### LiSM10!® Counseling checklist (for final counseling)

Counseling Date (Date	month	year	)	Counselor name				
Employee ID				Name				
Company (Organization)				Age				
Job category				Family	Spouse	YES	NO	
Sex					Children	YES	number( )	NO

#### Physical status

Weight	kg	Umbilical circumference	cm
Weight	kg	Umbilical circumference	cm
Weight	kg	Umbilical circumference	cm

#### Living conditions

Stage

Living conditions				
Questions	YE	S	N	0
	Before	After	Before	After
Receives appropriate sleep (7–8 hours per night)				
Does not smoke				
Maintains appropriate body weight				
Does not eat or drink excessively				
Regularly participates in sports or exercise (enough to sweat l				
Has breakfast every day				
Does not eat between meals				

#### Health history

Illness (name)	Condition

Illness (name)	Condition

## Dietary habit Recommended action plans: Number and results Group A Foods recommended to be increased ( times/week)

Clage	+1, +2	Count healthy foods such	Before	0-1	1-2	3-4	5-6	7-		
		as Japanese dishes	After	0-1	1-2	3-4	5-6	7-		
Dracantamplation	memo	Green and deep yellow	Before	0-2	3-4	5-6	7-10	11-		
Precontemplation	11101110	vegetables	After	0-2	3-4	5-6	7-10	11-		
Contemplation		Light polored vegetables	Before	0-2	3-4	5-6	7-10	11-	100	
Preparation		Light-colored vegetables	After	0-2	3-4	5-6	7-10	11-	100	
Action		Fish	Before	never/rarely	1-2	3-4	5-6	7-		
Maintenance		1 1311	After	never/rarely	1-2	3-4	5-6	7-		
Maintenance	/	Soy and soy products	Before	never/rarely	1-2	3-4	5-6	7-		
			After Before	never/rarely	1-2	3-4	5-6	7-		
		Mushrooms, seaweed,		never/rarely	1-2	3-4	5-6	7-		
Solf officery		and konjac	After	never/rarely	1-2	3-4	5-6	7-		
Self-efficacy Group B		Foods recommended to be decreased ( times/week)						Recommendatio n	Result	
	-1, -2	Large servings of grains	Before	never/rarely	1-2	3-4	5-6	7-		
Pre High/Low	Pre High/Low	such as rice, bread,	After	never/rarely	1-2	3-4	5-6	7-		
1 TO THIGHT LOW	memo	Sweets and pastries	Before	never/rarely	1-2	3-4	5-6	7-		
	IIIGIIIO	Owcets and pastines	After	never/rarely	1-2	3-4	5-6	7-		
		Sugary drinks	Before	never/rarely	1-2	3-4	5-6	7-		
Post High/Low		Cugary armite	After	never/rarely	1-2	3-4	5-6	7-		
. oot 111g1#2011		Fatty meats	Before	never/rarely	1-2	3-4	5-6	7-	.	
		,	After	never/rarely	1-2	3-4	5-6	7-		
		Meat products	Before	never/rarely	1-2	3-4	5-6 5-6	7-	-	
			After	never/rarely	1-2					
		Butter, margarine,	Before	never/rarely	1-2	3-4	5-6	7-		
		dressing & mayonnaise	After	never/rarely	1-2	3-4	5-6	7-		
		Eggs & liver	Before	never/rarely	1-2	3-4	5-6	7-		
		Lygs & livel	After	never/rarely	1-2	3-4	5-6	7-		
		Fried foods	Before	never/rarely	1-2	3-4	5-6	7-		
		1 1104 10040	After	never/rarely	1-2	3-4	5-6	7-		
		Pickles	Before	never/rarely	1-2	3-4	5-6	7-		
			After	never/rarely	1-2	3-4	5-6	7-		
		Soup	Before After	0-2	3-4 3-4	5-6 5-6	7-10 7-10	11-	-	
		Fregency of drinking alcohol		never/rarely	1-2	3-4	5-6	7-		
		r requirey or uninking alcohol	Delote	ricvei/rarely	1-2	3-4	5-0	/-		

After

Amount of alcohol per week (drinks) Before



	Stage		Before		
Precontemplation Contemplation Preparation Action Maintenance		After			
Self-efficacy High / Low		Before			
<b>3</b> 0 11 0 1	Self-efficacy Tright / Low		After		
Λ	Average steps/day		Before	steps	s
A			After	steps	S
Measurement standard date (after)		te (after)	dd,mm.year		
	Reg	ular exer	cise (w	eekdays)	
Before					
					_
After					
After					
After					
	Regular ex	ercise (w	eekend	ds and holidays)	
After	Regular ex	ercise (w	eekend	ds and holidays)	
	Regular ex	ercise (w	eekend	ds and holidays)	
Before	Regular ex	ercise (w	eekend	ds and holidays)	
	Regular ex	ercise (w	eekend	ds and holidays)	

of additional steps
steps
steps
physical activities

# Counseling records Prior learning memo

Performance records

Result

<sup>\*</sup> Circle the stage, self-efficacy, and dietary habit action plan number (1 or 2) as described in the manual (overview of the lifestyle-related disease prevention and improvement program LiSM10!® and the theory the program is based on); complete the "check your dietary habit sheet," and write down the recommended number of additional steps and additional physical activities before the counseling session.