NEW MOVES
Individual Session 1
Leaders Guide

MAIN MESSAGE
Get comfortable with the interventionist; provide a one on one overview of the individual sessions and answer any questions the participant may have

SESSION OBJECTIVES
- Guide the development of the New Moves goals
- Practical application to making health behavior changes
- Establish rapport with participant

CHECKLIST OF MATERIALS NEEDED
1. Action Plan Worksheet
2. Reminder card for next appointment

Agenda

<table>
<thead>
<tr>
<th>Agenda Items</th>
<th>Time (minutes)</th>
<th>Materials</th>
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<tbody>
<tr>
<td>1. Check in and set the stage</td>
<td>3-5</td>
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<tr>
<td>2. Explore thoughts and feelings, expectation and concerns about health and New Moves</td>
<td>3-5</td>
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<tr>
<td>Review New Moves expectations, including incentive program</td>
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<tr>
<td>4. Identify goals/action plans for the next month</td>
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<td>Set a date for the next contact</td>
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<td>Summarize and close</td>
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<td>Total time: 20-25 minutes</td>
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</table>
Follow up Checklist
1) Copy or record summary of Action Plan Worksheet
2) Appointment reminder prior to next contact

SESSION CONTENT
SET THE STAGE
“We have about 20 minutes to meet today. I thought we might talk about your participation in New Moves. I’d like to hear your thoughts and feelings about why you joined the class/study and see what you think are the benefits to participating. We will also discuss how I can help you continue to meet your goals during the New Moves class and once the class is over since you and I will be continuing to meet occasionally in person. How does that sound? Do you have any questions or concerns about how this will work?”

“As you know, NEW MOVES is based on several principals. Most importantly, we recognize that you are at a critical age for making health behavior decisions that will affect you throughout your life. And no one else, including your parents and friends can make those decisions for you. We hope to provide good information, give you an opportunity to explore healthy eating and physical activity options and develop an environment supportive of healthy choices. You and the other girls in NEW MOVES will let us know if our approach works and we welcome your feedback. I am here to support you.

EXPLORE THOUGHTS, FEELINGS, EXPECTATIONS AND CONCERNS ABOUT HEALTH AND NEW MOVES
“What is important to you about being healthy?”
“What are your thoughts and feelings about your current lifestyle?”
“How are you hoping that participating in NEW MOVES can help you?”

Listen and reflect participant’s responses.
“It sounds like _________ is important to you and you are thinking that _________ will help.
“Of these ideas, what specifically are you thinking of doing?”
“What do you see as the first step?”

ACTION PLAN
Have participant complete the Action Planning Worksheet (attached) during session. Discuss briefly.
SUMMARY
Modify the plan if needed, i.e., anything not clear
Summarize the plan to make sure you’ve got it all

“You have developed a good plan and I’m really confident that you will be able to find a way to make this change.” I am here to help if you need it.”

Review the schedule, noting the individual contacts once the class is finished.
New Moves  
Individual Session 2-5  
Leader’s Guide

Checklist of Materials Needed
1. Where Are You Now Worksheet  
2. Topics for Discussion Vignettes  
3. PA and Eating Maintenance Plan worksheet  
4. Reminder card for next appointment

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<tr>
<td>2. Review participant’s progress</td>
<td>2-5</td>
<td>Where Are You Now Worksheet</td>
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<tr>
<td>3. Negotiate the agenda for discussion</td>
<td>5-10</td>
<td>Topics for Discussion Vignettes</td>
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<td>Proceed by discussing a selected topic</td>
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<td>Guide participant through motivational enhancement process to promote</td>
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<tr>
<td>physical activity and healthy eating maintenance behaviors</td>
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<td>Total time: 25-30 minutes</td>
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Follow up Checklist
3) Copy of Maintenance Plan Worksheet  
4) Appointment reminder prior to next contact
1. **Check In And Set the Stage [2-5 minutes]**

- **Establish rapport.**
- **Make opening statement.** Let the participant know who you are (if appropriate), why you are there, and how much time you have.
- **Ask permission to proceed.**

“Thank you for taking the time to meet with me today. We have about 30 minutes. I would like to take a few minutes to talk about how things have been going for you the past few weeks and complete a short worksheet. We can also take time to discuss a topic of interest to you. I’d also like to know what help you might like from me. Would that be all right? Is there anything else that you’d like to talk about?”

2. **Review Participant’s Progress [2-5 minutes]**

- Follow up on any outstanding issues from previous face to face or telephone contact
- **Walk participant through the “Where are you now?” worksheet and review the New Moves Journal entry(s)**

Elicit participant’s interpretation of their responses to the worksheet. Some suggested questions might include one or more of the following:

*What stands out to you?*
*What are your thoughts and feelings about this?*
*What would need to be different for you to move to a higher number on this scale?*
*What do you see yourself doing to continue making progress?*

- **Listen and summarize.** Emphasize change talk.

    *Let me see if I can summarize what you’ve said about your progress so far...*
3. **NEGOTIATE THE AGENDA AND SELECT TOPIC FOR DISCUSSION**  
\[5 – 10 MINUTES\]

Here are some general topics we might discuss today. In thinking about your progress to date, personal goals, and the study guidelines, is there any one area you would like to focus on? Given what you have said, I would suggest ____, but it is up to you. What do you think?

**Interventionist Resource**

**Topic for Discussion Vignette Master List by Category and Title**

**Food**
- *Keeping Your Choices Healthy*
- Eating More Fruits and Veggies
- Eating Breakfast
- Drinking 8 glasses of water a day
- Selecting unsweetened or low calorie beverages

**Physical Activity**
- *Doing Some Type of Exercise Every Day*
- *Social Support for Physical Activity Maintenance*
- *Staying Motivated with Exercise*

- Self-Monitoring
- Writing in Your Journal Regularly

**Relapse Behavior**
- *Situational Triggers Related to Relapse*
- Relapse Prevention

**Thoughts and Self-Image Behavior**
- *Body Image*
- Changing Your Negative Thoughts

**Social Support Behavior**
- *Maintaining Friends and Family Commitment*

**Stress and Problem Solving Behavior**
- *Problem Solving*
- *Time Management*
- Limiting TV watching
4. Make a Plan for the Next Two Weeks/provide Summary and Closing
[5-10 minutes]

• Provide brief summary of the discussion, including any action plans discussed. Highlight participant’s change-talk.
• Help participant create Maintenance Plan for the next two weeks:
  - Help the participant to set reasonable goals and action plans
  - Summarize all goals and action plans
  - Arrange next contact date/time

Make a photocopy of the Weight Maintenance Plan Worksheet?? Give the original to the participant.

“We’ve talked about a lot today. Based on our discussion today, what would you like to accomplish in the next few weeks?”

“Planning ahead is one of the best tools for people who are trying to make or maintain changes. I have a worksheet that some participants have found helpful. Would it be okay to use it as we talk about your next few weeks? If yes, proceed by going over the worksheet.

Consider times in the next few weeks that will be more challenging for you to eat healthy and exercise regularly. What will help you avoid slips during these times?”

“We will talk again in two weeks, this time over the phone. What would you like to be able to say you’ve accomplished by then? How are you going to get there? What will be your reward?”

• Summarize the session, including thoughts concerns and plans.
• Support self-efficacy.

“I applaud your efforts to maintain your physical activity and healthy eating. I know it can be difficult sometimes. I am confident in your ability to ... You’ve made good plans and set reasonable goals.”

• Offer support and help.
New Moves
Where Are You Now?
Instructions: Use the scales to fill in the blanks.

1. Overall, how would you rate your progress since the New Moves class ended?

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<tbody>
<tr>
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<td>I did great!</td>
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What went well these past few weeks?

What didn’t go so well?

2. How motivated am I to:

- exercise more? _____________
- make healthy choices? _____________
- journal? _____________

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3. How important is it right now to for me to:

- exercise more? _____________
- make healthy choices? _____________
- journal? _____________

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4. Should I choose to do this, how confident am I that I can:

- exercise more? _____________
- make healthy choices? _____________
- journal more? _____________

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Strategies for New Moves

Options Tool

**LEFT SIDE: INTERVENTIONIST AND PARTICIPANT**

NEGOTIATE AREAS FOR DISCUSSION.

**RIGHT SIDE: AREAS OF SPECIFIC PARTICIPANT CONCERN, SUCH AS TOPICS NOT IDENTIFIED ON LEFT SIDE.**

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**Physical Activity**
- Staying Motivated
- Social Support for Physical Activity
- Physical Activity everyday
- Decrease sedentary screen time

**Food**
- Healthy Choices
- More Fruit/Veggie
- Eating Breakfast
- Drinking water
- Selecting unsweetened beverages

**Thoughts & Self-Image**
- Body Image
- Changing Negative Thoughts

**Self-monitoring**
- Writing in your journal regularly

**Stress & Problem Solving**
- Problem Solving
- Time Management
- Limiting TV watching

**Relapse**
- Situational Triggers
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NEW MOVES  PHYSICAL ACTIVITY AND HEALTHY EATING PLAN

My goal:
________________________________________________________________________________________
________________________________________________________________________________________

My action plan:
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________

My chances for success with this plan are 85% or better:
☐ Yes
☐ No (consider changing my goals and/or action plans)

My motto for the month is: ______________________________
________________________________________________________________________________________

My reward when I accomplish my plan____________________
________________________________________________________________________________________

OUR NEXT CONTACT IS:

☐ Telephone
☐ Face to Face

Date ____________ Time _________

NOTES:
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________