

Date of session

month	day	year		

Time of session

		:		
hour			minutes	

Quarterly HELP (GLS)  <sup>1</sup>

Semi-annual BOOST (BLS) **w/o exercise**  <sup>2</sup>

Semi-annual BOOST (BLS) **w/ exercise**  <sup>3</sup>

Additional Lifestyle Support  <sup>4</sup>

## Diabetes Prevention Program Outcomes Study L07 LIFESTYLE SESSION LOG

This form is completed for each lifestyle session. If more than 30 participants attend a session, attach an additional form. For quarterly HELP group sessions, do not collect current weight or minutes of physical activity. Only record the minutes of physical activity for semi-annual BOOST sessions with exercise. Collect the physical activity minutes from the past 7 days before the session. Record the current weight at both types of BOOST sessions.

**A. Group session identification**

1. Clinic number

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CLINIC

2. Date of session

month	day	year		

PADATE

3. Time of session

PATIME

start time		:	end time	
hour			minute	

PAENDTM

4. Type of session

- <sup>1</sup> Quarterly HELP (GLS)  
101 to 199 series
- <sup>2</sup> Semi-annual BOOST (BLS) **w/o exercise**  
See code book; 201 to 299 series
- <sup>3</sup> Semi-annual BOOST (BLS) **w/ exercise**  
See code book; 301 to 399 series
- <sup>4</sup> Additional Lifestyle Support  
Code: Use 401 only

PATYPE

4.a. Session code    PASESS

5. Session leader(s)

PALEAD1

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1<sup>st</sup> leader

PALEAD2

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2<sup>nd</sup> leader

6. Number of participants attending this session

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PATTEND

**IF ONLY ONE LIFESTYLE PARTICIPANT HAS ATTENDED, COMPLETE 6a, 6b, AND 6c AND CONTINUE WITH SECTION B. IF MORE THAN ONE, SKIP TO SECTION B.**

6a. Was this scheduled as an individual session?

Yes  <sup>1</sup> No  <sup>2</sup> PAINDI

6b. Did the participant meet the DPP activity goal over the past week (≥ 150 minutes)?

Yes  <sup>1</sup> No  <sup>2</sup> PAGOAL

6c. Source of exercise report

Self report  <sup>1</sup> Log  <sup>2</sup> PASRCE

Identification code of person reviewing completed form

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FORMIN

Form entered in computer?

Date of session

month	day	year		

Time of session

hour	minutes

Quarterly HELP (GLS)

Semi-annual BOOST (BLS) w/o exercise

Semi-annual BOOST (BLS) w/ exercise

Additional Lifestyle Support

B. Attendees

PATID1-30  
replaced with  
RELEASE\_ID1-30

PANICK1-30

PAWGHT1-30

PAMIN1-30  
Physical activity  
(past 7 days for BOOST w/ exercise only)

	Identification #
1.	<input type="text"/>
2.	<input type="text"/>
3.	<input type="text"/>
4.	<input type="text"/>
5.	<input type="text"/>
6.	<input type="text"/>
7.	<input type="text"/>
8.	<input type="text"/>
9.	<input type="text"/>
10.	<input type="text"/>
11.	<input type="text"/>
12.	<input type="text"/>
13.	<input type="text"/>
14.	<input type="text"/>
15.	<input type="text"/>

	Nickname
1.	<input type="text"/>
2.	<input type="text"/>
3.	<input type="text"/>
4.	<input type="text"/>
5.	<input type="text"/>
6.	<input type="text"/>
7.	<input type="text"/>
8.	<input type="text"/>
9.	<input type="text"/>
10.	<input type="text"/>
11.	<input type="text"/>
12.	<input type="text"/>
13.	<input type="text"/>
14.	<input type="text"/>
15.	<input type="text"/>

	Current weight (pounds)
1.	<input type="text"/> . <input type="text"/> pounds
2.	<input type="text"/> . <input type="text"/> pounds
3.	<input type="text"/> . <input type="text"/> pounds
4.	<input type="text"/> . <input type="text"/> pounds
5.	<input type="text"/> . <input type="text"/> pounds
6.	<input type="text"/> . <input type="text"/> pounds
7.	<input type="text"/> . <input type="text"/> pounds
8.	<input type="text"/> . <input type="text"/> pounds
9.	<input type="text"/> . <input type="text"/> pounds
10.	<input type="text"/> . <input type="text"/> pounds
11.	<input type="text"/> . <input type="text"/> pounds
12.	<input type="text"/> . <input type="text"/> pounds
13.	<input type="text"/> . <input type="text"/> pounds
14.	<input type="text"/> . <input type="text"/> pounds
15.	<input type="text"/> . <input type="text"/> pounds

	minutes
1.	<input type="text"/> minutes
2.	<input type="text"/> minutes
3.	<input type="text"/> minutes
4.	<input type="text"/> minutes
5.	<input type="text"/> minutes
6.	<input type="text"/> minutes
7.	<input type="text"/> minutes
8.	<input type="text"/> minutes
9.	<input type="text"/> minutes
10.	<input type="text"/> minutes
11.	<input type="text"/> minutes
12.	<input type="text"/> minutes
13.	<input type="text"/> minutes
14.	<input type="text"/> minutes
15.	<input type="text"/> minutes

Date of session

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month      day      year

Time of session

		:		
--	--	---	--	--

hour      minutes

Quarterly  
HELP (GLS)

Semi-annual BOOST  
(BLS) **w/o exercise**

Semi-annual BOOST  
(BLS) **w/ exercise**

Additional Lifestyle  
Support

	Identification #	Nickname	Current weight (pounds)	Physical activity (past 7 days for BOOST w/ exercise only)
16.	<input type="text"/>	<input type="text"/>	<input type="text"/> . <input type="text"/> pounds	<input type="text"/> minutes
17.	<input type="text"/>	<input type="text"/>	<input type="text"/> . <input type="text"/> pounds	<input type="text"/> minutes
18.	<input type="text"/>	<input type="text"/>	<input type="text"/> . <input type="text"/> pounds	<input type="text"/> minutes
19.	<input type="text"/>	<input type="text"/>	<input type="text"/> . <input type="text"/> pounds	<input type="text"/> minutes
20.	<input type="text"/>	<input type="text"/>	<input type="text"/> . <input type="text"/> pounds	<input type="text"/> minutes
21.	<input type="text"/>	<input type="text"/>	<input type="text"/> . <input type="text"/> pounds	<input type="text"/> minutes
22.	<input type="text"/>	<input type="text"/>	<input type="text"/> . <input type="text"/> pounds	<input type="text"/> minutes
23.	<input type="text"/>	<input type="text"/>	<input type="text"/> . <input type="text"/> pounds	<input type="text"/> minutes
24.	<input type="text"/>	<input type="text"/>	<input type="text"/> . <input type="text"/> pounds	<input type="text"/> minutes
25.	<input type="text"/>	<input type="text"/>	<input type="text"/> . <input type="text"/> pounds	<input type="text"/> minutes
26.	<input type="text"/>	<input type="text"/>	<input type="text"/> . <input type="text"/> pounds	<input type="text"/> minutes
27.	<input type="text"/>	<input type="text"/>	<input type="text"/> . <input type="text"/> pounds	<input type="text"/> minutes
28.	<input type="text"/>	<input type="text"/>	<input type="text"/> . <input type="text"/> pounds	<input type="text"/> minutes
29.	<input type="text"/>	<input type="text"/>	<input type="text"/> . <input type="text"/> pounds	<input type="text"/> minutes
30.	<input type="text"/>	<input type="text"/>	<input type="text"/> . <input type="text"/> pounds	<input type="text"/> minutes