

Diabetes Prevention Program LIFESTYLE PHYSICAL ACTIVITY LOG

This form is completed for each supervised physical activity session. If more than 15 participants attend a session please attach an additional form.

Part I / CLASS IDENTIFICATION

A. Clinic number

| | | |
|--|--|--------|
| | | CLINIC |
|--|--|--------|

B. Date of exercise class

| | | | |
|-------|-----|------|--------|
| | | | PADATE |
| month | day | year | |

C. Start time of exercise class

| | | | |
|----------------------|---|--|--------|
| | : | | PATIME |
| time (24 hour clock) | | | |

D. Type of exercise
(see code book; 500 series)

1.

| | | | |
|---|--|--|--------|
| 5 | | | PATYPE |
|---|--|--|--------|

E. Exercise Leader (s)

1.

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|-------|--|--|------|---------|
| | | | | PALEAD1 |
| first | | | last | |

2.

| | | | | |
|-------|--|--|------|---------|
| | | | | PALEAD2 |
| first | | | last | |

Part II / ATTENDEES

| | Name | | Participant Identification Number | | Initials | | |
|-----|-------|--------------|--|--|--|------|---------|
| | | | | | first | last | |
| 1. | _____ | RELEASE_ID1 | <table border="1" style="border-collapse: collapse; width: 100%; height: 20px;"></table> | | <table border="1" style="border-collapse: collapse; width: 100%; height: 20px;"></table> | | INITS1 |
| 2. | _____ | | <table border="1" style="border-collapse: collapse; width: 100%; height: 20px;"></table> | | <table border="1" style="border-collapse: collapse; width: 100%; height: 20px;"></table> | | |
| 3. | _____ | | <table border="1" style="border-collapse: collapse; width: 100%; height: 20px;"></table> | | <table border="1" style="border-collapse: collapse; width: 100%; height: 20px;"></table> | | |
| 4. | _____ | | <table border="1" style="border-collapse: collapse; width: 100%; height: 20px;"></table> | | <table border="1" style="border-collapse: collapse; width: 100%; height: 20px;"></table> | | |
| 5. | _____ | | <table border="1" style="border-collapse: collapse; width: 100%; height: 20px;"></table> | | <table border="1" style="border-collapse: collapse; width: 100%; height: 20px;"></table> | | |
| 6. | _____ | | <table border="1" style="border-collapse: collapse; width: 100%; height: 20px;"></table> | | <table border="1" style="border-collapse: collapse; width: 100%; height: 20px;"></table> | | |
| 7. | _____ | | <table border="1" style="border-collapse: collapse; width: 100%; height: 20px;"></table> | | <table border="1" style="border-collapse: collapse; width: 100%; height: 20px;"></table> | | |
| 8. | _____ | | <table border="1" style="border-collapse: collapse; width: 100%; height: 20px;"></table> | | <table border="1" style="border-collapse: collapse; width: 100%; height: 20px;"></table> | | |
| 9. | _____ | | <table border="1" style="border-collapse: collapse; width: 100%; height: 20px;"></table> | | <table border="1" style="border-collapse: collapse; width: 100%; height: 20px;"></table> | | |
| 10. | _____ | | <table border="1" style="border-collapse: collapse; width: 100%; height: 20px;"></table> | | <table border="1" style="border-collapse: collapse; width: 100%; height: 20px;"></table> | | |
| 11. | _____ | | <table border="1" style="border-collapse: collapse; width: 100%; height: 20px;"></table> | | <table border="1" style="border-collapse: collapse; width: 100%; height: 20px;"></table> | | |
| 12. | _____ | | <table border="1" style="border-collapse: collapse; width: 100%; height: 20px;"></table> | | <table border="1" style="border-collapse: collapse; width: 100%; height: 20px;"></table> | | |
| 13. | _____ | | <table border="1" style="border-collapse: collapse; width: 100%; height: 20px;"></table> | | <table border="1" style="border-collapse: collapse; width: 100%; height: 20px;"></table> | | |
| 14. | _____ | | <table border="1" style="border-collapse: collapse; width: 100%; height: 20px;"></table> | | <table border="1" style="border-collapse: collapse; width: 100%; height: 20px;"></table> | | |
| 15. | _____ | RELEASE_ID15 | <table border="1" style="border-collapse: collapse; width: 100%; height: 20px;"></table> | | <table border="1" style="border-collapse: collapse; width: 100%; height: 20px;"></table> | | INITS15 |

