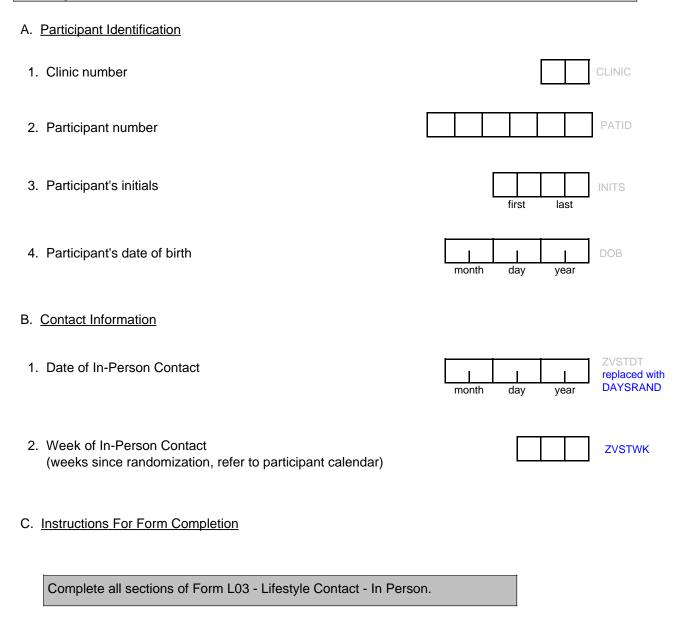
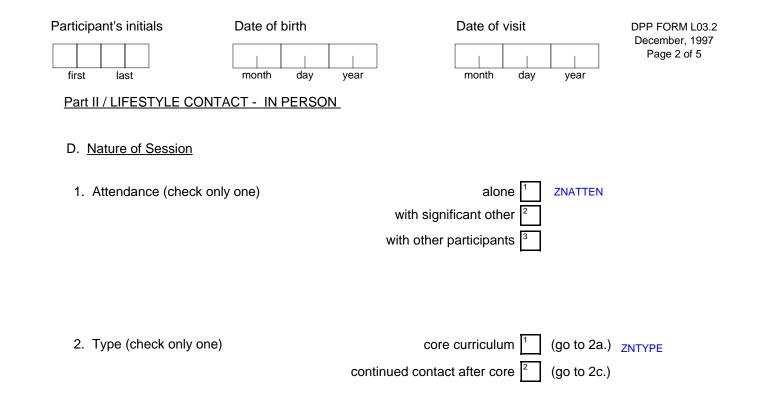
Diabetes Prevention Program

LIFESTYLE CONTACT - IN PERSON

This form is completed for all in-person contacts with participants in the Intensive Lifestyle Intervention. Form L03 records the following: nature of session, self-monitoring information and the physical activity and weight status.



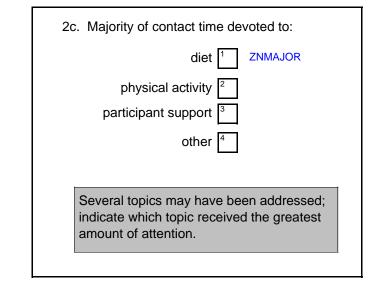
Initials of person completing form	first	last	Form entered in computer?	

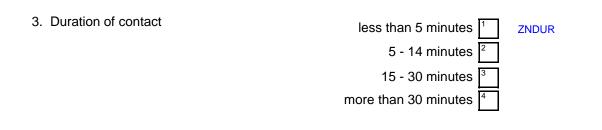


If CORE CURRICULUM,

2a. Session #	ZNLESS
i. If session #1, which participant choose?	topic did the
diet /weight loss	
physical activity	2
2b. Repeat	Yes No
Skip to question 3.	ZNREV

