Fidelity Checklist

## Please complete a fidelity checklist and attendance sheet(s) for each session of Stress Busting program you conduct.

1) Site: $\qquad$
2) Session: $\qquad$
(Use alphabetical session codes, starting with "A." The first session at each site will be $A$, then $B$, then $C$, etc.)
3) Instructor: $\qquad$
4) Co-Instructor(s): $\qquad$
5) Does the session meet once or twice a week?
a. $\qquad$ Once a week
b. $\qquad$ Twice a week
6) How long is each session scheduled to run: $\qquad$
7) How many weeks is the program scheduled to run for: $\qquad$
8) What is the total number of scheduled sessions: $\qquad$
9) Did the conversations tend to lead off target or stay on track? (circle one)

## Off target

1
2
3
4
On Track
6

5
10) Did you find yourself needing to spend time outside of class pulling additional resources for the program?(circle)

## Not at all

1
2
3
4
5

## Extremely

11) Did you feel the program went well and was useful to the participants?

## Not at all

## Extremely

1
2
3
4
5
6
12) Please provide a summary of how you feel the program went. Include information such as whether or not you typically focused on the content of the program or whether participants were looking for other information. Please provide any additional information you feel may be relevant to the long term success of this program, use additional space as needed.

