eatfit Logic Model

INPUTS

- CE Staff
- CE Advisors
- Training
- Teachers
- Wellness Committees

OUTPUTS

Activities **5** | Constructs & strategies

http://eatfit.net **6**

Student Workbook

Teacher Manual

Social Cognitive Theory in Eatfit

Marketing tools

- Self-efficacy/skills mastery ***WB 4, 5, 7, 10, 11, 12, 14, 17***
- Modeling ***WB 6, 16, 18***
- Barriers counseling ***TM 36***
- Contracting WB ***2, 6***
- Cue management ***WB17, 18***
- Social support ***WB 6, 14, 19; TM 66***
- Reinforcement ***WB 19; TM 28, 29***
- Cognitive restructuring ***WB 11, 12, 13, 17; TM 64-66***
- Relapse prevention ***WB13, 15***
- Environmental/ reciprocal determinism WB18, Benefits ***WB 6, 8, 9***

Goal Setting Theory in Eatfit **1, 2**

- Self-assessment ***www.Eatfit.net; WB5, 7***
- Goal setting ***www.Eatfit.net; WB8, 19; TM9***
- Goal commitment ***WB2, 9, 19***
- Goal feedback ***WB 13, 15***
- Goal tracking ***WB 20***

Content standards

OUTCOMES

Knowledge | Behavior | Content Standards

Prospective pre post test (Traditional) **7, 8**

Retrospective pre test (New model) to be developed **4**

Goal attainment **3**

CA Dept. of Ed Content Standards Mathematics & Language Arts **9, 10**

Evaluation

Formative **1, 2** | Process **5, 6** | Outcome **3, 4** **7, 8** **9, 10**

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