**Additional file 1: Example of an ADAPT Fidelity Report: *Module- Healthy Snacks & Drinks***

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|  |  | **SESSION OUTLINE** | **HAPPENED** | | | **COMMENTS** |
|  |  |  | 0=did not happen  1=partially completed  2=completed | | |  |
| 1. | □ | Program leader welcomes participants. | **0** |  | **2** |  |
| 2. | □ | Reviewed last week’s goals and assessed if goals were met. | **0** |  | **2** |  |
| 3. | □ | Facilitated problem solving when striving to reach last week’s goals (if no problems, then mark as completed). | **0** |  | **2** |  |
| 4. | □ | **Didactic teaching of key message 1: Smart Snacking** | **0** | **1** | **2** |  |
| 5. | □ | **Didactic teaching of key message 2: Re-think Your Drinks** | **0** | **1** | **2** |  |
| 6. | □ | **Didactic teaching of key message 3: Be Sugar Smart** | **0** | **1** | **2** |  |
| 7. | □ | Social Media: Review how to access session booklets on the ADAPT website. | **0** |  | **2** |  |
| 8. | □ | New individual goal setting for this week’s topic. | **0** |  | **2** |  |
| 9. | □ | Program leader facilitates small group discussions (break into small groups if total participants >5). | **0** |  | **2** |  |
| 10. | □ | Program leader distributed the module booklet during the session. | **0** |  | **2** |  |