If CONTINUED CONTACT AFTER CORE,



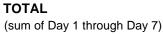


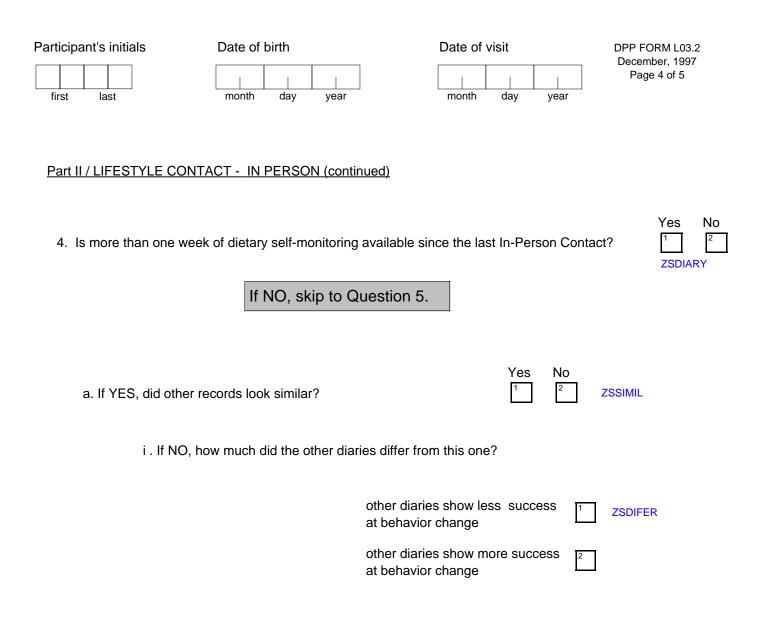
Participant's initials	Date of birth	Date of birth		Date of visit		DPP FORM L03.2	
first last	irst last month day year month day year					December, 1997 Page 3 of 5	
Part II / LIFESTYLE CON	ITACT - IN PERSON (co	<u>ntinued)</u>					
E. Self-Monitoring Inform	nation				Yes	No	
1. Has the participant self-monitored diet since the last In-Person Contact? ZSDIET						2	
2. Has the participant s	elf-monitored physical ac	tivity since the la	ast In-Person Co	ntact? ZSEXE	R 1	2	
If	YES to either questio	n 1 or 2, cont	inue.				

If NO to both question 1 and 2, skip to question 5.

3. Self-monitoring data (from written record only) from the most recent week available since the last In-Person Contact:

DAY		IINUTES OF PHYSICAL ACTIVITY _{ZSGEX}	
a. GOAL	FAT (g) ZSGFAT CALORIES ZSGCAL Image: Second state s		
b. DAY 1	ZSD1FAT	ZSD1CAL	
c. DAY 2	ZSD2FAT	ZSD2CAL ZSD2EX	
d. DAY 3	ZSD3FAT	ZSD3CAL ZSD3EX	
e. DAY 4	ZSD4FAT	ZSD4CAL ZSD4EX	
f. DAY 5	ZSD5FAT	ZSD5CAL ZSD5EX	
g. DAY 6	ZSD6FAT	ZSD6CAL ZSD6EX	
h. DAY 7	ZSD7FAT	ZSD7CAL ZSD7EX	
	_	ZSTOTE	X

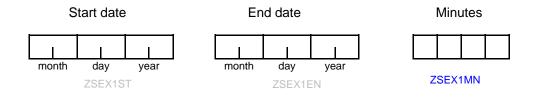




5.

If this contact is for the CORE CURRICULUM, skip to section F. If this contact is CONTINUED CONTACT AFTER CORE, continue.

If a written record is not available, indicate how many minutes of physical activity the participant verbally reported during the previous week (one week only).



Participant's initials Date of birth Date of visit DPP FORM L03.2 December, 1997 Page 5 of 5 day first month month day last year year F. Physical Activity Status Yes No 1 2 ZEXGOAL 1. Is the participant at study goal for physical activity? 2. What are the barriers? ZEXBAR1 1 (see code book; 100 series) a. ZEXBAR2 1 b. ZEXBAR3 1 c. **ZEXAPP1** 2 3. What approaches are taken to improve or maintain? a. (see code book; 200 series) 2 ZEXAPP2 b. **ZEXAPP3** 2 c. G. Weight Status 1. Study weight goal? **ZWTGOAL** (based on the line of reduction during core or 7% loss post-core) pounds ZWTCURR 2. Current weight? pounds Yes No ZWEIGHT 3. Is the participant at weight goal? Yes No 4. Is the participant self-monitoring weight? 2 ZWTSELF ZWTBAR1 3 5. What are the barriers? a. (see code book; 300 series) ZWTBAR2 3 b. 3 **ZWTBAR3** c. **ZWTAPP1** 4 6. What approaches are taken to improve or maintain? a. (see code book; 400 series) **ZWTAPP2** 4 b. **ZWTAPP3** 4

c.