**Implementation of Intensive Weight Management Intervention Program for Army ROTC Cadets**

**Texas State University**

**Research Event Checklist**

***January***

* **Initial body composition evaluated**- Ht., Wt., 7-site skin-fold, waist and hip circumference, and body fat. (All subjects)
* **Biochemical assessment**- Blood lipoproteins and basic metabolic panel. (All subjects)
* **Fitness and physical performance**- Analysis of Army Physical Fitness Test conducted by ROTC officers and analysis of heart rate monitors by Advanced Polar watches. (All subjects)
* **Initial Behavior Interview** (experimental group only)
* **Nutrition Education Topic of the Month: Portion Control**
  + *Week 1*: Understanding Food Labels
  + *Week 2:* Identifying the Right Portions
  + *Week 3*: Fast Food Facts
  + *Week 4*: Dining out- Choosing the Right Foods
* **Diet analysis-** evaluate 3-day Record: Using the Nutrition Data System for Research software (All subjects)
* **Weekly weigh –ins and counseling interview** (experimental group only)

***February***

* **Nutrition Education Topic of the Month: Reduced Calorie Diet**
  + *Week 1*: Grocery Shopping- What to Look For
  + *Week 2*: Healthy Cooking Tips
  + *Week 3:* Meal Planning
  + *Week 4*: Healthy Eating on the Run
* **Weekly weigh –ins and counseling interview** (experimental group only)

***March***

* **Midpoint Evaluation**: All subjects re-evaluate body composition, fitness and physical performance, diet analysis
* **Weekly weigh –ins and counseling interview** (experimental group only)
* **Nutrition Education Topic of the Month- Heart Healthy Eating**
* *Week 1:* Adding Fiber Into Your Diet
* *Week 2:* Face the Fats- Understanding the Different Types
* *Week 3:* Meeting Dairy and Calcium Recommendations
* *Week 4:* Tips on Adding Fruits and Vegetables Into Your Meals

***April***

* **Nutrition education Topic: Maximizing Your Metabolism (Eating Frequency and Food Patterns)**
  + *Week 1:* Importance of Breakfast
  + *Week 2:* Eating Around the Clock
  + *Week 3:* Beverage Consumption: Do’s and Don’t (sweetened beverages, alcohol, caffeine, etc.)
  + *Week 4:* Maintain Daily Physical Activity
* **Weekly weigh –ins and counseling interview** (experimental group only)

**May-**

* **Final Evaluation:** All subjects re-evaluate body composition, fitness and physical performance, diet analysis
* **Biochemical assessment:** All subjects
* **Exiting Behavior interview and evaluation**
* **Weekly weigh –ins and counseling interview** (experimental group only)
* **Nutrition Education Topic of the Month: Hydration and Performance**
  + *Week 1:* Importance of Staying Hydrated