Note: Optional page 2 listed RELEASE_ID16 - RELEASE_ID30

Initials of person completing form

| | | | |
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| | | | |
| first | | | last |

Form entered in computer?

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100 Series: Revised August 1999

What are the barriers to physical activity? (See question F.1.a, Lifestyle In-Person Contact Form, L03.)

| Code | Barrier | Date Added |
|-------------|---|-------------------------|
| 101 | Illness | March 1996 |
| 102 | Vacation/holiday/atypical work or family demands causing significant disruptions in usual routine | March 1996 |
| 103 | Injury | March 1996 |
| 104 | Participant reports diminished/no motivation to pursue activity goal, bored with exercise, dislikes exercise | March 1996 |
| 105 | Chronic time management problems (difficulty finding time to exercise due to typical family, work, or social demands) | March 1996 |
| 106 | Increase in significant life events causing pt. to neglect self-care (e.g., death of a spouse, divorce, marriage, being fired from work, retirement, major change in living conditions/working conditions/financial state, etc.) | March 1996 |
| 107 | Little or no access to place, equipment, or facilities to exercise | March 1996 |
| 108 | Weather | March 1996 |
| 109 | Internal cues (positive or negative thoughts or emotions, e.g., perceived stress, depression, anxiety, anger, boredom, loneliness, happiness, relief) prompting sedentary behavior or a change in activity plan. | Rev. Nov. 1997 |
| 110 | Exercise temporarily restricted by physician or other health professional for health reasons. | October 1997 |
| 111 | Aches and pains (for example, due to arthritis, previous activity) | Nov. 1997 |
| 112 | Inaccurate or not consistent self-monitoring of physical activity. | Oct. 1998 |
| 113 | Expected social cues for physical activity become unavailable (e.g., a regular walking partner is ill or moves away, a seasonal exercise class ends) (Note: Do not use this code for the chronic absense of social cues for activity such as an unsupportive spouse or sedentary job.) | NEW: August 1999 |
| 198 | None | July 1997 |
| 199 | Other barrier (please FAX the LRC a New Codes Needed Form) | March 1996 |

200 Series: Revised May 1999

What approaches are taken to improve (or maintain) physical activity? (See question F.1.b on the Lifestyle In-Person Contact Form, L03)

| Code | Level | Tool | Date Added |
|-------------|--------------|---|-------------------|
| 201 | 1 | Problem solving (outlining the behavior chains associated with inactivity, that is, the antecedents (cues), behaviors, and consequences, as well as making and evaluating related action plans) Examples of specific problem solving strategies include: encouraging participant to attend DPP activity sessions, recommending music or books on tape, discussing priority of exercise and time management skills, recommending finding help with child/elder care, suggesting activities to do with child or elder. | March 1996 |
| 202 | 1 | Increased frequency of phone calls and/or visits to cue increased activity | March 1996 |
| 203 | 2 | Exercised with the participant during or outside of regular session time | March 1996 |
| 204 | 1 | Developed a plan for someone other than yourself (e.g., another participant or DPP staff person) to exercise with participant | Rev. March 1998 |
| 205 | 2 | Provided transportation to exercise, child/elder care (DPP pays) | March 1996 |
| 206 | 2 | Bought the participant an item to support physical activity for \$100 or less (e.g., heart rate monitor, exercise tape, hand weights, clothing) (DPP pays) | Rev. Dec. 1998 |
| 207 | 1 | Referred participant to non-DPP exercise class, facility, or trainer in the community or non-DPP personal trainer/exercise expert (no cost to DPP). This includes referral to a physical therapist or rehabilitation program. | Rev. March 1998 |
| 208 | 1 | Identified exercise event in local area and set up a training schedule for the participant | March 1996 |

