TTTCP Volunteer Guide Outline & References
by Category with Reading Scores

Resiliency: 6-Step Plan Resources

**Sleep**

1. Sleep Hygiene Strategies & Tips  (Flesch: 75.0; Flesch-Kincaid: 5.5; SMOG: 6.2)
2. Calm Breathing  (Flesch: 62.0; Flesch-Kincaid: 7.0; SMOG: 7.9)
3. Progressive Muscle Relaxation  (Flesch: 66.8; Flesch-Kincaid: 7.4; SMOG: 7.4)
4. Sleep Diary (Worksheet)  (Flesch: 85.1; Flesch-Kincaid: 5.7; SMOG: 6.0)
5. Strategies for Sleep (Checklist)  (Flesch: 84.3; Flesch-Kincaid: 3.6; SMOG: 5.1)

**References:**


**Nutrition**

1. Start Simple – Healthy Eating Fact Sheet  (Flesch: 80.2; Flesch-Kincaid: 4.6; SMOG: 5.1)
2. Tip Library  (Flesch: 85.8; Flesch-Kincaid: 3.0; SMOG: 4.1)
3. Reach Your Nutrition Goals  (Flesch: 84.4; Flesch-Kincaid: 4.2; SMOG: 4.7)
4. Meal Planning Made Easy  (Flesch: 88.7; Flesch-Kincaid: 3.0; SMOG: 4.3)
5. How Food Fits – Vegetables  (Flesch: 68.1; Flesch-Kincaid: 5.7; SMOG: 6.8)
6. How Food Fits – Fruits  (Flesch: 67.3; Flesch-Kincaid: 6.2; SMOG: 6.9)
7. Enjoying Local Food  (Flesch: 85.5; Flesch-Kincaid: 3.3; SMOG: 4.7)
8. Food Safety  (Flesch: 73.9; Flesch-Kincaid: 6.0; SMOG: 6.4)
   (English & Español)
9. Meeting Goals on a Budget  (Flesch: 77.9; Flesch-Kincaid: 5.1; SMOG: 6.0)
10. My Plan
    - Food Log  (Too little text; can’t be scored)
    - Food Group Examples  (Too little text; can’t be scored)
11. Daily Food Diary  (Too little text; can’t be scored)
12. La Cocina Cookbook  (Flesch: 66.8; Flesch-Kincaid: 7.1; SMOG: 7.0)
   (English & Español)
References:

Exercise

1. Physical Activity is Important (Flesch: 50.2; Flesch-Kincaid: 9.2; SMOG: 9.1)*
2. How to Start Exercising (Flesch: 64.9; Flesch-Kincaid: 8.0; SMOG: 8.2)
   & Stick To It
3. Geriatric Fact Sheet – Physical Activity (Flesch: 70.0; Flesch-Kincaid: 5.1; SMOG: 5.6)
   English & Español
4. Adult Fact Sheet – Physical Activity (Flesch: 68.0; Flesch-Kincaid: 5.9; SMOG: 6.9)
   English & Español
5. Exercise Tracking Sheet (Too little text; can’t be scored)
   English & Español

Other:

References:
Mental Health

1. Self-Help CBT (Flesch: 64.4; Flesch-Kincaid: 8.4; SMOG: 8.7)*
2. Challenging Negative Thinking (Flesch: 83.1; Flesch-Kincaid: 3.9; SMOG: 5.0)
   2.a Thought Challenge Form
3. Automatic Thoughts Worksheet (Flesch: 85.1; Flesch-Kincaid: 5.7; SMOG: 5.9)*
4. Happiness Action Pack (Resilience) (Flesch: 90.4; Flesch-Kincaid: 5.7; SMOG: 5.3)
5. Effective Journaling (Flesch: 73.7; Flesch-Kincaid: 6.2; SMOG: 7.1)
6. Self-Care Self-Assessment (Flesch: 68.7; Flesch-Kincaid: 5.1; SMOG: 5.9)
7. Mindfulness Practices (Booklet**) (Flesch: 77.9; Flesch-Kincaid: 6.0; SMOG: 6.7)

**Entirety of Mindfulness Section

References:

Mindfulness

“Mindfulness Practices: An Interactive Wellness Booklet”

COMPONENTS
1. Sensory Awareness (Flesch: 88.7; Flesch-Kincaid: 3.6; SMOG: 4.3)
2. Breath Regulation (Flesch: 82.8; Flesch-Kincaid: 4.2; SMOG: 4.3)
3. Gratitude Practice (Flesch: 82.4; Flesch-Kincaid: 5.1; SMOG: 5.8)
4. Body Awareness (Body Scan) (Flesch: 81.6; Flesch-Kincaid: 4.2; SMOG: 5.2)
5. Kindness Boosters (Flesch: 74.7; Flesch-Kincaid: 5.5; SMOG: 5.8)
   i. Self-Love (Flesch: 82.7; Flesch-Kincaid: 4.4; SMOG: 5.0)
   ii. Kindness toward Others (Flesch: 82.6; Flesch-Kincaid: 3.6; SMOG: 4.0)
6. Meditation & MBSR (Flesch: 74.4; Flesch-Kincaid: 6.2; SMOG: 7.2)
7. Yoga (Flesch: 83.5; Flesch-Kincaid: 4.3; SMOG: 4.7)
8. Self-Affirmation Practice (Flesch: 75.0; Flesch-Kincaid: 6.1; SMOG: 6.5)

References:
Marsh, 2011
The Greater Good Science Center at the University of California, Berkeley, © 2019 from https://ggia.berkeley.edu/practice/body_scan_meditation#

Healthy Relationships

1. Relationship with Self
   - Self Love & Self Compassion
   - Self-Affirmation Practice
2. What is a Healthy Relationship?
   - Relationship Boosters
3. Healthy Communication
4. Healthy Boundaries & Expectations
5. Consent
6. Trust
7. How to Solve Daily Life Problems
8. Conflict Resolution
9. How to Get What I Want/Need in Relationship

References:

Compiled and scored by Heather Saxon, M.A., RYT-200 on 3/17/19
**READING-LEVEL INDICES & SCORING**

1. *Flesch Reading Ease Formula*
   Outputs a number from 0 to 100. A higher score indicates easier reading. An average document has a Flesch Reading Ease score between 6 – 70; above a 70 indicates an easier than average document. As a rule of thumb, scores of 90-100 can be understood by an average 5th grader. 8th and 9th grade students can understand documents with a score of 60-70; and college graduates can understand documents with a score of 0-30.

2. *Flesch-Kincaid Grade Level*
   Outputs a U.S. school grade level; this indicates the average student in that grade level can read the text. For example, a score of 7.4 indicates that the text is understood by an average student in 7th grade.

3. *SMOG Index*
   Outputs a U.S. school grade level; this indicates the average student in that grade level can read the text. For example, a score of 7.4 indicates that the text is understood by an average student in 7th grade.

* = Scores that are at or above 8th-grade reading level.

**Readability formulas** derived from: