Age	Weight_kg	Height_ft	Marital_Sta	PCOS	Family_His	Menstrual _.	_Hormonal_	Hyperandro
20-25	66	157.48	Unmarried	No	No	Yes	No	No
Less than 2	56	165.1	Unmarried	No	No	No	No	No
Less than 2	89	167.64	Unmarried	No	Yes	No	No	No
20-25	55	160.02	Unmarried	No	Yes	No	Yes	No
Less than 2	. 55	160.02	Unmarried	No	No	No	No	No
Less than 2	45	160.02	Unmarried	No	No	Yes	Yes	No
20-25	42	152.4	Unmarried	No	No	Yes	Yes	No
Less than 2	60		Unmarried		No	No	No	No
20-25	84		Unmarried		No	Yes	Yes	Yes
20-25	70		Unmarried		Yes	Yes	Yes	No
20-25	60		Unmarried		No	No	No	No
20-25	70		Unmarried		No	Yes	Yes	No
Less than 2			Unmarried		No	Yes	Yes	No
20-25	73		Unmarried		No	Yes	Yes	Yes
20-25	70		Married	No	No	Yes	Yes	No
20-25	65		Unmarried		No	Yes	Yes	No
Less than 2			Unmarried		No	No	No	No
Less than 2			Unmarried		No	No	Yes	No
20-25	70		Unmarried		No	Yes	No	No
Less than 2			Unmarried		No	No	Yes	No
Less than 2			Unmarried		No	No	Yes	No
20-25	60		Unmarried		No	Yes	Yes	Yes
20-25	47		Unmarried		No	No	No	No
45 and abo			Married	No	No	Yes	Yes	No
20-25	38		Unmarried		Yes	Yes	Yes	No
45 and abo			Married	No	No	Yes	Yes	No
Less than 2			Unmarried		No	Yes	Yes	No
Less than 2			Unmarried		No	No	Yes	No
20-25	52		Unmarried		No	Yes	Yes	No
Less than 2			Unmarried		No	No	No	No
20-25	47		Unmarried		No	No	Yes	No
30-35	86		Married	No	No	No	Yes	No
Less than 2			Unmarried		Yes	No	No	No
Less than 2			Unmarried		No	Yes	No	No
20-25	45		Unmarried		No	Yes	Yes	Yes
45 and abo			Married	No	No	No	No	No
20-25	50		Unmarried		No	Yes	Yes	No
20-25	115		Unmarried		No	Yes	No	No
35-44	64		Married	No	No	No	No	No
20-25	42		Unmarried		No	Yes	No	No
20-25	42		Unmarried		No	No	No	No
20-25	45		Unmarried		No	No	No No	No
20-25	54 52		Unmarried		Yes	No No	No No	No No
20-25	53		Unmarried		No	No	No No	No
20-25	65 45		Unmarried		No	No	No	No
20-25	45	129.54	Unmarried	NO	No	No	No	No

20-25	55	154.94 Unmai	rried No	No	No	No	No
20-25	43	149.86 Unmai	rried No	No	Yes	Yes	No
20-25	55	167.64 Unmai	rried No	No	No	No	No
Less than 2	40	160.02 Unmai	rried No	No	Yes	Yes	No
20-25	57	165.1 Unmai	rried No	No	Yes	Yes	No
Less than 2	52	162.56 Unmai	rried No	No	Yes	No	No
20-25	65	157.48 Unmai	rried No	No	No	No	No
Less than 2	45	160.02 Unmai	rried No	Yes	Yes	Yes	No
20-25	54	167.64 Unmai	rried No	No	No	Yes	No
20-25	65	162.56 Unmai		No	Yes	Yes	No
20-25	50	165.1 Unmai		No	Yes	No	No
20-25	55	160.02 Unmai		No	No	No	No
Less than 2	68	162.56 Unmai		No	Yes	Yes	No
20-25	52	170.18 Unmai		No	No	No	No
20-25	52	162.56 Unmai		No	Yes	Yes	No
20-25	47	157.48 Marrie		No	Yes	Yes	No
20-25	38	170.18 Unmai	-	No	Yes	No	No
20-25	45	154.94 Unmai		Yes, not			
20-25	_			•		Yes	No
	50 70	167.64 Unmai		No	Yes	Yes	No
20-25	70	160.02 Unmai		No	Yes	Yes	Yes
20-25	55	170.18 Unmai		Yes	Yes	Yes	Yes
20-25	51	170.18 Unmai		No	Yes	Yes	No
Less than 2	43	157.48 Unmai		No	No	No	No
20-25	60	170.18 Unmai		No	Yes	No	No
Less than 2	47	167.64 Unmai		No	No	No	No
Less than 2	69	160.02 Unmai		No	No	No	No
20-25	59	160.02 Unmai		No	Yes	Yes	No
20-25	70	162.56 Unmai		No	No	No	No
Less than 2	65	165.1 Unmai		No	Yes	No	No
20-25	56	162.56 Unmai	rried No	No	Yes	Yes	No
20-25	63	152.4 Unmai	rried Yes	Yes	Yes	Yes	Yes
Less than 2	54	157.48 Unmai	rried No	No	No	Yes	No
Less than 2	70	167.64 Unmai	rried No	No	Yes	Yes	Yes
20-25	63	144.78 Unmai	rried Yes	No	Yes	Yes	Yes
Less than 2	50	165.1 Unmai	rried No	No	Yes	No	No
20-25	47.5	162.56 Unmai	rried Yes	No	Yes	Yes	No
20-25	39	152.4 Unmai	rried No	No	No	No	No
Less than 2	51	154.94 Unmai	rried No	No	No	No, Yes	, no No
20-25	42	167.64 Unmai	rried No	No	No	No	No
Less than 2	64	162.56 Unmai	rried Yes	No	Yes	Yes	No
