

WELLNESS COACH-PARTICIPANT MEETINGS

THE TIMELINE

REMS 1, 2, 3

INITIAL APPOINTMENT

- Dropout risk assessment (REMS)
- Self-management skills (goal setting, dissociation)
- Long-term goals assessed (PGP)
- Assess stress, fatigue, energy level (PFI)
- Orientation to fitness activities available
- Group exercise schedule discussed

FOLLOW-UP APPOINTMENT 2 OF 5

- Review perceived long-term goals progress (PGP)
- Review and revise short-term goals
- Re-assess stress, fatigue, energy level (PFI)
- Revise exercise plan
- Pre-EEFI
- Self-management skill (relapse prevention - part 2)
- Behavioral contract completed
- Test exercise plan
- Post-EEFI
- Group exercise schedule discussed

FOLLOW-UP APPOINTMENT 4 OF 5

- Same as follow-up 2
- Self-management skills (exercise triggers, self-reward)

FOLLOW-UP APPOINTMENT 1 OF 5

- Long-term goals reviewed (PGP)
- Short-term (1 month) goals negotiated
- Discuss exercise plan (types/amounts)
- Pre-EEFI
- Self-management skill (relapse prevention - part 1)
- Behavioral contract completed
- Test exercise plan
- Post-EEFI
- Group exercise schedule discussed

FOLLOW-UP APPOINTMENT 3 OF 5

- Same as follow-up 2
- Self-management skill (thought restructuring)

FOLLOW-UP APPOINTMENT 5 OF 5

- Review perceived long-term goals progress (PGP)
- Review and revise short-term goals
- Re-assess stress, fatigue, energy level (PFI)
- Revise exercise plan
- Review all self-management skills covered
- Summary and graduation from THE COACH APPROACH*

S
T
A
R
T

WEEK

2

6

10

14

18

22

26

MONTH

1

2

3

4

5

6

INITIAL APPOINTMENT

- Dropout risk assessment (REMS)
- Long-term goals assessed (PGP)
- Short-term (3 month) goals negotiated
- Assess stress, fatigue, energy level (PFI)
- Orientation to fitness activities available
- Exercise plan developed and documented
- Behavioral contract completed

FOLLOW-UP APPOINTMENT 1 OF 3

- Long-term goals reviewed (PGP)
- Short-term goals re-negotiated
- Re-assess stress, fatigue, energy level (PFI)
- Revise exercise plan
- Behavioral contract completed

FOLLOW-UP APPOINTMENT 2 OF 3

- Long-term goals reviewed (PGP)
- Short-term goals re-negotiated
- Re-assess stress, fatigue, energy level (PFI)
- Revise exercise plan
- Behavioral contract completed

FOLLOW-UP APPOINTMENT 3 OF 3

- Long-term goals reviewed (PGP)
- Short-term goals re-negotiated
- Re-assess stress, fatigue, energy level (PFI)
- Revise exercise plan
- Summary and graduation from THE COACH APPROACH*

E
N
D

REMS 4, 5