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| 209 | 1 | Set up motivational strategy/incentive/contract that does NOT involve spending DPP money or extra staff time (for example, Coach initiates Map of Miles, Miles to Go Before I Sleep, or Spell DPP but doesn't buy prizes); encouraged participant to identify self-reward for attaining a specific behavioral or weight loss goal. | March 1996 |
| 210 | 2 | Scheduled a meeting with exercise physiologist on DPP staff | March 1996 |
| 211 | 2 | Scheduled a meeting with behavior therapist on DPP staff | March 1996 |
| 212 | 3 | Enrolled participant in health club, YMCA, Exercise Class, cardiac rehabilitation program (DPP pays) | March 1996 |
| 213 | 3 | Purchased home exercise equipment for the participant (DPP pays) | March 1996 |
| 214 | 3 | Provided a " personal trainer " for the participant (DPP pays to have someone <i>other than the exercise specialist on the DPP staff</i> to exercise with participant) | Rev: Oct. 1997 |
| 215 | NA | No approach taken --participant is ill or injured | March 1996 |
| 216 | 1 | Actively involved significant other in the exercise program (e.g., scheduled a session with the significant other and participant) | July 1997 |
| 217 | 3 | Set up motivational strategy/incentive/contract that DOES involve spending DPP money or extra staff time (for example, using DPP Dollars or buying prizes for a lottery or reaching milestones on Map of Miles, Miles to Go Before I Sleep, or Spell DPP) | July 1997 |
| 218 | 1 | Loaned the participant an item (worth \$100 or less) to support physical activity (e.g., heart rate monitor, exercise tape, hand weights). (<i>This does not include large exercise equipment such as a treadmill, stationary bike, or stepper.</i>) | REV: Dec. 1998 |
| 219 | 2 | Enrolled participant in local exercise event (DPP pays) | July 1997 |
| 220 | 1 | Mailed the participant a card, note, or other mailing to provide additional cues and encouragement | July 1997 |
| 221 | 3 | Paid for child or elder care | July 1997 |

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| 222 | 1 | Loaned the participant self-help materials such as books or tapes (e.g., Keeping It Off Today with Art Ulene) | |
| 223 | 2 | Gave the participant a pedometer (provided by DPP). | March 1998 |
| 224 | 3 | Loaned the participant home exercise equipment (such as a treadmill, stationary bike, stepper) | Oct. 1998 |
| 225 | 1 | Recommended new approach to self-monitoring physical activity (e.g., devise an alternate form or calendar) | Oct. 1998 |
| 226 | 1 | Scheduled a meeting between the participant and the PI | May 1999 |
| 298 | NA | None | July 1997 |
| 299 | NA | Other approach taken (please FAX the LRC a New Codes Needed Form) | March 1996 |

300 Series: Revised October 1998

What are the barriers to weight loss? (See question G.3.b, In-Person Contact Form, L03.)

