### Parent BodyWorks Session 1 Fidelity Form

Today's Date:Session Location:	Trainer(s):		Sta	rt Time:	End Time:				
I. Please check "No" or "Yes" to indicate whet	her you implemented the following a	ctivities o	during this so	ession					
Welcome and 'How am I doing?': ☐ No ☐ Yes	Journal review: ☐ No ☐ Yes		Review of previous session: $\square$ No $\square$ Yes						
Energizer and healthy snack: $\square$ No $\square$ Yes	What did you learn today?: $\Box$ No	□ Yes		Assign homewo	ork: □ No □ Yes				
If you did NOT implement one or more of these	e activities, please explain why:								
II. Please share your reactions to the following	activities								
in r rouse share your reassions to the ronowing	How much of this activity did you complete?		nieve the ses	d the activity sion learning	3. How engaged v				
a. Introduction to BodyWorks—discussion and PowerPoint presentation	□ None □ Most □ Some □ All	☐ Not	at all	Quite a lot Completely	☐ Not at all ☐ Somewhat	☐ Quite a lot☐ Completely			
b. Discussion on the benefits and barriers to change	□ None □ Most □ Some □ All			Quite a lot Completely	□ Not at all □ Somewhat	☐ Quite a lot☐ Completely			
c. Discussion on behavior change	□ None □ Most □ Some □ All		at all C newhat C	Quite a lot Completely	□ Not at all □ Somewhat	☐ Quite a lot☐ Completely			
d. Activity on how to set goals	□ None □ Most □ Some □ All			Quite a lot Completely	☐ Not at all ☐ Somewhat	☐ Quite a lot☐ Completely			
III. Please share how you modified the activitie	es.								
	Yes  No								
b. If yes, please explain why and how the activi	ties were modified.								
IV. Please share your reactions to the followin	g statements								
	-		Strongly Disagree	Disagree	Agree	Strongly Agree			
The lesson plan, background materials, and sthis session.	support I received prepared me well to t	teach							
b. I felt confident in my ability to implement this	session.								
V. Please tell us what worked well and what sh	ould be improved.								
a. What worked well?									
b. What should be improved?									

### Parent BodyWorks Session 2 Fidelity Form

Today's Date:	Session Location:		Trainer(s):			_Start	Time:		_End Time:		
I. Please check "No" o	r "Yes" to indicate wheth	er you implement	ed the following a	ctivit	ies during th	is ses	sion				
Welcome and 'How am I d	loing?': □ No □ Yes	Journal reviev	w: □ No □ Yes				Review of previo	ous se	ession: 🗆 No 🗆	Yes	
Energizer and healthy snac	ck: □ No □ Yes	What did you	learn today?: □ No	□Y	es		Assign homewo	rk: 🗆	No □ Yes		
If you did NOT implem	ent one or more of these	activities, please	explain why:								
II. Please share your re	eactions to the following	activities									
							the activity on learning		How engaged		
a. Discussion on hor presented BodyW	w participants /orks to their families	□ None □ Some	☐ Most ☐ All		Not at all Somewhat		Quite a lot Completely		Not at all Somewhat		Quite a lot Completely
b. Discussion on hearisks of overweigh		□ None □ Some	☐ Most ☐ All		Not at all Somewhat				Not at all Somewhat		Quite a lot Completely
c. Discussion on eat	ting and emotions	□ None □ Some	☐ Most ☐ All		Not at all Somewhat		Quite a lot Completely		Not at all Somewhat		Quite a lot Completely
	d. Demonstration on how to use the BodyWorks journals						Quite a lot Completely		Not at all Somewhat		Quite a lot Completely
III. Please share how y	you modified the activitie	S.									
a. Did you modify any	of the activities?	Yes 🛮 No									
b. If yes, please expla	ain why and how the activiti	es were modified.									
IV. Please share your r	reactions to the following	statements									
					Stron Disag		Disagree		Agree		Strongly Agree
a. The lesson plan, ba this session.	ackground materials, and su	upport I received pro	epared me well to t	each							
b. I felt confident in my	b. I felt confident in my ability to implement this session.										
V. Please tell us what v	worked well and what sho	ould be improved.									
a. What worked well?											
b. What should be imp	proved?										

