

**Session Adherence
Session 1**

School: _____

Rater: _____

Group: _____

Date of Rating: _____

Date of Session: _____

Primary Group Facilitator: _____

- 10 = Perfect! Absolutely all material in the section was presented exactly as written (100%).
 9 = Excellent. All key concepts and almost all material in the section were presented (95%).
 8 = Very good. All key concepts were presented but some supporting material skipped (90%).
 7 = Good. Most key concepts of the section were presented (80%).
 6 = Fair. One key concept was not presented (70%).
 5 = Mediocre. The majority of key concepts were presented but significant gaps (60%).
 4 = Minimal adherence. The majority of key concepts were presented but poorly (50%).
 3 = Poor. The majority of the key concepts were not presented (<50%).
 2 = Very poor. Material of this section was mentioned only very briefly (10%).
 1 = No adherence. The section was skipped entirely.

Rating	Segment/Content
10 9 8 7 6 5 4 3 2 1	Introduction (10 min)
10 9 8 7 6 5 4 3 2 1	Voluntary commitment and overview (2 min)
10 9 8 7 6 5 4 3 2 1	Definition and origin of the thin-ideal (15 min)
10 9 8 7 6 5 4 3 2 1	Costs associated with pursuing the thin-ideal (20 min)
10 9 8 7 6 5 4 3 2 1	Assign home exercises: (1) list of costs of thin-ideal, (2) mirror exercise listing positive qualities (3 min)

BODY PROJECT
Session Adherence
Session 2

School: _____

Rater: _____

Group: _____

Date of Rating: _____

Date of Session: _____

Primary Group Facilitator: _____

- 10 = Perfect! Absolutely all material in the section was presented exactly as written (100%).
- 9 = Excellent. All key concepts and almost all material in the section were presented (95%).
- 8 = Very good. All key concepts were presented but some supporting material skipped (90%).
- 7 = Good. Most key concepts of the section were presented (80%).
- 6 = Fair. One key concept was not presented (70%).
- 5 = Mediocre. The majority of key concepts were presented but significant gaps (60%).
- 4 = Minimal adherence. The majority of key concepts were presented but poorly (50%).
- 3 = Poor. The majority of the key concepts were not presented (<50%).
- 2 = Very poor. Material of this section was mentioned only very briefly (10%).
- 1 = No adherence. The section was skipped entirely.

Rating	Segment/Content
10 9 8 7 6 5 4 3 2 1	Debrief exercise on costs of pursuing thin-ideal (15 min)
10 9 8 7 6 5 4 3 2 1	Debrief self-affirmation exercise (10 min)
10 9 8 7 6 5 4 3 2 1	Role plays to discourage pursuit of thin-ideal (20 min)
10 9 8 7 6 5 4 3 2 1	Assign home exercise: (1) provide examples from own life concerning pressures to be thin, and (2) make top-10 list of things girls/women can do to try to resist thin-ideal

BODY PROJECT
Session Adherence
Session 3

School: _____

Rater: _____

Group: _____

Date of Rating: _____

Date of Session: _____

Primary Group Facilitator: _____

- 10 = Perfect! Absolutely all material in the section was presented exactly as written (100%).
- 9 = Excellent. All key concepts and almost all material in the section were presented (95%).
- 8 = Very good. All key concepts were presented but some supporting material skipped (90%).
- 7 = Good. Most key concepts of the section were presented (80%).
- 6 = Fair. One key concept was not presented (70%).
- 5 = Mediocre. The majority of key concepts were presented but significant gaps (60%).
- 4 = Minimal adherence. The majority of key concepts were presented but poorly (50%).
- 3 = Poor. The majority of the key concepts were not presented (<50%).
- 2 = Very poor. Material of this section was mentioned only very briefly (10%).
- 1 = No adherence. The section was skipped entirely.

Rating	Segment/Content
10 9 8 7 6 5 4 3 2 1	Debrief verbal challenge exercise (10 min)
10 9 8 7 6 5 4 3 2 1	Role play making counter thin-ideal statements (10 min)
10 9 8 7 6 5 4 3 2 1	Reasons for signing up for this class (10 min)
10 9 8 7 6 5 4 3 2 1	Behavioral experiment to challenge body image concerns (10 min)
10 9 8 7 6 5 4 3 2 1	Debrief Top 10 list (10 min)
10 9 8 7 6 5 4 3 2 1	Assign home exercises (1) do one behavioral experiment relating to personal body image concerns, and (2) do one act of “body activism” (something to resist the thin-ideal)

BODY PROJECT
Session Adherence
Session 4

School: _____

Rater: _____

Group: _____

Date of Rating: _____

Date of Session: _____

Primary Group Facilitator: _____

- 10 = Perfect! Absolutely all material in the section was presented exactly as written (100%).
- 9 = Excellent. All key concepts and almost all material in the section were presented (95%).
- 8 = Very good. All key concepts were presented but some supporting material skipped (90%).
- 7 = Good. Most key concepts of the section were presented (80%).
- 6 = Fair. One key concept was not presented (70%).
- 5 = Mediocre. The majority of key concepts were presented but significant gaps (60%).
- 4 = Minimal adherence. The majority of key concepts were presented but poorly (50%).
- 3 = Poor. The majority of the key concepts were not presented (<50%).
- 2 = Very poor. Material of this section was mentioned only very briefly (10%).
- 1 = No adherence. The section was skipped entirely.

Rating	Segment/Content
10 9 8 7 6 5 4 3 2 1	Debrief Behavioral challenge exercise (10 min)
10 9 8 7 6 5 4 3 2 1	Debrief Body activism exercise (10 min)
10 9 8 7 6 5 4 3 2 1	Challenging fat talk (10 min)
10 9 8 7 6 5 4 3 2 1	Future pressures to be thin (10 min)
10 9 8 7 6 5 4 3 2 1	Self-affirmation exercise (5 min)
10 9 8 7 6 5 4 3 2 1	Assign home exercise: (1) choose one positive body talk exercise and do it during the next week (3 min)