| Code | Barrier | Date Added |
|-------------|--|-------------------|
| 301 | Inaccurate or not consistent self-monitoring of foods eaten, portion sizes, and/or body weight (<i>e.g., this includes suspected underreporting of foods or portion sizes eaten</i>) | Rev: Oct. 1997 |
| 302 | Poor cooking or food shopping skills (self or others in the home) | March 1996 |
| 303 | Social cues prompting poor food choices or overeating away from home (<i>e.g., restaurants/parties/buffets</i>) | March 1996 |
| 304 | Vacation/holiday/atypical work or family demands causing significant disruptions in usual routine | March 1996 |
| 305 | Internal cues (positive or negative thoughts or emotions, <i>e.g., perceived stress, depression, anxiety, anger, boredom, loneliness, happiness, relief</i>) prompting poor food choices or overeating. Note: This encompasses what has been described as night eating, emotional eating, binge eating in response to positive or negative affect. | Rev. Nov. 1997 |
| 306 | Increase in significant life events causing poor food choices or overeating (<i>e.g., death of a spouse, divorce, marriage, being fired from work, retirement, major change in living conditions/working conditions/financial state, etc.</i>) | March 1996 |
| 307 | Bored or dissatisfied with diet or meal plan | March 1996 |
| 308 | Illness | March 1996 |
| 309 | Participant reports diminished/no motivation to pursue weight loss goal | March 1996 |
| 310 | Insufficient calorie expenditure (not enough exercise or exercise not intense enough) | Rev: Oct 1997 |
| 311 | Chronic time management problems (<i>eg. difficulty finding time to food shop, prepare food, go to appropriate restaurants, pack lunches</i>). | July 1997 |
| 312 | Participant quit smoking within the last four to six months. | Jan. 1998 |
| 313 | Pregnancy (weight loss goal suspended) | Oct. 1998 |

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| 398 | None | July 1997 |
| 399 | Other barrier (please FAX the LRC a New Codes Needed Form) | March 1996 |

400 Series: Revised May 1999

What approaches are taken to improve or maintain weight loss? (See question G.3.c on the Lifestyle In-Person Contact Form, L03.)

| Code | Level | Tool | Date Added |
|-------------|--------------|---|-------------------|
| 401 | 1 | Problem solving (outlining the behavior chains associated with problem eating, that is, the antecedents (cues), behaviors, and consequences, as well as making and evaluating related action plans) other than problems related to self-monitoring (see code 403) Examples of specific problem solving strategies include: focusing on problem meals, number of meals eaten out, food choices made when eating out. | March 1996 |
| 402 | 1 | Increased frequency of calls/visits to cue more structured eating | March 1996 |
| 403 | 1 | Reviewed skills for standard self-monitoring (e.g., label reading; weighing, measuring, and estimating portion sizes; remembering to monitor foods that may have been omitted from Keeping Track) and encouraged more accurate, consistent monitoring | March 1996 |
| 404 | 1 | Recommended new approach to self-monitoring (e.g., Quick Track, Personal Fat Counter) | March 1996 |
| 405 | 1 | Actively involved significant other in the program (e.g., scheduled the next session with the participant and the significant other) | March 1996 |
| 406 | 1 | Provided recipes or loaned the participant a cookbook | March 1996 |
| 407 | 1 | Provided structured meal plans | March 1996 |
| 408 | 3 | Bought the participant actual food for \$100 or less (e.g., frozen entrees, fruit basket, gift certificate to grocery store). | REV: Dec. 1998 |
| 409 | 1 | Assigned calorie goal or lowered fat/calorie goal | March 1996 |
| 410 | 2 | Scheduled a meeting with the dietitian on DPP staff | March 1996 |
| 411 | 2 | Scheduled a meeting with the behavioral therapist on staff | March 1996 |