### Parent BodyWorks Session 3 Fidelity Form

Today's Date:	Session Location:	Trainer(s):		s	tart Time: _		End Time:					
I. Please check "No	or "Yes" to indicate wheth	er you implemented the following a	ctivities	s during this	session							
Welcome and 'How am	n I doing?': □ No □ Yes	Journal review: $\square$ No $\square$ Yes			Review	of previous s	session: □ No □	Yes				
Energizer and healthy	snack: ☐ No ☐ Yes	What did you learn today?: $\Box$ No	□ Yes	i	Assign	homework: [	□ No □ Yes					
If you did NOT impl	ement one or more of these	activities, please explain why:										
II. Please share you	II. Please share your reactions to the following activities  2. To what extent did the activity											
		How much of this activity did you complete?		chieve the se		ina 3.	3. How engaged were the participants in the activity?					
a. Review of first journals	week using the daily	□ None □ Most □ Some □ All	☐ So	omewhat	Quite a Comple	tely 🗆	Somewhat		Quite a lot Completely			
b. Healthy smootl	hie demonstration	□ None □ Most □ Some □ All			☐ Quite a☐ Comple		Not at all Somewhat		Quite a lot Completely			
	the basics of healthy ren, teens, and adults			☐ Quite a☐ Comple				Quite a lot Completely				
III. Please share ho	III. Please share how you modified the activities.											
a. Did you modify a	any of the activities?	Yes 🗆 No										
b. If yes, please ex	xplain why and how the activit	es were modified.										
IV. Please share you	ur reactions to the following	statements										
				Strongly Disagre		sagree	Agree		Strongly Agree			
The lesson plan, this session.	, background materials, and s	upport I received prepared me well to t	teach									
b. I felt confident in	my ability to implement this s											
V. Please tell us wh	at worked well and what sh	ould be improved.										
a. What worked we						<del></del>						
b. What should be	improved?											

# Parent BodyWorks Session 4 Fidelity Form

Today's Date:Session Location:	Trainer(s):	Sta	art Time:	End Time:	
I. Please check "No" or "Yes" to indicate whether	r you implemented the following acti	vities during this s	ession		
Welcome and 'How am I doing?': $\square$ No $\square$ Yes	Journal review: $\square$ No $\square$ Yes		Review of previo	us session: $\Box$ No $\Box$	Yes
Energizer and healthy snack: $\square$ No $\square$ Yes	What did you learn today?: $\Box$ No $\Box$	Yes	Assign homewor	rk: □ No □ Yes	
If you did NOT implement one or more of these a	ctivities, please explain why:				
II. Please share your reactions to the following ac	ctivities				
<b>,</b>	did the activity ession learning	3. How engaged participants in the			
a. Serving size activity	□ None □ Most □ Some □ All		☐ Quite a lot ☐ Completely	☐ Not at all ☐ Somewhat	☐ Quite a lot☐ Completely
b. Review of serving size information	□ None □ Most □ Some □ All	☐ Not at all ☐ Somewhat	☐ Quite a lot ☐ Completely	□ Not at all □ Somewhat	☐ Quite a lot ☐ Completely
c. Review of facts about fat	□ None □ Most □ Some □ All		☐ Quite a lot ☐ Completely	☐ Not at all ☐ Somewhat	☐ Quite a lot ☐ Completely
d. Discussion on making healthy lunch choices	□ None □ Most □ Some □ All	<ul><li>□ Not at all</li><li>□ Somewhat</li></ul>	☐ Quite a lot ☐ Completely	☐ Not at all ☐ Somewhat	☐ Quite a lot☐ Completely
e. Discussion on making healthy fast food and beverage choices	□ None □ Most □ Some □ All	☐ Not at all ☐ Somewhat	☐ Quite a lot ☐ Completely	☐ Not at all ☐ Somewhat	☐ Quite a lot☐ Completely
III. Please share how you modified the activities.					
<ul> <li>a. Did you modify any of the activities?</li> <li>b. If yes, please explain why and how the activities</li> </ul>					
IV. Please share your reactions to the following s	tatements				
		Strongly Disagree	Disagree	Agree	Strongly Agree
<ul> <li>The lesson plan, background materials, and sup this session.</li> </ul>	port I received prepared me well to tea	ch			
b. I felt confident in my ability to implement this ses	esion.				
V. Please tell us what worked well and what shou	ıld be improved.				
a. What worked well?					
b. What should be improved?					

