

Table 1 (P112): Sample Outcomes Audit Table for Physical Activity Counseling Trials

	Martinson 2008	Pinto 2005	King 2002	Total # trials	Outcome group
Behavioral Outcomes, Self-Reported					
Any/Total PA or PA unspec (min/wk)			X	8	1
Leisure PA (min/wk)				1	1
Mod- to vigorous-intensity PA (min/wk)		X		5	1
Mod intensity PA (can get min/wk)				1	1
Endurance PA (min/wk)				1	1
Walking (can get min/wk)				2	1
Leisure walking (min/wk)				1	1
Mod- to vigorous-intensity PA (MET-min/wk)				2	2
Walking (MET-min/wk)				1	2
Energy expenditure (kcal/kg/day)				2	2
Mod+ Energy expenditure (kcal/kg/day)				1	2
Leisure PA (kcal/kg/wk)				1	2
PA (kcal/wk)	X	X		3	2
Walking (steps/day)				1	2
Walking (sessions/wk)				0	2
PA (sessions/wk)				1	2
Mod+ PA (sessions/wk)				0	2
PA (min/session)			X	2	2
Energy expenditure ratio				1	2
PASE score				2	3
PACE score				2	3
YPAS total activity score				2	3
% meeting ACSM criteria or 150+ min mod+				8	4
% active per PACE				1	4
% mod PA 5+ days/wk	X			1	4
% vigorous PA 3+ days/wk	X			1	
% Maintaining PA at follow-up	X			1	
Behavioral Outcomes, Objective					
VO2max				5	5
Treadmill duration (min)				2	6
2-min walk, meters				1	6
Accelerometer counts		X		1	6
Intermediate Outcomes					
BMI	X		X	7	7
Waist circumference				3	7
Weight				1	7
SPB			X	6	8
DPB			X	6	9
Total Cholesterol				5	10
HDL				3	11
LDL				2	12
Adverse events					
Falls				2	
Injuries				1	
Hospitalization				0	