

BODY PROJECT
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 (5 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) letter to adolescent girl, and (2) mirror self-affirmation exercise (3 min)

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Session 2

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Rating	Segment/Content
10 9 8 7 6 5 4 3 2 1	Reinforce voluntary commitment
10 9 8 7 6 5 4 3 2 1	Letter recording and debriefing (20 min)
10 9 8 7 6 5 4 3 2 1	Self-affirmation exercise debriefing (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) verbal challenge form, and (2) Top-10 list (3 min)

BODY PROJECT
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Session 3

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Primary Group Facilitator: _____

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Rating	Segment/Content
10 9 8 7 6 5 4 3 2 1	Reinforcing voluntary commitment
10 9 8 7 6 5 4 3 2 1	Verbal challenge exercise debriefing (10 min)
10 9 8 7 6 5 4 3 2 1	Quick comebacks to 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	Top 10 list debriefing (15 min)
10 9 8 7 6 5 4 3 2 1	Assign home exercises (1) do one experiment relating to personal body image concerns, and (2) do two body activism exercises (3 min)

BODY PROJECT
Session Adherence
Session 4

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Group: _____

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Date of Session: _____

Primary Group Facilitator: _____

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Rating	Segment/Content
10 9 8 7 6 5 4 3 2 1	Reinforcing voluntary commitment (2 min)
10 9 8 7 6 5 4 3 2 1	Behavioral challenge debriefing (10 min)
10 9 8 7 6 5 4 3 2 1	Body activism debriefing (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, and (2) write email letter to teenage girl telling her how to avoid body image concerns (3 min)
10 9 8 7 6 5 4 3 2 1	Closure