# Parent BodyWorks Session 5 Fidelity Form

Today's Date:	Session Location:	Trainer(s):		s	Start Ti	me:	End Time:					
I. Please check "No	or "Yes" to indicate wheth	er you implemented the following a	ctivities	s during this	sessio	on						
Welcome and 'How am	n I doing?': □ No □ Yes	Journal review: $\square$ No $\square$ Yes			R	eview of previous	session: $\square$ No $\square$	Yes				
Energizer and healthy	snack: ☐ No ☐ Yes	What did you learn today?: $\Box$ No	☐ Yes	5	A	Assign homework:	□ No □ Yes					
If you did NOT imple	ement one or more of these	activities, please explain why:										
II. Please share your reactions to the following activities  2. To what extent did the activity												
		1. How much of this activity did you complete?	what extent achieve the settives?		Joorning 3.	3. How engaged were the participants in the activity?						
a. Discussion on and benefits	physical activity barriers	□ None □ Most □ Some □ All	□ s		□с	ompletely [	Not at all Somewhat	☐ Quite a lot ☐ Completely				
b. Discussion on	types of physical activity	□ None □ Most □ Some □ All		ot at all omewhat			Not at all Somewhat	☐ Quite a lot ☐ Completely				
c. Limiting screer case study		ot at all omewhat			Not at all Somewhat	☐ Quite a lot ☐ Completely						
III. Please share ho	III. Please share how you modified the activities.											
a. Did you modify a	any of the activities?	Yes  No										
b. If yes, please ex	xplain why and how the activit	es were modified.										
IV. Please share you	ur reactions to the following	statements										
				Strongly Disagre		Disagree	Agree	Strongly Agree				
<ul> <li>a. The lesson plan, this session.</li> </ul>	, background materials, and s	upport I received prepared me well to t	each									
b. I felt confident in	my ability to implement this s	ession.										
V. Please tell us wh	at worked well and what sh	ould be improved.										
a. What worked we												
b. What should be	improved?											

# Parent BodyWorks Session 6 Fidelity Form

Tod	day's Date:Session Location:	Trainer(s):		Start	Time:	End Time:						
I. P	Please check "No" or "Yes" to indicate w	ether you implemented the following a	ctivitie	es during this sess	sion							
We	elcome and 'How am I doing?': $\square$ No $\square$ Yes	Journal review: $\square$ No $\square$ Yes			Review of previou	ıs session: □ No □ Ye	es					
Ene	ergizer and healthy snack: $\square$ No $\square$ Yes	What did you learn today?: $\Box$ No	□ Ye	es	Assign homeworl	«: □ No □ Yes						
If y	ou did NOT implement one or more of th	ese activities, please explain why:										
II. F	II. Please share your reactions to the following activities											
		1. How much of this activity did you complete?	help	o what extent did t achieve the session ctives?	on loarning	3. How engaged we participants in the a						
a.	Activity to set family goals	□ None □ Most □ Some □ All			~		Quite a lot Completely					
b.	Activity to learn how to use the weekly planner magnet	□ None □ Most □ Some □ All					☐ Quite a lot☐ Completely					
c.	Discussion on involving the family in planning, shopping, and cooking			Quite a lot Completely		Quite a lot Completely						
III.	Please share how you modified the activ	ities.										
a.	Did you modify any of the activities?	☐ Yes ☐ No										
b.	If yes, please explain why and how the ac	tivities were modified.					_					
IV.	Please share your reactions to the follow	ing statements										
				Strongly Disagree	Disagree	Agree	Strongly Agree					
а.	The lesson plan, background materials, arthis session.	d support I received prepared me well to t	teach									
b.	I felt confident in my ability to implement the	is session.										
V. I	Please tell us what worked well and what	should be improved.										
a.	What worked well?											
b.	What should be improved?											