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| 412 | 1 | Developed motivational strategy/incentive/contract that does NOT involve spending DPP money or extra staff time (for example, using Spell DPP without DPP-purchased prizes); encouraged participant to identify self-reward for attaining a specific behavioral or weight loss goal. | March 1996 |
| 413 | 2 | Scheduled a visit at the participant's home (or nearby). | March 1996 |
| 414 | 3 | Enrolled participant in non-DPP class (e.g. low fat cooking class at a community college) (DPP pays) | March 1996 |
| 415 | 1 | Recommended participant buy Slim Fast (<i>or other similar product such as Sweet Success</i>) to replace one meal per day | Rev: Oct. 1997 |
| 416 | 1 | Recommended participant buy Slim Fast (<i>or other similar product such as Sweet Success</i>) to replace two meals per day | Rev: Oct. 1997 |
| 417 | 3 | Provided Slim Fast or coupons to replace one meal per day (DPP pays) | May 1997 |
| 418 | 3 | Provided Slim Fast or coupons to replace two meals per day (DPP pays) | May 1997 |
| 419 | 3 | Set up motivational strategy/incentive/contract that DOES involve spending DPP money or extra staff time (for example, using a lottery, DPP Dollars or purchasing prizes or rewards for reaching milestones on Spell DPP) | July 1997 |
| 420 | 2 | Provided food samples to taste | July 1997 |
| 421 | 2 | Scheduled a visit to a grocery store with the participant | July 1997 |
| 422 | 2 | Scheduled a visit to the participant's work place (or nearby) with the participant | July 1997 |
| 423 | 2 | Scheduled a visit to a restaurant with the participant | July 1997 |
| 424 | 2 | Bought the participant a belt to mark changes in waist size over time | July 1997 |
| 425 | 3 | Provided liquid formula (other than Slim Fast) | July 1997 |
| 426 | 1 | Referred participant to a non-DPP provider of social services (e.g., social worker or mental health professional) for life problems that appear to be interfering with participants attempts to make healthy lifestyle changes | Rev: Oct. 1997 |

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| 427 | 1 | Scheduled the participant to come in before the next contact to be weighed | July 1997 |
| 428 | 1 | Mailed the participant a card, note, or other mailing to provide personal support and encouragement | July 1997 |
| 429 | 2 | Schedule a small group visit to reinforce content of the core curriculum (e.g., a one-time low-fat cooking demonstration) (Note: This is NOT an after-core class.) | July 1997 |
| 430 | 1 | Loaned the participant self-help materials such as books or tapes (e.g., Keeping It Off Today with Art Ulene) | July 1997 |
| 431 | 1 | Recommended increased physical activity (or increased intensity). | October 1997 |
| 432 | 1 | Deleted November 1997. Was redundant with code 210. | Del. Nov. 1997 |
| 433 | 1 | Recommended participant buy calorie/fat-controlled frozen entrees (<300 calories, 10 gram fat) to use for several meals per week. | October 1997 |
| 434 | 2 | Bought the participant an item to support healthy eating for \$100 or less that was not actual food (e.g., subscription to low-fat cooking magazine, cook book, kitchen appliance). | December 1998 |
| 435 | 1 | Scheduled a meeting between the participant and the PI | May 1999 |
| 498 | NA | None | July 1997 |
| 499 | NA | Other approach taken (please FAX the LRC a New Codes Needed Form) | March 1996 |

500 Series: Revised November 1999

Note: Some of the codes (e.g., yoga, softball) are not equivalent to brisk walking. We have added these codes because some centers want to offer these types of activities occasionally as social events which do provide some physical activity. We strongly recommend that you choose aerobic activities whenever possible for supervised activity sessions.

Types of exercise (See question D on the Lifestyle Physical Activity Log, L04.1.)

| Code | Type of Exercise | Date Added |
|-------------|---|-------------------|
| 501 | Walking (outdoor route) | March 1996 |
| 502 | Aerobic Dance | March 1996 |
| 503 | Resistance | March 1996 |
| 504 | Step Aerobics | March 1996 |
| 505 | Competitive Sport (e.g., tennis, basketball, racketball; this does not include community-sponsored competitive events such as walk/runs or cycling races) | March 1997 |
| 506 | Walking (indoor route) | May 1997 |
| 507 | Walking (treadmill) | May 1997 |
| 508 | Stationary bike | May 1997 |
| 509 | Biking (outdoors) | May 1997 |
| 510 | Stair master | July 1997 |
| 511 | Rowing Machine | July 1997 |
| 512 | Nordic Track | July 1997 |
| 513 | Aerobic Circuit Training (e.g., combination of various aerobic activities) | July 1997 |
| 514 | Water Aerobics (includes hydrotone). Caution: Be sure the intensity is equivalent to brisk walking. Most water aerobics classes focus on toning rather than developing aerobic fitness and would not meet this criteria. | November 1997 |

