walkfit Logic Model

INPUTS

- EFNEP Staff
- CE Advisors
- Teacher Training
- Wellness Committees

Social Cognitive Theory

Curriculum
- Teacher Guide on CD
- Student workbook
- Marketing materials

Adolescent motivators*

Goal Setting Theory "Guided goal setting"*

Content standards

OUTPUTS
Constructs & strategies

Self-efficacy/skills mastery Tracking & feedback, Goal setting , Using a step counter, Calorie quiz, Calories toss

Barriers counseling Questions & answers, Barriers what are mine?

Self regulation Step counter log, Set your goal, Race to escape

Social support Every friend counts, Questions & answers, Barriers what are mine?

Reinforcement Raffle tickets, Will you survive

Cognitive restructuring Quiz time, Questions & answers , Barriers what are mine?, Calorie quiz, Calorie toss

Environmental reciprocal determinism Barriers what are mine?, Every friend counts

Autonomy What motivates you?, Will you survive?, Barriers what are mine?, Questions & answers

Increased energy What Motivates You?, Will you survive?

Improved appearance What Motivates you?, Will you survive?

Self-assessment Step counter log, Set your goal, Race to escape, Quiz time

Setting goals All lessons and activities

Goal commitment Contract

Goal feedback Tracking & Feedback in lessons 2-6

Goal monitoring Tracking & Feedback in lessons 2-6

OUTCOMES
Mediators | Behavior

Mediators
- Self-assessment
- Monitoring
- Tracking
- Setting a goal
- Contracting
- Knowledge of counters, calories, and goal setting
- Skill building
- Modeling
- Reinforcing
- Social support

Goal intention
- Student intends to wear step counter and increase steps.

Self-efficacy for more steps (learn skills)

Intention implementation

Goal attainment

Increased number of steps

Improved physical activity

CA Dept. of Ed Content Standards
Mathematics, Health, & Physical Education

Evaluation

Formative | Process | Outcome

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