



# Tailored Newsletter Survey

Participant ID: _____
Date: _____
Staff: _____

- Survey Time Point:  8 Month  11 Month  14 Month  
 17 Month  20 Month  23 Month

**Question #1 will be asked only at the 8 and 11 month time points.**

1. Before I begin, I wonder if you have kept in contact with anyone in your group?  
 No  
 Yes → That's great, what do you do together?

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**Now, on to your diet.**

2. Looking at your calorie log, could you please let me know the number of calories you ate during the past week?

How many calories did you eat:

Yesterday? \_\_\_\_\_

The day before yesterday? \_\_\_\_\_

The day before that? \_\_\_\_\_

**Thanks so much, now for a few more questions about your diet**

3. Here are some common reasons why people find it hard to eat fewer calories. What is YOUR top reason?  
 Hard to eat fewer calories when I eat out  
 Not enough willpower  
 Low calorie foods don't taste good  
 My family doesn't like low calorie foods  
 Other: \_\_\_\_\_

4. What SPECIFIC plans (strategies), if any, have you set for yourself to eat fewer calories?

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**The next few questions are about exercise**

5. Regular exercise means "doing something that gets your heart beating quickly at LEAST an hour a day on average." Listen to the following statements and let me know which one best describes you.  
 I do not get regular exercise now, and I don't plan to start in the next 6 months  
 I do not get regular exercise now, but I have been thinking about starting in the next 6 month  
 I plan to start exercising within the next 30 days  
 I am already exercising, but not up to an hour a day on average  
 I am now exercising regularly, meaning I exercise at least an hour a day on average



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6. Now, please look at your logbook and let me know how much moderate to strenuous physical activity you got during the past week. As you do this, please remember that I am only interested in exercise that gets your heart beating quicker and causes you to sweat (e.g., running, aerobics classes, cross country skiing, swimming, bicycling, fast walking, tennis, dancing)

How many minutes of exercise did you get:

Yesterday? \_\_\_\_\_

The day before yesterday? \_\_\_\_\_

The day before that? \_\_\_\_\_

7. Here are some reasons people don't exercise. What is your top reason?

Too busy

Too tired

Not enough willpower

Other (please describe): \_\_\_\_\_

8. What SPECIFIC plans (strategies), if any, have you set for yourself to exercise:

\_\_\_\_\_

9. Have you weighed yourself within the past 2 days?

Yes → What was your weight? \_\_\_\_\_ pounds

No → Encourage the participant to get her scale and weigh herself while you wait;

Record weight: \_\_\_\_\_ pounds

10. Your most recent weight goal is <value from database>, do you want to revise or update your goal?

Same

Revise      New weight goal: \_\_\_\_\_      Pounds to lose to reach goal weight: \_\_\_\_\_

11. Have you changed your address, telephone number, or email?

No

Yes → Date to activate these changes:

If the change is temporary, for how long? \_\_\_\_\_

New Address: \_\_\_\_\_

New Telephone: \_\_\_\_\_

New Email: \_\_\_\_\_