20-25	70	162.56 Unmai	rried No	No	No	Yes	No
20-25	45	162.56 Unmai	rried No	Yes	No	Yes	No
35-44	70	162.56 Marrie	ed No	No	No	No	No
20-25	57	154.94 Unmai		No	No	No	No
Less than 2	36	152.4 Unmai		No	Yes	No	No
20-25	79	157.48 Unmai		No	Yes	Yes	No
20-25	60	165.1 Unmai		No	Yes	Yes	No
_ 					. 55	. 55	

Less than 2	45	157.48 Unmarried	No Ves no No	Yes	No	No
20-25	49	162.56 Unmarried		Yes	No	No
Less than 2	50	152.4 Unmarried			Yes	Yes
20-25	59	162.56 Unmarried		Yes	Yes	No
Less than 2	42	157.48 Unmarried		No	No	No
25-30	51	162.56 Unmarried		No	No	No
Less than 2	44	170.18 Unmarried		No	Yes	No
Less than 2	60	160.02 Unmarried		No	No	No
Less than 2	60	157.48 Unmarried		Yes	Yes	Yes
20-25	49	149.86 Unmarried			Yes	Yes
Less than 2	51	162.56 Unmarried			No	Yes
Less than 2	55	_	No No	No	Yes	No
20-25	56	152.4 Unmarried		Yes	No	No
20-25	60	182.88 Unmarried		No	No	No
20-25	69	165.1 Unmarried		No	No	No
20-25	49	167.64 Unmarried		Yes	Yes	No
20-25	54.5	154.94 Unmarried		Yes	No	No
Less than 2	40	160.02 Unmarried		No	No	No
Less than 2	62	167.64 Unmarried		No	Yes	No
20-25	68	160.02 Unmarried		Yes	Yes	Yes
Less than 2	53	160.02 Unmarried		Yes	No	No
20-25	67	162.56 Unmarried		Yes	Yes	No
20-25	58		Yes Yes		Yes	Yes
Less than 2	43	152.4 Unmarried			Yes	No
20-25	41	154.94 Unmarried		No	No	No
20-25	55	167.64 Unmarried		No	No	No
20-25	50	152.4 Unmarried		Yes	Yes	No
20-25	47	157.48 Unmarried		Yes	Yes	No
25-30	80	160.02 Unmarried	Yes No	Yes	Yes	No
20-25	43	152.4 Unmarried	No No	Yes	Yes	No
20-25	78	157.48 Unmarried	Yes Yes	Yes	Yes	No
20-25	53	167.64 Unmarried	No No	No	No	No
20-25	47	160.02 Unmarried	No No	Yes	No	No
Less than 2	38.5	149.86 Unmarried	Yes No	Yes	Yes	No
Less than 2	45	162.56 Unmarried	Yes Yes	Yes	Yes	Yes
20-25	63	165.1 Unmarried	No No	No	No	No
20-25	49	157.48 Unmarried	No No	Yes	Yes	No
20-25	87	157.48 Unmarried	Yes No	Yes	Yes	Yes
20-25	66	152.4 Married	No Yes	Yes	Yes	No
Less than 2	39	162.56 Unmarried	No No	Yes	No	No
30-35	54	152.4 Married	Yes No	No	Yes	No
20-25	54	172.72 Unmarried	No No	No	No	No
20-25	59	170.18 Unmarried	No Yes	No	Yes	No
Less than 2	54	162.56 Unmarried	No No	No	No	No
Less than 2	50	162.56 Unmarried	No No	Yes	Yes	No
20-25	53	154.94 Unmarried	No No	Yes	Yes	No
Less than 2	47	157.48 Unmarried	No No	Yes	Yes	No

20-25 38 154.94 Unmarried No No No Yes, not die No Less than 2 56 175.26 Unmarried No No No No No No 20-25 50 144.78 Unmarried No No No No No No 20-25 50 144.78 Unmarried No	20-25	50	157.48 Unmarried	No	No	Yes	No	No
Less than 2 60 167.64 Unmarried Yes Yes No Yes No 20-25 50 144.78 Unmarried No	20-25	38	154.94 Unmarried	No	No	No	Yes, not dia	i No
20-25 50 144.78 Unmarried No No<	Less than 2	56	175.26 Unmarried	No	No	No	No	No
Less than 2 58 154.94 Unmarried No No Yes No No Less than 2 46 160.02 Unmarried No No Yes Yes No 20-25 57 162.56 Unmarried No No Yes Yes No 20-25 60 162.56 Unmarried Yes No Yes Yes No 20-25 61 167.64 Unmarried No Yes Yes Yes No 20-25 48 157.48 Unmarried Yes No Yes Yes Yes 25-30 70 160.02 Married Yes No No No No No 35-44 60 160.02 Married No No No No No No Less than 2 72 162.56 Unmarried No Yes	Less than 2	60	167.64 Unmarried	Yes	Yes	No	Yes	No
Less than 2 46 160.02 Unmarried No No Yes Yes No 20-25 57 162.56 Unmarried No No Yes Yes No 20-25 60 162.56 Unmarried Yes No Yes Yes No No 20-25 61 167.64 Unmarried No Yes Yes Yes Yes No No No No Yes Yes No No Yes Yes No No Yes Yes No No<	20-25	50	144.78 Unmarried	No	No	No	No	No
