

## **Stress Busting Program**



## **Fidelity Checklist**

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

1)	Site:					
2)	Session:					
	(Use alphabetical session codes, starting with "A." The first session at each site will be A, then B, then C, etc.)					
3)	Instructor:					
4)	Co-Instructor(s):					
5)	Does the session meet once or twice a week?					
	a Once a week					
b Twice a week						
6)	How long is each session scheduled to run:					
7)	How many weeks is the program scheduled to run for:					
8)	What is the total number of scheduled sessions:					
9)	Did the conversations tend to lead off target or stay on track? (circle one)					
<u>Off</u>	target					On Track
	1	2	3	4	5	6
10)	10) Did you find yourself needing to spend time outside of class pulling additional resources for the program?(circle					
Not at all Extreme						
	1	2	3	4	5	6
11)	Did you feel the p	orogram went well a	and was useful to the parti	cipants?		
No	t at all					<b>Extremely</b>
	1	2	3	4	5	6
12) Please provide a summary of how you feel the program went. Include information such as wheth						ether 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.					