

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	3	21	22	
DATE																							
COORDINATOR ACTION	Enrolls participant, completes forms, explains program, assists with appointment scheduling. Screening must be completed within 4 weeks of enrollment.				risk reduction counseling and Health Coaching (HC) #1 - \$\$ Discuss screening results with participant. Coordinator confirms participation in Weight Watchers. Contacts IDPH to mail vouchers for sessions 1-8.				Health Coaching #2 - \$\$ Asks about Weight Watchers attendance. Encourages to attend if hasn't yet.				Health Coaching (HC) #3 - \$\$ Asks about Weight Watchers attendance. Reminds participant to send attendance and weight booklet data via mail with stamped envelop provided.				no interventions						
PARTICIPANT ACTIVITY	Enrollment. Signs consent form, completes assessments, schedules appointment, has screening appointment, and considers lifestyle intervention options.				Weight Watchers Weekly Sessions -- Participant must attend 12 of 13 session to be considered "Complete".																		
					1	2	3	4	5	6	7	8	9	10	11	12	13						
	Participant has health coaching, and decides upon intervention.				Must begin attending Weight Watcher sessions by Week 6 in order to complete the required 12 of the 13 sessions.				Participates in Weight Watchers - attend sessions.				Continues with participation in Weight Watchers				Potential completion week for Weight Watchers						

Notes Section for Local Program Coordinators

Health Coaching #1 and Lifestyle Program (LSP) Notes																										
Health Coaching #2 and Lifestyle Program (LSP) Notes																										
Health Coaching #3 and Lifestyle Program (LSP) Notes																										
Follow up Screening Visit Notes																										
Weight Watchers Vouchers Received	Date																									
Completion Information	Completion Date																						Withdrawal Date			