20-25 57 162.56 Unmarried No No Yes Yes No 20-25 60 162.56 Unmarried Yes No Yes No No 20-25 61 167.64 Unmarried No Yes Yes Yes No 20-25 48 157.48 Unmarried Yes No Yes Yes Yes 25-30 70 160.02 Married Yes No No No No 35-44 60 160.02 Married No No No No No 35-44 70 160.02 Married No No No No No 20-25 71 162.56 Unmarried No Yes Yes Yes Yes 20-25 51 152.4 Unmarried No Yes Yes Yes No 20-25 62 162.56 Unmarried Yes No Yes Yes Yes 20-25 62 162.56 Unmarried No Yes Yes Yes Yes 20-25 56	Less than 2	58	154.94 Unmarried	No	No	Yes	No	No
20-25 60 162.56 Unmarried Yes No Yes Yes Yes No 20-25 61 167.64 Unmarried No Yes Yes Yes No 20-25 48 157.48 Unmarried Yes No Yes No Yes Y	Less than 2	46	160.02 Unmarried	No	No	Yes	Yes	No
20-25 61 167.64 Unmarried No Yes No Yes	20-25	57	162.56 Unmarried	No	No	Yes	Yes	No
20-25 48 157.48 Unmarried Yes No Yes Yes No 25-30 70 160.02 Married Yes No No Yes No 35-44 60 160.02 Married No No No No No 35-44 70 160.02 Married No No No No No 162-54 162.56 Unmarried No Yes No Yes	20-25	60	162.56 Unmarried	Yes	No	Yes	No	No
25-30 70 160.02 Married Yes No No Yes No 35-44 60 160.02 Married No	20-25	61	167.64 Unmarried	No	Yes	Yes	Yes	No
35-44 60 160.02 Married No	20-25	48	157.48 Unmarried	Yes	No	Yes	Yes	Yes
35-44 70 160.02 Married No Yes Yes No Yes No Yes Yes Yes No No Yes Yes No No Yes Yes No No Yes Yes No No Yes Yes Yes No No Yes No No <t< td=""><td>25-30</td><td>70</td><td>160.02 Married</td><td>Yes</td><td>No</td><td>No</td><td>Yes</td><td>No</td></t<>	25-30	70	160.02 Married	Yes	No	No	Yes	No
Less than 2 72 162.56 Unmarried No Yes Yes Yes No 20-25 71 162.56 Unmarried Yes No Yes Yes Yes Yes 20-25 51 152.4 Unmarried No Yes Yes Yes No Less than 2 56.6 162.56 Unmarried No No Yes Yes Yes 20-25 62 162.56 Unmarried No Yes Yes Yes Yes 20-25 67 162.56 Unmarried No No Yes Yes Yes 20-25 56 154.94 Unmarried No No Yes No No Less than 2 45 160.02 Unmarried No No Yes No No 20-25 55 160.02 Unmarried No No No No No 45 and abo 83 157.48 Married No No No No No 20-25 59 152.4 Unmarried No No No No No Less than 2 56 165.1 Married Yes No No No No <td>35-44</td> <td>60</td> <td>160.02 Married</td> <td>No</td> <td>No</td> <td>No</td> <td>No</td> <td>No</td>	35-44	60	160.02 Married	No	No	No	No	No
20-25 71 162.56 Unmarried Yes No Yes Yes Yes 20-25 51 152.4 Unmarried No Yes Yes Yes No Less than 2 56.6 162.56 Unmarried No No Yes Yes Yes 20-25 62 162.56 Unmarried No Yes Yes Yes Yes 20-25 67 162.56 Unmarried No No Yes Yes Yes 20-25 56 154.94 Unmarried No No Yes No No Less than 2 45 160.02 Unmarried No No Yes Yes No 20-25 55 160.02 Unmarried No No No No Yes 45 and abo 83 157.48 Married No No Yes Yes No 45 and abo 83 157.48 Unmarried No No No No No 20-25 59 152.4 Unmarried No No No No No 25-30 65 165.1 Married Yes No No No No No <	35-44	70	160.02 Married	No	No	No	No	No
20-25 51 152.4 Unmarried No Yes Yes Yes No Less than 2 56.6 162.56 Unmarried No No Yes Yes No 20-25 62 162.56 Unmarried Yes No Yes Yes Yes 20-25 67 162.56 Unmarried No No Yes Yes Yes 20-25 56 154.94 Unmarried No No Yes No No Less than 2 45 160.02 Unmarried No No No No Yes No 20-25 55 160.02 Unmarried No No No No No No 45 and abo 83 157.48 Married No No Yes No No 20-25 59 152.4 Unmarried No No No No No No Less than 2 56 160.02 Unmarried No No No No No No No 20-25 55 162.56 Unmarried No No No No No Yes No 20-25 4	Less than 2	72	162.56 Unmarried	No	Yes	Yes	Yes	No
Less than 2 56.6 162.56 Unmarried No No Yes Yes No 20-25 62 162.56 Unmarried Yes No Yes No No <td< td=""><td>20-25</td><td>71</td><td>162.56 Unmarried</td><td>Yes</td><td>No</td><td>Yes</td><td>Yes</td><td>Yes</td></td<>	20-25	71	162.56 Unmarried	Yes	No	Yes	Yes	Yes
