activity (30 minute brisk walk or 30 minute Jessica Smith Walk On 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 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 53 _____ / _3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 53_____%

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 53

Amount of time spent in the session: _____ Minutes

SESSION 54 (WEEK 27, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 27, Session 2 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 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 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 54 _____ / _3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 54_____%

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 54

Amount of time spent 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 form: _____

Week 28, 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 physical activity (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 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 55 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 55_____%

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 55

Amount of time spent in the session: _____ Minutes

SESSION 56 (WEEK 28, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 28, Session 2 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 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 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 56 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 56_____%

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 56

Amount of time spent in the session: _____ Minutes

SESSION 57 (WEEK 29, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 29, 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 physical activity (30 minute brisk walk or 30 minutes 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 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 57 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 57 _____ %

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 57

Amount of time spent in the session: _____ Minutes

SESSION 58 (WEEK 29, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 29, Session 2 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 physical activity (30 minute brisk walk or 30 minute Jessica Smith Mix and Match walking workout 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 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 58 _____ / _3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 58 _____ %

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 58

Amount of time spent in the session: _____ Minutes

SESSION 59 (WEEK 30, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 30, 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 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 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 59 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 59_____%

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 59

Amount of time spent in the session: _____ Minutes

SESSION 60 (WEEK 30, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 30, Session 2 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 physical activity (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 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 60 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 60_____%

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 60

Amount of time spent in the session: _____ Minutes

SESSION 61 (WEEK 31, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 31, Session 1 Physical Activity (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 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 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 61 _____ / _3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 61_____%

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 61

Amount of time spent in the session: _____ Minutes

SESSION 62 (WEEK 31, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 31, Session 2 Physical Activity (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 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 62 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 62_____%

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 62

Amount of time spent in the session: _____ Minutes

SESSION 63 (WEEK 32, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 32, Session 1 Physical Activity (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 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 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 63 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 63 _____ %

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 63

Amount of time spent in the session: _____ Minutes

SESSION 64 (WEEK 32, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 32, Session 2 Physical Activity (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 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 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 64 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 64 _____%

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 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 form: _____

Week 33, Session 1 Physical Activity (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 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 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 65 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.
TOTAL FIDELITY PERCENTAGE FOR SESSION 65_____%

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 65

Amount of time spent in the session: _____ Minutes

SESSION 66 (WEEK 33, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 33, Session 2 Physical Activity (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 Jessica Smith Mix and Match walking workout 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 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 66 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 66_____%

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 66

Amount of time spent in the session: _____ Minutes

SESSION 67 (WEEK 34, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 34, Session 1 Physical Activity (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 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 67_____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.
                               TOTAL FIDELITY PERCENTAGE FOR SESSION 67_____%

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 67

Amount of time spent in the session: _____ Minutes

SESSION 68 (WEEK 34, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 34, Session 2 Physical Activity (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 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 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 68 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 68_____%

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 68

Amount of time spent in the session: _____ Minutes

SESSION 69 (WEEK 35, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 35, Session 1 Physical Activity (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 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 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 69 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 69 _____ %

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 69

Amount of time spent in the session: _____ Minutes

SESSION 70 (WEEK 35, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 35, Session 2 Physical Activity (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 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 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 70 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 70 _____%

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 70

Amount of time spent in the session: _____ Minutes

SESSION 71 (WEEK 36, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____   Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 36, Session 1 Physical Activity (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 activity (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 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 71 _____ / _3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.
TOTAL FIDELITY PERCENTAGE FOR SESSION 71_____%

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 71

Amount of time spent in the session: _____ Minutes

SESSION 72 (WEEK 36, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 36, Session 2 Physical Activity (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 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 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 72 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.
                         TOTAL FIDELITY PERCENTAGE FOR SESSION 72_____%

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 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: _____

Research Assistant completing this form: _____

Week 37, Session 1 Physical Activity (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 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 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 73 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 73_____%

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 73

Amount of time spent in the session: _____ Minutes

SESSION 74 (WEEK 37, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 37, Session 2 Physical Activity (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 activity (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 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 74 _____ / _3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 74 _____ %

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 74

Amount of time spent in the session: _____ Minutes

SESSION 75 (WEEK 38, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 38, Session 1 Physical Activity (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 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 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 75 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 75_____%

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 75

Amount of time spent in the session: _____ Minutes

SESSION 76 (WEEK 38, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 38, Session 2 Physical Activity (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 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 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 76 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 76 _____%

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 76

Amount of time spent in the session: _____ Minutes

SESSION 77 (WEEK 39, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 39, Session 1 Physical Activity (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 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 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 77 _____ / _3__

**Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly
demonstrated by facilitators during this session.**

TOTAL FIDELITY PERCENTAGE FOR SESSION 77_____%

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 77

Amount of time spent in the session: _____ Minutes

SESSION 78 (WEEK 39, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 39, Session 2 Physical Activity (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 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 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 78_____ / _3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 78_____%

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 78

Amount of time spent in the session: _____ Minutes

SESSION 79 (WEEK 40, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 40, Session 1 Physical Activity (Page 355-356)

(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 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 Session, count up the number of checks made on the preceding pages and put the number in the blank space:

TOTAL FIDELITY FOR SESSION 79 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 79 _____ %

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 79

Amount of time spent in the session: _____ Minutes

SESSION 80 (WEEK 40, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 40, Session 2 Physical Activity (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 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 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 80 _____ / _3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 80 _____%

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 80

Amount of time spent in the session: _____ Minutes

SESSION 81 (WEEK 41, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 41, Session 1 Physical 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 HASfit 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 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 81 _____ / _3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 81_____%

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 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: _____

Research Assistant completing this form: _____

Week 41, Session 2 Physical 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 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 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 82 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 82 _____ %

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 82

Amount of time spent in the session: _____ Minutes

SESSION 83 (WEEK 42, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 42, Session 1 Physical 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 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 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 83 _____ / _3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.
                                    TOTAL FIDELITY PERCENTAGE FOR SESSION 83 _____%

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 83

Amount of time spent in the session: _____ Minutes

SESSION 84 (WEEK 42, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 42, Session 2 Physical 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 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 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 84 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 84_____%

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 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 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 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 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 85 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 85_____%

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 85

Amount of time spent in the session: _____ Minutes

SESSION 86 (WEEK 43, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 43, Session 2 Physical 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 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 86 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 86_____%

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 86

Amount of time spent 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 form: _____

Week 44, Session 1 Physical 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 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 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 87 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 87_____%

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 87

Amount of time spent in the session: _____ Minutes

SESSION 88 (WEEK 44, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 44, Session 2 Physical 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 minutes 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 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 88 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.
TOTAL FIDELITY PERCENTAGE FOR SESSION 88_____%

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 88

Amount of time spent in the session: _____ Minutes

SESSION 89 (WEEK 45, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____   Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 45, Session 1 Physical 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 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 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 89 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.
                    TOTAL FIDELITY PERCENTAGE FOR SESSION 89_____%

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 89

Amount of time spent in the session: _____ Minutes

SESSION 90 (WEEK 45, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 45, Session 2 Physical 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 minutes Jessica Smith Mix and Match walking 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 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 90 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 90 _____%

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 90

Amount of time spent in the session: _____ Minutes

SESSION 91 (WEEK 46, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 46, Session 1 Physical Activity (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 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 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 91 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 91_____%

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 91

Amount of time spent in the session: _____ Minutes

SESSION 92 (WEEK 46, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 46, Session 2 Physical Activity (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 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 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 92_____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.
                    TOTAL FIDELITY PERCENTAGE FOR SESSION 92_____%

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 92

Amount of time spent in the session: _____ Minutes

SESSION 93 (WEEK 47, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 47, Session 1 Physical Activity (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 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 93 _____ / _3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.
TOTAL FIDELITY PERCENTAGE FOR SESSION 93 _____%

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 93

Amount of time spent in the session: _____ Minutes

SESSION 94 (WEEK 47, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____   Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 47, Session 2 Physical Activity (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 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 94 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 94_____ %

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 94

Amount of time spent in the session: _____ Minutes

SESSION 95 (WEEK 48, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 48, Session 1 Physical Activity (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 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 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 95 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 95_____%

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 95

Amount of time spent in the session: _____ Minutes

SESSION 96 (WEEK 48, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 48, Session 2 Physical Activity (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 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 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 96 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 96 _____%

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 96

Amount of time spent in the session: _____ Minutes

SESSION 97 (WEEK 49, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 49, Session 1 Physical Activity (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 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 97 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 97_____%

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 97

Amount of time spent in the session: _____ Minutes

SESSION 98 (WEEK 49, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 49, Session 2 Physical Activity (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 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 98 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.
                                      TOTAL FIDELITY PERCENTAGE FOR SESSION 98_____%

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 98

Amount of time spent in the session: _____ Minutes

SESSION 99 (WEEK 50, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 50, Session 1 Physical Activity (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 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 99 _____ / _3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 99_____%

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 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: _____

Research Assistant completing this form: _____

Week 50, Session 2 Physical Activity (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 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 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 100_____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 100 _____%

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 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 form: _____

Week 51, Session 1 Physical Activity (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 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 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 101 _____ / _3_

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 101_____%

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 101

Amount of time spent in the session: _____ Minutes

SESSION 102 (WEEK 51, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 51, Session 2 Physical Activity (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 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 102 _____ / _3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 102_____%

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 102

Amount of time spent in the session: _____ Minutes

SESSION 103 (WEEK 52, SESSION 1)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 52, Session 1 Physical Activity (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 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 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 103 _____ / _3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.
                          TOTAL FIDELITY PERCENTAGE FOR SESSION 103_____%

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 103

Amount of time spent in the session: _____ Minutes

SESSION 104 (WEEK 52, SESSION 2)

Name of physical activity facilitator:

_____

Date: _____ Location: _____

Number of participants present: _____

Research Assistant completing this form: _____

Week 52, Session 2 Physical Activity

(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 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 104 _____ / _3__

Then divide this number by the total (3) and multiply by 100 to give a total percent of items correctly demonstrated by facilitators during this session.

TOTAL FIDELITY PERCENTAGE FOR SESSION 104_____%

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 104

Amount of time spent in the session: _____ Minutes