

# MICHIGAN FITNESS Educator Log Fidelity Checklist FOUNDATION

*Educators are required to complete/submit a log after each lesson series for every intervention. Once the log is submitted, their responses will be emailed to themselves and also to you to review for fidelity as well as consistency with intervention scope/sequence. The corresponding item on the log is noted.*

**Number of lessons (#7 on educator log):** At least the minimum required for fidelity?

**Setting (#8):** Appropriate for this intervention? Aligned with project summary?

**Lesson length (#9-10):** At least 20 minutes for direct education? Aligned with intervention expectations?

**Lesson frequency (#11):** Enough time between lessons to practice behavior changes? Not so long between first and last lesson that participants are not available for the post-test?

**Virtual lesson delivery (#12):** aligned with expectations and scope and sequence?

**Modifications (#13):** Additions, omissions, substitutions approved by project lead?

**Supplemental resources (#14):** Appropriate for this intervention? Approved by supervisor?

**Population (#15-16):** Intervention intended for this group? Appropriate grade levels/ages?

**Lesson delivery:** included all components required for fidelity e.g., tasting, physical activity.

**Fidelity:** The degree which an intervention is delivered as intended. Only by assessing whether a program was implemented with fidelity can we claim that outcomes are due to the lesson delivery.

**Examples** of lesson delivery changes that interfere with fidelity:

- Because of snow days (or other reasons) you only teach 3 lessons when five are needed for instructional fidelity.
- The intervention is designed for seniors but you decide to try it out with young adults.
- The teacher will only give you 20 minutes for lessons but you need 45 minutes to include the required components (activity, tasting, physical activity).
- The intervention is intended to be implemented weekly but you decide to have a “health” day and teach all lessons consecutively.

When reviewing logs, if you think an educator might have implemented an intervention without fidelity find out what happened (and why) and make appropriate adjustments to maintain fidelity.