



Recording Log

Strategies 1, 2a, 2b, and 3

Strategy	Use This Form	Information
1. Train the Trainer		
Learn how to teach the course	Attendance record	<ul style="list-style-type: none"> ▪ Number of participants trained _____ ▪ Number of sessions taught _____
	Feedback Form	<ul style="list-style-type: none"> ▪ Number and percentage of participants who rate the training “good” or higher _____ ▪ Number and percentage of participants who report that they “will” or “most likely will” change their health habits _____
	Community Health Workers Train the Trainer (Posttest Only)	<ul style="list-style-type: none"> ▪ Number and percentage of participants using the <i>With Every Heartbeat Is Life</i> manual 30 days after the training _____ ▪ Types of activities that participants are completing 30 days after the training _____
2. Community Education		
a. Teach the course only	Attendance record	<ul style="list-style-type: none"> ▪ Number of participants trained _____ ▪ Number of sessions taught _____
	My Health Habits Posttest	<ul style="list-style-type: none"> ▪ Number of participants satisfied with the course _____ ▪ Number of participants who shared information about the course _____
b. Teach the course and screen program participants	My Health Habits Posttest	<ul style="list-style-type: none"> ▪ Number of participants satisfied with the course _____ ▪ Number of participants who shared information about the course _____
	Screening Form	<ul style="list-style-type: none"> ▪ Number of participants screened _____ ▪ Number of participants with elevated clinical values _____ ▪ Number of participants referred to a health care professional _____ ▪ Number of participants who followed up with a health care professional _____



Recording Log (continued)

Strategies 1, 2a, 2b, and 3 (continued)

Strategy	Use This Form	Information																																																												
3. Lifestyle and Clinical Management																																																														
Teach the With Every Heartbeat Is Life course; screen and manage program participants	Attendance Record	<ul style="list-style-type: none"> Number of patients counseled/taught _____ Number of sessions taught _____ 																																																												
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	Clinical Measures and Followup Form	<table border="1"> <thead> <tr> <th>Information</th> <th>Baseline</th> <th>6 months</th> <th>12 months</th> </tr> </thead> <tbody> <tr> <td>Number of patients screened</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Number of patients with:</td> <td></td> <td></td> <td></td> </tr> <tr> <td>▪ Prehypertension</td> <td></td> <td></td> <td></td> </tr> <tr> <td>▪ High blood pressure</td> <td></td> <td></td> <td></td> </tr> <tr> <td>▪ High cholesterol</td> <td></td> <td></td> <td></td> </tr> <tr> <td>▪ Prediabetes</td> <td></td> <td></td> <td></td> </tr> <tr> <td>▪ High blood sugar</td> <td></td> <td></td> <td></td> </tr> <tr> <td>▪ BMI of 25 or more</td> <td></td> <td></td> <td></td> </tr> <tr> <td>▪ Waist measurement greater than 35 inches (for women)</td> <td></td> <td></td> <td></td> </tr> <tr> <td>▪ Waist measurement greater than 40 inches (for men)</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Number of patients taking medications for:</td> <td></td> <td></td> <td></td> </tr> <tr> <td>▪ High blood pressure</td> <td></td> <td></td> <td></td> </tr> <tr> <td>▪ High cholesterol</td> <td></td> <td></td> <td></td> </tr> <tr> <td>▪ Diabetes</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	Information	Baseline	6 months	12 months	Number of patients screened				Number of patients with:				▪ Prehypertension				▪ High blood pressure				▪ High cholesterol				▪ Prediabetes				▪ High blood sugar				▪ BMI of 25 or more				▪ Waist measurement greater than 35 inches (for women)				▪ Waist measurement greater than 40 inches (for men)				Number of patients taking medications for:				▪ High blood pressure				▪ High cholesterol				▪ Diabetes			
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Community Health Worker Activities Form	<ul style="list-style-type: none"> Number of patients contacted at first encounter _____ Number of patients contacted at 3 months _____ Number of patients contacted at 6 months _____ Number of patients contacted at 12 months _____ Listed the activities community health workers conducted at first encounter, at 3 months, at 6 months, and at 12 months _____ 																																																													