20-25 62 162.56 Unmarried Yes No Yes Yes Yes 20-25 67 162.56 Unmarried No Yes Yes Yes Yes 20-25 56 154.94 Unmarried No No Yes No No Less than 2 45 160.02 Unmarried No No No No Yes No 20-25 55 160.02 Unmarried No No Yes No No 45 and abo 83 157.48 Married No Yes Yes Yes No 20-25 59 152.4 Unmarried No No No No No Less than 2 56 160.02 Unmarried No No No No No 20-25 55 165.1 Married Yes No No No Yes No 20-25 55 162.56 Unmarried No No No Yes Yes No 20-25 49 162.56 Unmarried Yes No Yes Yes Yes Yes Less than 2 52 124.46 Unmarried No No	20-25	51	152.4 Unmarried	No	Yes	Yes	Yes	No
20-25 67 162.56 Unmarried No Yes Yes Yes Yes 20-25 56 154.94 Unmarried No No Yes No No Less than 2 45 160.02 Unmarried No No No No Yes Yes No 20-25 55 160.02 Unmarried No No Yes Yes No No 20-25 59 152.4 Unmarried No Yes Yes Yes No Less than 2 56 160.02 Unmarried No No No No No 25-30 65 165.1 Married Yes No No No Yes 20-25 55 162.56 Unmarried No No Yes Yes No 20-25 90 170.18 Unmarried Yes No Yes Yes Yes 20-25 49 162.56 Unmarried Yes Yes Yes Yes Yes Less than 2 52 124.46 Unmarried No No No Yes Yes Yes	Less than 2	56.6	162.56 Unmarried	No	No	Yes	Yes	No
20-25 56 154.94 Unmarried No No Yes No No Less than 2 45 160.02 Unmarried No No No Yes Yes No 20-25 55 160.02 Unmarried No No No No No No 45 and abo 83 157.48 Married No No Yes Yes No No No 20-25 59 152.4 Unmarried No Yes No Yes No No Yes Yes No No Yes	20-25	62	162.56 Unmarried	Yes	No	Yes	Yes	Yes
Less than 2 45 160.02 Unmarried No No Yes Yes No 20-25 55 160.02 Unmarried No No No No No Yes 45 and abo 83 157.48 Married No No No Yes No No No 20-25 59 152.4 Unmarried No Yes Yes Yes No Less than 2 56 160.02 Unmarried No No No No No 25-30 65 165.1 Married Yes No No No Yes No 20-25 55 162.56 Unmarried No No No Yes No 20-25 90 170.18 Unmarried Yes No Yes Yes Yes Less than 2 52 124.46 Unmarried No No No Yes Yes No	20-25	67	162.56 Unmarried	No	Yes	Yes	Yes	Yes
20-25 55 160.02 Unmarried No No No No Yes 45 and abo 83 157.48 Married No No No Yes No No 20-25 59 152.4 Unmarried No Yes Yes Yes No Less than 2 56 160.02 Unmarried No No No No No 25-30 65 165.1 Married Yes No No No No Yes 20-25 55 162.56 Unmarried No No No Yes No 20-25 90 170.18 Unmarried Yes No Yes Yes No 20-25 49 162.56 Unmarried Yes Yes Yes Yes Yes Less than 2 52 124.46 Unmarried No No No Yes Yes No	20-25	56	154.94 Unmarried	No	No	Yes	No	No
45 and abo 83 157.48 Married No No Yes No No 20-25 59 152.4 Unmarried No Yes Yes Yes No Less than 2 56 160.02 Unmarried No No No No No 25-30 65 165.1 Married Yes No No No Yes 20-25 55 162.56 Unmarried No No Yes Yes No Less than 2 49 157.48 Unmarried Yes No Yes Yes No 20-25 90 170.18 Unmarried Yes No Yes Yes Yes 20-25 49 162.56 Unmarried Yes Yes Yes Yes Yes Less than 2 52 124.46 Unmarried No No No Yes Yes No	Less than 2	45	160.02 Unmarried	No	No	Yes	Yes	No
20-25 59 152.4 Unmarried No Yes Yes Yes No Less than 2 56 160.02 Unmarried No No No No No 25-30 65 165.1 Married Yes No No No Yes 20-25 55 162.56 Unmarried No No Yes Yes No Less than 2 49 157.48 Unmarried No No No Yes No 20-25 90 170.18 Unmarried Yes No Yes Yes Yes 20-25 49 162.56 Unmarried Yes Yes Yes Yes Yes Less than 2 52 124.46 Unmarried No No No Yes Yes No	20-25	55	160.02 Unmarried	No	No	No	No	Yes
Less than 2 56 160.02 Unmarried No No No No No No No No No Yes Yes No Yes Yes No Yes Yes No Yes Yes No Yes No Yes No Yes No Yes No Yes No Yes No Yes	45 and abo	83	157.48 Married	No	No	Yes	No	No
25-30 65 165.1 Married Yes No No No Yes 20-25 55 162.56 Unmarried No No Yes Yes No Less than 2 49 157.48 Unmarried No No No Yes No 20-25 90 170.18 Unmarried Yes No Yes Yes No 20-25 49 162.56 Unmarried Yes Yes Yes Yes Yes Less than 2 52 124.46 Unmarried No No Yes Yes No	20-25	59	152.4 Unmarried	No	Yes	Yes	Yes	No
