



SV3
ID: _____

Diet and Physical Activity Change Questionnaire

Please review the PREMIER study activity fact sheet before completing this questionnaire.

If you join the PREMIER study, you will be placed randomly into one of three groups. You will be asked to make diet and lifestyle changes.

If asked, are you willing and able to:

- Attend the regular group and individual sessions as scheduled?
- Lose weight if you are overweight according to the study recommendations?
- Reduce your dietary sodium (salt) intake?
- Limit your alcohol intake to less than 2 drinks per day (if you drink)?
- Participate in regular moderate intensity physical activity?
(moderate intensity is like a brisk walk)
- Eat at least 9 servings of fruits and vegetables each day?
(a serving is one piece of fruit, 1/2 cup of cooked vegetables, or 1 cup of raw vegetables)
- Eat at least 3 servings of dairy foods each day?
(a serving is 8 oz. milk or 1 cup yogurt)

Yes
No

Reviewed by (staff ID): _____

Overview

This form is not completed until after the participant has reviewed the SV3 Activity Fact Sheet and completed the Screening Motivational Session. This form serves as a summary of the discussion during the motivational session.

Administration Instruction

The interventionist reads to the participant each of the items, and then enters Yes or No at the end as appropriate.

Coding Instructions

No coding is required

Review Instructions

Make sure an ID label was attached and the question was answered.

Additional Instructions

This form is not entered. The outcome is reported and entered on the SV3 Visit Form.