

## Appendix A: Screen shots of home pages

### Intervention arm

**News for Women**  
*Nutrition, Exercise, and Wellness Study for Women*

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**To Do**

- Month 2 Questionnaire (part 4 of 4)
- Month 2 Questionnaire (part 3 of 4)
- Month 2 Questionnaire (part 2 of 4)

**Log Activity**

Date: 1 Apr 2011

Minutes:

Activity: walking

**Leaders**

7 Day Leaders

Leader	Score
penny	330
smithie71	315
lanimarie	300
sarahm	300
patty	245
YOU!	0

**Messageboard Recent Posts**

**hartman.sheri** Welcome to NEWS for Women! I, and the rest of the News for Women staff, look forward to helping you become more physically active. We are excited to hear about your

### Active control arm

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**To Do List**

- 3 Month Questionnaire
- Month 2 Questionnaire (part 4 of 4)
- Month 2 Questionnaire (part 3 of 4)
- Month 2 Questionnaire (part 2 of 4)

**Log Diet**

Date: 1 Apr 2011

Cups: 0

☐ Fruits ☐ Veg's

**Leaders**

7 Day Leaders

Leader	Score
hilde	27
siah	25
karin341	23
djmolivia	21
renee	18.5
YOU!	0

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**hartman.sheri** Welcome to NEWS for Women! I, and the rest of the News for Women staff, look forward to helping you eat more fruits and vegetables. We are excited to hear about your progress and to help with any questions!