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| 515 | Yoga (Note: Yoga is not equivalent to brisk walking, is not to be counted toward DPP activity minutes, and should not be offered as one of the two supervised activity sessions per week required by the protocol. Should only be offered as an occasional <i>social event</i> .) | March 1998 |
| 516 | Community-Sponsored Physical Activity Event (registration paid by DPP) Examples: city-sponsored walk or biking race, ADA walking event, Race for the Cure. | March 1998 |
| 517 | Community-Sponsored Physical Activity Event (registration not paid by the DPP) Examples: city-sponsored walk or biking race, ADA walking event, Race for the Cure. | March 1998 |
| 518 | Softball/baseball (Note: Softball/baseball are not equivalent to brisk walking, are not to be counted toward DPP activity minutes, and should not be offered as one of the two supervised activity sessions per week required by the protocol. Should only be offered as an occasional <i>social event</i> .) | March 1998 |
| 519 | Skating (roller skating, roller blading, ice skating, etc.) | February 1999 |
| 520 | Snowshoeing | February 1999 |
| 521 | Jogging/running | August 1999 |
| 522 | Boxing | August 1999 |
| 523 | Kickboxing (e.g., Tae Bo) | August 1999 |
| 524 | Swimming | NEW: November 1999 |
| 525 | Aerobic Cross Trainer (Seated Elliptical) | NEW: November 1999 |
| 526 | Elliptical Trainer | NEW: November 1999 |
| 599 | Other type of exercise (please FAX the LRC a New Codes Needed form) | March 1996 |

600 Series: Revised March 2000

Types of class offered (See question D on the Lifestyle Group Session Log, L05.1)

| Code | Type of Class | Date Added |
|-------------|---|---------------------------|
| 601 | Winning at Losing | May 1997 |
| 602 | Getting Ready for a Walking Event | May 1997 |
| 603 | Low-Fat Cooking Class | July 1997 |
| 604 | Muscle Training | October 1997 |
| 605 | Considering Vegetarian Food Options | March 1998 |
| 606 | Being Assertive | June 1998 |
| 607 | Family Support | June 1998 |
| 608 | Stress Management | June 1998 |
| 609 | Time Management | June 1998 |
| 610 | Walks | October 1998 |
| 611 | Lifestyle Balance During the Holidays | October 1998 |
| 612 | Eating on the Town | October 1998 |
| 613 | Food Tastings | October 1998 |
| 614 | Ready to Restart | October 1998 |
| 615 | Maintaining Motivation in the After-Core: Setting Goals, Keeping Track of Success, Problem Solving, and Reaping Rewards | December 1998 |
| 616 | The Management of Emotional Eating | May 1999 |
| 617 | Fantastic Fiber | August 1999 |
| 618 | Planning for the Holidays the Low-Fat Way | May 1999 |
| 619 | Aerobic Exercise Class | NEW: November 1999 |
| 650 | One-Time Group Get-Together | November 1997 |

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| 651 | One Session Class on a Nutrition Topic | November 1997 |
| 652 | One Session Class on a Physical Activity Topic (If part of the class is a supervised activity session, code that separately on the Physical Activity Log.) | November 1997 |
| 653 | One Session Class on a Behavioral Topic | November 1997 |
| 654 | One Session Class on Diabetes Education/Diabetes Complications | November 1999 |
| 655 | DPP Spring Training | NEW: March 2000 |
| 698 | Combination Class (Pulls together several sessions from other classes or reviews core materials <i>for a combination of healthy eating, physical activity, and behavioral topics</i> . As always, send us an outline of what you are planning before you offer the class.) | Rev. Dec. 1998 |
| 699 | Other | |