

**Treatment Fidelity for REACH UP AND OUT: TOWARDS A HEALTHIER LIFESTYLE**

1. What have you learned in Reach Up and Out? Have you used what you have learned? (Ask for examples.)

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Rating: (no understanding/application) 1 2 3 4 5 (good understating/application)

2. Tell me about a situation in the past few months where you tried to make healthy food choices when eating out.

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Rating: (no understanding/application) 1 2 3 4 5 (good understating/application)

3. Has there been a time when you made a healthy food choice when shopping at the supermarket. How did you determine it was healthy?

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Rating: (no understanding/application) 1 2 3 4 5 (good understating/application)

4. Tell me about something you are doing now to be more physically active.

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Rating: (no understanding/application) 1 2 3 4 5 (good understating/application)

5. Tell me about your short and long terms goals regarding your health.

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Rating: (no understanding/application) 1 2 3 4 5 (good understating/application)

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6. Tell me about how you deal with stressful situations.

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Rating: (not at all satisfied) 1 2 3 4 5 (very satisfied)

7. Tell me about your opinion of the program overall.

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Rating: (not at all satisfied) 1 2 3 4 5 (very satisfied)

8. Tell me what you liked most about this program.

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9. Tell me what you liked least about this program.

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10. Tell me what you would do differently if you were in charge of developing a similar program?

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