20-25 55 162.56 Unmarried No No Yes Yes No Less than 2 49 157.48 Unmarried No No No Yes No 20-25 90 170.18 Unmarried Yes No Yes Yes No 20-25 49 162.56 Unmarried Yes Yes Yes Yes Yes Less than 2 52 124.46 Unmarried No No Yes Yes No	Less than 2	56	160.02 Unmarried	No	No	No	No	No
Less than 2 49 157.48 Unmarried No No No Yes No 20-25 90 170.18 Unmarried Yes No Yes Yes No 20-25 49 162.56 Unmarried Yes Yes Yes Yes Yes Less than 2 52 124.46 Unmarried No No Yes Yes No	25-30	65	165.1 Married	Yes	No	No	No	Yes
20-25 90 170.18 Unmarried Yes No Yes Yes No 20-25 49 162.56 Unmarried Yes Yes Yes Yes Yes Yes Less than 2 52 124.46 Unmarried No No Yes Yes No	20-25	55	162.56 Unmarried	No	No	Yes	Yes	No
20-25 49 162.56 Unmarried Yes Yes Yes Yes Yes Less than 2 52 124.46 Unmarried No No Yes Yes No	Less than 2	49	157.48 Unmarried	No	No	No	Yes	No
Less than 2 52 124.46 Unmarried No No Yes Yes No	20-25	90	170.18 Unmarried	Yes	No	Yes	Yes	No
	20-25	49	162.56 Unmarried	Yes	Yes	Yes	Yes	Yes
20-25 68 162.56 Unmarried No No Yes Yes No	Less than 2	52	124.46 Unmarried	No	No	Yes	Yes	No
	20-25	68	162.56 Unmarried	No	No	Yes	Yes	No

Hirsutism	Mental_He	e Conception	Insulin_Re	Diabetes	Childhood	_Cardiovasc Diet_Bre	ad Diet_Mil	k_
No	Yes	No	No	No	No	No	7	7
No	No	No	No	No	No	No	4	4
Yes	Yes	No	No	No	Yes	No	6	2
Yes	Yes	Yes, not di	No	No	Yes	No	2	3
No	Yes	No	No	No	Yes	No	4	7
No	Yes	No	No	No	Yes	No	7	3
Yes	Yes	No	No	No	Yes	No	7	2
No	Yes	No	No	No	No	No	7	5
Yes	Yes	Yes, diagno	Yes	No	Yes	No	7	2
No	Yes	No	No	No	Yes	No	1	0
No	No	No	No	No	No	No	7	1
Yes	Yes	Yes, diagno	No	No	Yes	No	3	1
No	Yes	Yes, not di	No	No	No	Yes	7	0
Yes	Yes	No	Yes	No	Yes	No	3	1
No	Yes	No	No	No	Yes	No	7	5
Yes	Yes	No	Yes	No	Yes	No	7	7
Yes	No	No	No	No	No	No	7	3
Yes	Yes	No	No	No	No	No	5	7
Yes	Yes	No	Yes	No	Yes	No	6	1
No	Yes	No	No	No	No	No	3	4
No	Yes	No	No	No	Yes	No	3	0
No	Yes	No	No	No	Yes	No	7	7
No	Yes	No	No	No	No	No	5	3
No	Yes	Yes, not di		No	No	No	7	7
No	Yes	Yes, not di		No	Yes	No	3	1
No	Yes	No	No	No	No	No	7	7
No	Yes	No	No	No	No	No	3	1
Yes	Yes	No	No	No	Yes	No	7	7
No	No	No	No	No	No	No	7	7
No	No	No	No	No	No	No	7	7
Yes	No	No	No	No	No	No	7	6
No	Yes	No	No	No	Yes	No	7	1
No	Yes	No	No	No	Yes	No	5	7
No	Yes	No	No	No	Yes	No	1	1
Yes	Yes	No	No	No	Yes	No	6	6
No	Yes	No	No	No	No	No	7	3
No	Yes	No	No	No	No	No	7	4
No	No	No	No	No	No	No	7	7
No	No	No	No	No	No	No	7	1
No	No	No	No	No	No	No	7	2
No	No	No	No	No	No	No	6	6
No	No	No	No	No	No	No	7	6
No	Yes	Yes, not dia		No	No	No	7	7
No	No	No	No	No	No	No	7	3
Yes	No	No	No	No	No	No	7	3
Yes	No	No	No	No	No	No	1	0

	No	Yes	No	No	No	Yes	No	7	1
	No	Yes	No	No	No	Yes	No		7
	No	Yes	No	No	No	No	No	4	7
	No	Yes	No	No	No	Yes	No	7	3
	No		No	No			No	7	7
	No		No	No	No		No	7	7
	No		No	No	No		No		7
	No		No	No	No		No		6
	No		No	No			No	6	1
	No		No	Yes			No		4
	No		No	No		Yes	No		0
	Yes		No	No	No		No		5
	No		No	No	No		No		0
	No		No	No	No		No, Yes, no		7
	Yes		No	Yes			No		7
	No No		No	No		Yes	No		3
	No		No	No	No	No	No		1
	No	Yes	No	No	No	No	No		2
	No		No	No	No		No	7	3
	Yes		Yes, not dia		No		Yes		7
	Yes		No	No		Yes	No		7
	No		No	No	No		No		4
	No		No	No	No	No	No		1
	No		No	No	No		No	7	7
	No	Yes	No	No			No		6
	No	Yes	No	No	No	No	No		2
	No	Yes	No	No	No	Yes	No	4	0
•	Yes	Yes	No	No	No	No	No	6	1
	No	No	No	No	No	No	No	1	1
	No, Yes, no	Yes	No	No	No	No	No	7	2
	No	Yes	No	Yes	No	Yes	No	3	5
	No	Yes	No	No	No	No	No	7	5
•	Yes	Yes	No	No	No	Yes	No	7	3
,	Yes	Yes	No	Yes	No	Yes	No	7	4
	No	Yes	No	No	No	Yes	No	2	2
	No	No	No	No	No	No, Yes, no	No	3	1
	No	Yes	No	No	No	No	No	7	1
	No	Yes	No	No	No	No	No	7	7
	No	Yes	No	No	No	No	No	4	3
	No	No	No	No	No	No	No	5	5