### Parent BodyWorks Session 7 Fidelity Form

Today's Date:Sess	ion Location:		Trainer(s):			_Start T	ime:	End <sup>-</sup>	Time:				
l. Please check "No" or "Yes"	to indicate wheth	ner you impleme	nted the following a	ctivitie	es during th	is sess	ion						
Welcome and 'How am I doing?': □	□ No □ Yes	Journal rev	view: □ No □ Yes			Review of previous session: $\square$ No $\square$ Yes							
Energizer and healthy snack: $\Box$ No	□ Yes	What did y	ou learn today?: ☐ No	□Ye	s		Assign homewo	rk: 🗆 No 🗆	] Yes				
f you did NOT implement one	or more of these	activities, pleas	se explain why:										
II. Please share your reactions	to the following	activities											
•	what exter achieve the ctives?			3. How e participa		were the e activity?							
a. "Let's Shop, Cook, and E DVD—viewing and discus	•	☐ None ☐ Some	☐ Most ☐ All		Not at all Somewhat		Quite a lot Completely	□ Not a	at all ewhat	Quite a lo			
o. Review of how to read nu	VENIEW OF HOW TO LEAD HUTHIUH INDERS				Not at all Somewhat		Quite a lot Completely		□ Not at all □ C □ Somewhat □ C				
II. Please share how you mod	ified the activitie	es.											
a. Did you modify any of the ac													
o. If yes, please explain why a	nd how the activit	ies were modified	d										
V. Please share your reactions	s to the following	statements											
,					Stron Disag	-	Disagree	<i>A</i>	Agree	Strong Agree			
<ul> <li>The lesson plan, background this session.</li> </ul>	d materials, and s	upport I received	prepared me well to t	teach									
b. I felt confident in my ability to implement this session.													
/ Please tell up what we then	علم عومانيد المعم المعد	auld ba immessa	۵		1		1	ı					
/. Please tell us what worked value. a. What worked well?		•	u.										
b. What should be improved?													

### Parent BodyWorks Session 8 Fidelity Form

Today's Date:Session Location:_	Trainer(s):	Start Time:	End Time:								
I. Please check "No" or "Yes" to indicate whe	ther you implemented the following a	ctivities during	this session								
Welcome and 'How am I doing?': $\square$ No $\square$ Yes	Journal review: $\square$ No $\square$ Yes		Review of prev	rious session: $\Box$ No $\Box$ Y	'es						
Energizer and healthy snack: $\square$ No $\square$ Yes	What did you learn today?: $\Box$ No	□ Yes	Assign homew	vork: ☐ No ☐ Yes							
If you did NOT implement one or more of thes	e activities, please explain why:										
II. Please share your reactions to the following activities											
	How much of this activity did you complete?		tent did the activity he session learning	3. How engaged w participants in the							
a. Viewing of the "Let's Shop, Cook, and Eat Together" DVD	□ None □ Most □ Some □ All	☐ Not at all ☐ Somewhat	Quite a lot Completely	☐ Not at all ☐ Somewhat	☐ Quite a lot☐ Completely						
b. Discussion on DVD content about cooking healthy meals and the BodyWorks recipe book	□ None □ Most □ Some □ All	□ Not at all □ Somewhat	Quite a lot Completely	□ Not at all □ Somewhat	☐ Quite a lot ☐ Completely						
c. Discussion on DVD and BodyBasics content about the importance of eating together as a family	□ None □ Most □ Some □ All	□ Not at all □ Somewhat	Quite a lot Completely	□ Not at all □ Somewhat	☐ Quite a lot☐ Completely						
III. Please share how you modified the activit	es.										
<ul><li>a. Did you modify any of the activities?</li><li>b. If yes, please explain why and how the activities</li></ul>	Yes ☐ No ities were modified.				_						
IV. Please share your reactions to the following	g statements										
			ongly agree Disagre	e Agree	Strongly Agree						
The lesson plan, background materials, and this session.	support I received prepared me well to	aaab									
b. I felt confident in my ability to implement this	session.										
V. Please tell us what worked well and what s	hould be improved.										
a. What worked well?	•										
b. What should be improved?											

