

Appendix 3: OBSERVATIONAL CHECKLIST OF THE SMS INTERVENTION SESSIONS

Centre:

Group:

Trainer:

Date:	Session number: 2
Week: 3	Stage: Ramping

FIRST GROUP-BASED SESSION

Length of session: _____ minutes

Tasks	Completed	Partially completed	Not completed
Activity 1 - Identifying the benefits of being less sedentary and more active.			
Activity 2 - Share and discuss personal lifestyles related to sedentary behaviour, physical activity and physical exercise.			
Activity 3 - Share and discuss tips for sitting less			
Activity 4 - Retrieve the participants' baseline daily steps and/or weekly time in physical activities / exercise and discuss the reasons for differences between certain days.			
Activity 5 - Agree on which SITLESS tips the participants will try over the next week.			
FINAL TASKS <ul style="list-style-type: none"> • Make a statement to encourage the group to practise the SITLESS tips: • The final tasks are to arrange a date/time for the next session and to remind the participants to bring their information booklets and activity diaries 			

Aims of the session	Completed	Partially completed	Not completed
1. To identify the benefits of being less sedentary and more active.			
2. To share and discuss personal lifestyles related to sedentary behaviour, physical activity and physical exercise			
3. To share and discuss tips for sitting less.			
4. To retrieve the participants' baseline daily steps and/or weekly time in physical activities / exercise and discuss the reasons for differences between certain days.			
5. To agree on which SITLESS tips the participants will try over the next week.			

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Week:

Stage:

Which tasks went particularly well during the session? Why?

Were any tasks difficult to implement? Why?

Were any modifications made to the planned session? Why? (*ad hoc tailoring*)

Have you observed any adverse effects? Which ones?

Generally, what was the participant's response / attitude to the different activities (e.g. uninterested, excitable, attentive, sceptical, quiet, chatty)? Have you observed specific responses to be highlighted regarding gender, educational level, ethnicity..? Which ones?

Other comments