	Yes	No	No	No	No	No	No		7
	No		No	No	No		No		4
	No		No	No	No		No		0
	No		No	No	No		No		3
	No		No	No	No		No		7
							No		2
	No		No		No		No		3
	-	- -	· -			· -	÷		-

No	No	No	Yes	No	No	No	7	5	
No	No	No	No	No	No	No	7	3	
Yes	Yes		t dia Yes	Yes	Yes	Yes	3	3	
No	No	No	No	No	No	No	7	7	
No	No	No	No	No	No	No	2	1	
No	Yes	No	No	No	Yes	No	7	4	
				No					
Yes	Yes	No	No		No No	No	5 7	1 7	
No	Yes	No	No	No	No	No			
Yes	Yes	No	No	No	No	No	7	4	
Yes	Yes	No	No	No	Yes	No	5	3	
No	No	No	No	No	No	No	7	7	
Yes	No			s, no No, Yes	, no Yes	No	2	1	
No	Yes	No	No	No	Yes	No	7	7	
No	Yes	No	No	No	No	No	3	0	
No	No	No	No	No	No	No	7	5	
No	Yes	No	No	No	No	No	7	7	
No	Yes	No	No	No	No	No	7	7	
No	Yes	No	No	No	Yes	No	4	1	
No	Yes	No	No	No	Yes	No	6	1	
Yes	Yes	No	No	No	No, Yes	s, no No	7	7	
No	No	No	No	No	No	No	7	4	
Yes	Yes	No	No	No	Yes	No	5	2	
Yes	Yes	Yes, dia	agno Yes	Yes	Yes	Yes	7	0	
No	Yes	No	No	No	Yes	No	6	0	
No	Yes	No	No	No	No	No	7	1	
No	Yes	No	No	No	No	No	7	7	
No	Yes	Yes, no		No	No	No	4	2	
No	No	No	No	No	No	No	7	7	
Yes	Yes	No	Yes	Yes	No	No	2	2	
No	Yes	No	No	No	No	No	7	7	
	s, no Yes	No	No	No	Yes	No	6	3	
No.	No No	No	No	No	No	No	4	2	
Yes	Yes	No	No	No	Yes	No	7	0	
Yes	Yes	No	Yes	No	No	No	1	1	
Yes	Yes	No	Yes	No	Yes	No	7	4	
				No	No		2		
No	Yes	No	No			No	7	1	
No	Yes	No	No t diayon	No	No	No		3 7	
Yes	Yes		t dia Yes	No	No	No	7		
No	No	No	No	No	Yes	No	0	1	
No	Yes	No	No	No	Yes	No	7	7	
No	Yes		t dia No	No	No	No	7	0	
No	Yes	No	No	No	Yes	No	7	7	
Yes	No	No	No	No	No	No	7	3	
Yes	Yes		t dia No	No	Yes	No	3	2	
No	Yes	No	No	No	No	No	1	1	
No	Yes		t dia No	No	Yes	No	2	5	
No	Yes	No	No	No	No	No	7	0	

No	Yes	No	No	No	No	No	7	3
No	Yes	Yes, not di	ε No	No	No	No	7	2
No	Yes	No	No	No	No	No	4	3
Yes	Yes	Yes, not di	ε No	No	Yes	No	1	0
No	No	No	No	No	No	No	2	2
No	No	No	Yes	No	No	No	2	3
No	Yes	Yes, not di	ε No	No	Yes	No	7	6
No	No	No	No	No	No	No	7	7
No	Yes	Yes, not di	ε No	No	Yes	No	7	1
No	No	No	No	No	Yes	No	7	1
Yes	Yes	No	No	No	No	No	7	7
No	No	No	No	No	Yes	No	7	7
No	No	No	No	No	No	No	1	7
No	No	No	No	No	No	No	1	1
No	No	No	No	No	No	No	1	0
Yes	Yes	Yes, diagn	o No	No	Yes	No	6	3
No	Yes	No	No	No	No	No	7	1
No	Yes	No	No	No	No	No	7	7
Yes	Yes	No	No	No	Yes	No	7	5
Yes	No	No	Yes	No	No	No	7	7
No	Yes	No	No	No	No	No	7	7
No	Yes	No	No	No	No	No	2	2
Yes	No	No	No	No	No	No	6	5
No	Yes	No	No	No	No	No	1	1
Yes	Yes	Yes, not di	٤Yes	No	No	No	5	1
No	Yes	No	No	No	No	No	2	3
No	Yes	Yes, diagn	o Yes	No	No	Yes	2	3
No	No	No	No	No	No	No	7	7
Yes	Yes	No	Yes	No	Yes	No	7	6
No	Yes	No	No	No	Yes	No	2	1
Yes	Yes	Yes, diagn	o No	No	No	No	7	4
No	Yes	No	No	No	No	No	3	0
No	No	No	No	No	No	No	7	5

Diet_Fruits Diet	Veget Diet	Starch Diet	NonSt Diet	Fats Die	t SweelDiet	Fried Diet	Tea (Diet	Multi
_ 2	2	_ 3	1	- 7	3	3	 7	- 0
4	4	4	2	4	0	1	0	0
1	3	2	1	7	1	3	7	0
1	2	5	3	5	5	5	7	1
2	3	4	4	6	2	3	5	0
2	4	3	5	4	1	2	7	0
2	6	1	2	4	1	2	7	0
1	4	1	2	4	1	2	7	0
2	4	7	0	7	7	7	1	0
0	0	0	1	1	0	1	1	1
3	5	3	3	2	5	2	7	0
3	3	2	0	2	1	1	1	0
0	2	2	0	2	3	5	7	7
4	1	1	1	2	1	4	7	0
5	7	4	5	7	4	0	7	0
4	5	4	3	7	1	1	7	0
2	5	5	3	7	2	4	2	0
7	7	7	5	7	4	5	7	4
2	1	3	2	3	3	2	2	0
0	2	3	3	5	6	3	7	7
1	2	2	3	7	2	6	6	0
3	2	2	2	7	7	7	7	0
6	3	6	4	5	1	1	7	6
7	6	5	6	6	6	4	6	0
1	1	2	1	1	1	2	1	1
4	4	5	4	7	4	5	7	5
5	5	1	2	1	1	1	7	0
3	4	4	4	7	7	3	7	0
3	3	3	3	7	5	2	7	0
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4	6	7	6	7	5	4	0	0
1	2	2	1	0	2	3	7	6
2	4	2	2	3	5	2	7	0
0	0	1	0	1	1	1	1	0
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7	4	3	5	7	4	3	2	6
6	7	4	0	4	4	5	5	0
5	5	5	4	6	6	6	7	2
2	3	4	2	2	7	1	7	0
5	3	2	2	7	2	2	0	0
4	5	6	5	7	1	2	1	1
7	5	5	4	7	2	2	4	1
6	7	5	5	7	7	3	0	0
5	4	3	2	7	7	5	7	0
1	4	3	1	2	1	1	3	0
1	1	1	1	1	1	1	1	1