### Parent BodyWorks Session 9 Fidelity Form

Today's Date:	Session Location:		Trainer(s):			_Start 7	Гіте:	E	End Time:			
I. Please check "N	lo" or "Yes" to indicate wheth	ner you implemer	nted the following a	ctivit	ies during th	is sess	sion					
Welcome and 'How a	am I doing?': □ No □ Yes	Journal revi	iew: □ No □ Yes				Review of previo	ous ses	sion: ☐ No ☐	Yes		
Energizer and healthy	y snack: □ No □ Yes	What did yc	ou learn today?: 🗆 No	- <b>Y</b>	es		Assign homewo	rk: 🗆 1	No □ Yes			
If you did NOT imp	plement one or more of these	activities, please	explain why:									
II. Please share yo	our reactions to the following	activities										
										aged were the in the activity?		
a. Environmental	I checklist activity	□ None □ Some	☐ Most ☐ All		Not at all Somewhat		Quite a lot Completely		Not at all Somewhat		Quite a lot Completely	
b. Goal setting for activity	or environmental issues	□ None □ Some	☐ Most ☐ All		Not at all Somewhat		Quite a lot Completely		Not at all Somewhat		Quite a lot Completely	
III. Please share h	now you modified the activities	es.										
a. Did you modify	any of the activities?	Yes 🔲 No				•						
b. If yes, please e	explain why and how the activiti	ies were modified.	·									
IV. Please share y	our reactions to the following	a statements										
,					Strong Disagr	0,	Disagree		Agree		Strongly Agree	
<ul> <li>a. The lesson planthis session.</li> </ul>	n, background materials, and su	upport I received p	repared me well to t	each								
b. I felt confident i	in my ability to implement this se	ession.										
V. Please tell us w	hat worked well and what sho	ould be improved	d.				•	•				
	well?											
b. What should be	e improved?											

### Parent BodyWorks Session 10 Fidelity Form

Today's Date:	Session Location:		Trainer(s):			_Start	Time:		_End Time:			
I. Please check "No" o	or "Yes" to indicate wheth	er you implement	ed the following a	ctivi	ties during th	is ses	sion					
Welcome and 'How am I	doing?': □ No □ Yes	Journal reviev	w: □ No □ Yes				Review of previo	ous se	ession: 🗆 No 🗆	Yes		
Energizer and healthy sna	ack: □ No □ Yes	What did you	learn today?: □ No	□Y	'es		Assign homewo	rk: 🗆	No □ Yes			
If you did NOT implem	nent one or more of these	activities, please	explain why:									
II. Please share your r	II. Please share your reactions to the following activities  4. How much of this position did 2. To what extent did the activity 2. How are reactives the											
		1. How much of you complete?	1. How much of this activity did   help ac				the activity on learning	3. How engaged were the participants in the activity				
a. Media literacy qui	z	□ None □ Some	☐ Most ☐ All		Not at all Somewhat		Quite a lot Completely		Not at all Somewhat		Quite a lot Completely	
b. Activity analyzing	a tobacco ad	☐ None ☐ Some	☐ Most ☐ All		Not at all Somewhat		Quite a lot Completely		Not at all Somewhat		Quite a lot Completely	
c. Handout and disc advertising technic		□ None □ Some	☐ Most ☐ All		Not at all Somewhat		Quite a lot Completely		Not at all Somewhat		Quite a lot Completely	
d. Activity analyzing	a magazine ad	□ None □ Some	☐ Most ☐ All		Not at all Somewhat		Quite a lot Completely		Not at all Somewhat		Quite a lot Completely	
III. Please share how	you modified the activitie	s.										
a. Did you modify any	of the activities?	Yes 🗆 No										
b. If yes, please expl	ain why and how the activiti	es were modified.										
IV. Please share your	reactions to the following	statements										
					Stron Disag	-	Disagree		Agree		Strongly Agree	
a. The lesson plan, bathis session.	ackground materials, and so	upport I received pro	epared me well to t	each								
b. I felt confident in m	b. I felt confident in my ability to implement this session.											
V. Please tell us what	worked well and what sho	ould be improved.										
a. What worked well?												
b. What should be im	proved?											