

# PROGRAM OUTLINE

	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6	MAINTENANCE
TIMING	Week 0-6	Week 8	Week 10	Week 12	Week 14	Week 18	
FORMAT	1:1 45-60min	Each group session 2 - 6 is 120min					
CORE CONTENT	Finding your 'why' Set goal for MH4L	Getting started with your goal	Planning for success Engaging support	Plan B Plans	Overcoming challenges	Maintaining healthy habits	Online tools and resources including webinars  SMS and email support intervention inclusive of narrative persona 'Sam'
	Health Content Electives						
ADDITIONAL SUPPORT	Regular contact (SMS/emails). Referral to other programs or services e.g. Quitline or Get Healthy. Contact with coach outside of group sessions. Facebook group						
DATA REQUIREMENTS	<ul style="list-style-type: none"> <li>Evaluation (session 1)</li> <li>Attendance</li> <li>Catch up</li> <li>Anthropometry</li> <li>Participant consent</li> <li>GP consent required</li> <li>GP feedback</li> <li>Support person</li> </ul>	<ul style="list-style-type: none"> <li>Attendance</li> <li>Catch up</li> <li>GP consent received</li> <li>Withdrawal</li> </ul>	<ul style="list-style-type: none"> <li>Attendance</li> <li>Catch up</li> <li>Withdrawal</li> <li>Goal and goal category</li> </ul>	<ul style="list-style-type: none"> <li>Attendance</li> <li>Catch up</li> <li>Withdrawal</li> </ul>	<ul style="list-style-type: none"> <li>Attendance</li> <li>Catch up</li> <li>Withdrawal</li> </ul>	<ul style="list-style-type: none"> <li>Evaluation (session 6)</li> <li>Attendance</li> <li>Catch up</li> <li>Withdrawal</li> <li>Anthropometry</li> <li>Progress towards goal</li> <li>New goal and category</li> </ul>	Optional Check in with Telephone Health Coach