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3	3	3	3	4	1	2	7	5
7	3	3	3	3	3	4	7	0
1	1	3	0	6	3	0	6	0
4	4	0	0	1	0	1	7	6
2	2	2	1	2	3	3	7	0
5	4	7	5	7	6	2	6	0
							O	
6	6	5	5	7	6	4	0	0
1	7	7	7	7	2	2	1	0
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2	4	4	2	6	6	4	5	0
	7	2				2	7	
0	7		0	4	1	3	/	4
4	6	2	2	2	2	4	4	3
						4		
2	2	0	0	2	4	4	7	0
7	4	4	1	2	2	3	7	1
2	2	2	2	7	2	1	7	7
1	4	3	3	3	3	3	4	0
1	2	4	3	7	6	1	0	7
3	2	1	0	1	2	2	1	2
2	4	4	3	4	4	4	7	0
2	2	7	1	5	5	5	5	2
1	6	7	4	7	7	7	7	7
2	3	2	1	7	5	5	7	0
2	2	1	2	4	3	4	1	0
4	2	2	2	7	7	5	5	3
2	3	2	2	7	3	4	7	0
4	1	5	0	2	4	7	7	0
3	2	3	2	3	4	2	5	0
3	4	2	4	6	5	5	7	1
1	1	2	1	1	1	1	1	1
7	7	7	6	5	5	5	6	3
2	2	c	_	_	_	_	_	_
2	2	6	6	6	/	/	/	0
5	5	2	2	7	7	5	5	0
2	5	0	4	4	3	2	0	2
4	3	2	2	5	6	6	6	3
5	1	1	0	1	1	4	1	0
2	1	1	2	4	1	2	1	0
3	4	3	1	3	4	5	7	7
4	2	4	2	6	3	1	7	0
7	3	6	0	3	7	7	2	3
5	7	5	3	3	2	3	3	0
1	3	1	1	2	2	1	7	7
3	7	4	2	6	5	5	0	0
1	1	1	1	1	3	1	7	1
5	2	1	2	7	4	3	6	0
2	4	3	2	1	1	1	2	0
3	3	3	2	7	3	1	7	7
1	2	5	2	3	6	6	2	0
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4	4	2	5	7	3	3	2	0
3	5	3	3	7	2	3	0	0
2	2	2	2	2	3	3	2	3
3	3	3	3	3	3	3	3	3
7	5	4	3	7	4	5	2	0
2	2	2	1	2	2	2	2	1
4	5	6	4	6	4	1	7	4
4			2				-	
1	3	3	3	5	1	2	7	7
4	4	7	4	7	7	1	7	0
4	4	,	4		,	_	,	U
2	2	3	3	6	6	0	7	0
2	3	3	2	3	3	2	7	0
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7	7	7	6	7	7	7	7	0
1	2	0	2	1	1	1	2	0
_	2	U	2		1		2	U
2	3	4	4	7	7	4	7	4
0	0	0	0	1	7	7	6	0
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7	5	1	1	4	2	2	0	5
4	4	4	3	7	7	6	7	5
4	4	4	3	,	,	U	,	3
7	5	2	5	7	2	0	7	0
2	4	2	2	5	1	0	7	0
0	1	4	1	7	7	5	7	2
_	_	_	_	_	4	_	7	1
5	5	5	5	6	4	5	7	1
5	6	1	1	7	6	7	1	0
5	U	_	_		U		_	U
3	3	4	3	7	6	4	0	0
0	5	2	4	7	0	7	0	7
			•	•	•		_	•
1	4	1	2	2	3	2	7	0
0	6	6	4	4	2	4	1	0
U	O	O	4	4	Z	4	1	U
4	3	5	3	5	7	7	7	0
4	3	2	1	5	2	3	1	0
_			•					
6	5	5	6	7	7	6	7	0
1	1	1	1	2	2	0	2	1
Т	1	1	1		Z		2	
7	5	4	4	7	7	5	2	7
		•						
2	3	4	2	6	6	5	7	7
3	4	3	3	4	4	4	1	0
2	2	2	2	2	1	4	7	0
1	0	1	0	1	1	1	1	0
4	4	4	3	7	3	1	3	0
	4							
1	1	2	1	1	1	1	1	1
3	3	3	1	7	6	4	6	0
0	4	3	2	5	5	5	7	0
0	2	1	0	2	2	2	2	0
3	2	1	1	6	2	1	7	0
7	5	3	3	2	5	1	7	7
7	7	7	7	7	7	7	7	7
3	4	4	3	7	7	4	1	0
4	3	1	0	3	4	3	7	0
1	1	1	1	1	1	1	1	1
3	5	1	0	6	2	5	7	0
1	5	4	3	6	7	4	7	0

4	3	3	3	7	4	1	7	1
2	2	4	3	7	6	7	7	3
3	3	2	0	4	1	2	1	0
0	1	1	1	1	1	1	0	0
2	2	2	2	2	2	2	2	2
3	4	3	1	6	6	3	7	2
4	4	4	4	7	3	3	7	0
6	3	3	3	4	6	3	7	0
1	3	1	1	2	5	5	2	0
2	3	2	3	7	7	4	7	0
2	4	4	3	7	7	1	7	4
3	2	1	1	7	7	5	7	0
7	2	2	3	2	1	7	7	0
1	1	1	1	1	1	1	1	0
0	1	1	1	1	1	0	1	0
1	0	1	4	3	6	6	0	0
3	4	2	3	1	1	4	3	0
1	6	6	6	6	6	6	7	0
1	7	7	7	7	7	7	3	7
2	3	1	1	3	1	2	6	0
7	5	6	4	7	7	6	7	0
2	2	2	2	2	2	2	2	2
3	3	3	2	4	2	0	0	0
1	1	1	1	1	1	1	1	1
4	4	4	3	5	4	3	7	0
4	6	3	1	6	2	6	0	0
5	3	3	4	3	2	2	2	1
7	2	0	0	3	5	5	5	6
7	5	4	2	3	1	1	7	0
1	1	1	0	1	1	1	2	0
4	6	7	6	7	7	2	2	1
2	2	3	1	2	2	2	7	0
4	3	3	2	6	2	1	6	0

Vegetaria	n Exercise_F	r Exercise_T\Exercise_D Sleep_Hou Stress_Lev(Smo	king Exercise_B:PCOS_Med
No	Rarely	Cardio (e.g. 30 minutes Less than 6 No No	Somewhat No.
No	Daily	No Exercise Less than 3 6-8 hours No No	Somewhat No.
No	Rarely	Cardio (e.g. Less than 3 6-8 hours Yes No	Somewhat No.
No	Never	No Exercise Not Applica 6-8 hours Yes No	Somewhat No.
No	Daily	Cardio (e.g. 30 minutes 6-8 hours Yes No	Not at All No.
No	Rarely	No Exercise Not Applica 6-8 hours Yes No	Not Much No.
No	Never	No Exercise Not Applica Less than 6 Yes No	Somewhat No.
No	1-2 Times	a Cardio (e.g. 30 minutes Less than 6 Yes No	Somewhat No.
No	Rarely	No Exercise Not Applica Less than 6 Yes No	Somewhat No.
No	Never	No Exercise Not Applica Less than 6 Yes No	Not at All No.
No	Rarely	No Exercise Less than 3 Less than 6 Yes No	Somewhat No.
