**Quick Start Guide**

All methods are preloaded with data pertaining to a 25-year-old. Running the model without input will give out approximations for the data [25, 1, 9, 2, 1, 6, 2, 1, 7, 2, 1, 1, 0]. This data is a 25-year-old male, who uses technology 9 hours a day, 2 hours of social media, 1 hour for gaming, 6 hours of screen time. He rates his mental health as medium as fair (2) and his stress levels as medium (1). He sleeps 7 hours a night, 2 hours of physical activity a day, has a support system, has a neutral work environment, does not use online support.

**User input**

User input should implement the following pattern omitting the desired column including the commas:

UserID, Age, Gender, Technology usage hours, social media usage hours, Gaming hours, Screen time hours, Mental health status, Stress level, Sleep hours, Physical activity hours, Support systems access, Work environment impact, Online support usage