

**Iowa WISEWOMAN Weight Watchers Participant Flow Sheet**

WEEKS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22																		
DATE																																								
<b>COORDINATOR ACTION</b>	Enrolls participant, completes forms, explains program, assists with appointment scheduling. Screening must be completed within 4 weeks of enrollment.				<b>Health Coaching (HC) #1 - \$\$</b> Discuss screening results with participant. Coordinator confirms participation in Weight Watchers. Contacts IDPH to mail vouchers for sessions 1-8.				<b>Health Coaching #2 - \$\$</b> Asks about Weight Watchers attendance. Encourages to attend if hasn't yet.		<b>Phone Call/Email</b> Calls IDPH to request additional vouchers be sent to participant if she has been attending sessions.								<b>Health Coaching (HC) #3 - \$\$</b> Asks about Weight Watchers attendance. Reminds participant to send attendance and weight booklet data via mail with stamped envelop provided.		<b>Post Assessment - \$\$</b> Collect data on the Lifestyle Form and submit data into the University of Iowa database system. Request additional 10 vouchers from IDPH be mailed to participant if she is interested in attending more sessions.																			
<b>PARTICIPANT ACTIVITY</b>	Enrollment. Signs consent form, completes assessments, schedules appointment, has screening appointment, and considers lifestyle intervention options.				Participant has health coaching, and decides upon intervention.				<b>Weight Watchers Weekly Sessions -- Participant must attend 12 of 16 session be be considered "Complete".</b>																															
									1		2		3		4		5		6		7		8		9		10		11		12		13		14		15		16	
									Must begin attending Weight Watcher sessions by Week 10 in order to complete the required 12 of the 16 sessions.				Participates in Weight Watchers - attend sessions. Receives additional vouchers (following HC#2) from IDPH if shows good attendance.				Continues with participation.				1st potential completion date. Continues with participation if interested.				Continues with participation if interested.				Final Session. Participant may request additional vouchers and continue with 10 additional sessions.											
<b>Notes Section for Local Program Coordinators</b>																																								
Health Coaching #1 and Lifestyle Program (LSP) Notes																																								
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Health Coaching #3 and Lifestyle Program (LSP) Notes																																								
Post Assessment Notes																																								
Weight Watchers Booklet Received		Date																																						
Completion Information		Completion Date																				Withdrawal Date																		