No	Rarely	No Exercise Not Applica Less than 6 Yes No	Somewhat Yes but rn
Yes	Daily	Cardio (e.g. More than Less than 6 Yes No	Yes Signific No.
No	3-4 Times	a Cardio (e.g. 30 minutes 6-8 hours Yes No	Somewhat No.
No	3-4 Times	a Flexibility a 30 minutes 6-8 hours Yes No	Yes Signific No.
No	Rarely	High-intens Less than 3 Less than 6 Yes No	Not Much Glucophage
No	Rarely	Flexibility a Not Applica 6-8 hours Yes No	Not at All No.
No	1-2 Times	a Flexibility a 30 minutes Less than 6 Yes No	Not Much No.
No	Rarely	No Exercise Not Applica 6-8 hours Yes No	Yes Signific No.
No	Rarely	Cardio (e.g. 30 minutes Less than 6 Yes No	Somewhat No.
No	Rarely	No Exercise Less than 3 Less than 6 Yes No	Not Much No.
No	Rarely	Cardio (e.g. Less than 3 Less than 6 Yes No	Yes Signific I used to ta
No	Daily	Cardio (e.g. 30 minutes 6-8 hours Yes No	Somewhat No.
No	Never	No Exercise Not Applica 9-12 hours Yes No	Yes Signific No.
No	Rarely	Flexibility a Less than 3 Less than 6 Yes No	Somewhat No.
No	Never	No Exercise Not Applica 6-8 hours Yes No	Somewhat No.
No	Daily	Cardio (e.g. More than 6-8 hours Yes No	Somewhat No.
No	Rarely	No Exercise Not Applica 9-12 hours Yes No	Somewhat No.
No	Rarely	Cardio (e.g. Less than 3 Less than 6 Yes No	Somewhat No.
Yes	Rarely	Flexibility a Not Applica 6-8 hours Yes No	Yes Signific No.
No	Daily	Cardio (e.g. Less than 3 6-8 hours No No	Somewhat No.
No	Rarely	High-intens 30 minutes 6-8 hours Yes No	Somewhat No.
No	Rarely	No Exercise Not Applice 6-8 hours Yes No	Somewhat No.
No	Never	No Exercise Not Applica Less than 6 Yes No	Not at All No.
No	1-2 Times	a Cardio (e.g. Less than 3 Less than 6 Yes No	Yes Signific Yes, hormo
No	1-2 Times	a Cardio (e.g. Less than 3 6-8 hours No No	Not at All No.
No	Rarely	No Exercise Not Applica 6-8 hours Yes No	Somewhat No.
No	1-2 Times	a Cardio (e.g. More than 9-12 hours Yes No	Somewhat No.
No	Rarely	No Exercise Not Applica Less than 6 No No	Somewhat No.
No	Rarely	No Exercise Not Applica Less than 6 No No	Somewhat No.
No	Rarely	No Exercise Not Applice 6-8 hours No No	Somewhat No.
No	Rarely	No Exercise Less than 3 6-8 hours Yes No	Somewhat No.
No		a Flexibility a Less than 3 6-8 hours No No	Somewhat No.
No	Never	No Exercise Not Applice 6-8 hours Yes No	Somewhat No.
No	Rarely	No Exercise Not Applica Less than 6 Yes No	Not at All No.
No	Rarely	No Exercise Less than 3 6-8 hours Yes No	Not at All No.

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No
           1-2 Times a Cardio (e.g. 30 minutes 6-8 hours No
                                                                              Somewhat No.
                                                                  No
                                                                  Yes
No
           3-4 Times a Cardio (e.g. 30 minutes 6-8 hours Yes
                                                                              Somewhat No.
                                                                             Yes Signific No.
No
           3-4 Times a Cardio (e.g. 30 minutes 6-8 hours Yes
                                                                  No
No
           3-4 Times a Cardio (e.g. 30 minutes Less than 6 Yes
                                                                  No
                                                                              Somewhat No.
No
           3-4 Times a Cardio (e.g. More than Less than 6 Yes
                                                                  No
                                                                             Somewhat No.
Yes
           1-2 Times a No Exercise Less than 3 6-8 hours Yes
                                                                  No
                                                                             Somewhat No.
No
           1-2 Times a Cardio (e.g. 30 minutes Less than 6 Yes
                                                                  No
                                                                              Somewhat No.
No
                      No Exercise Less than 3 Less than 6 Yes
                                                                  No
                                                                              Somewhat I took as en
           3-4 Times a Flexibility a Less than 39-12 hours Yes
                                                                             Somewhat No.
No
                                                                  No
No
           1-2 Times a Cardio (e.g. 30 minutes Less than 6 Yes
                                                                  No
                                                                             Somewhat No.
No
           Rarely
                      No Exercise Not Applica 6-8 hours Yes
                                                                  No
                                                                             Somewhat No.
No
           Rarely
                      Flexibility a Less than 3 6-8 hours
                                                                  No
                                                                              Somewhat No.
No
           Never
                      No Exercise Not Applica 6-8 hours Yes
                                                                  No
                                                                             Somewhat No.
No
           Daily
                      Cardio (e.g Less than 3 6-8 hours No
                                                                  No
                                                                             Somewhat No.
No
           Rarely
                      Cardio (e.g. Less than 3 6-8 hours Yes
                                                                  No
                                                                              Not Much No.
No
           Rarely
                      No Exercise 30 minutes 6-8 hours Yes
                                                                  No
                                                                             Somewhat No.
No
           Rarely
                      No Exercise Not Applica 6-8 hours Yes
                                                                  No
                                                                             Somewhat No.
No
           Rarely
                      No Exercise Not Applica 6-8 hours No
                                                                  No
                                                                             Somewhat No.
No
           Rarely
                      Cardio (e.g. Less than 39-12 hours Yes
                                                                  No
                                                                             Somewhat No.
No
           Never
                      No Exercise Less than 36-8 hours Yes
                                                                  No
                                                                              Not Much No.
No
           Rarely
                      Cardio (e.g. 30 minutes Less than 6 Yes
                                                                  No
                                                                             Somewhat No.
No
           Rarely
                      Flexibility a Less than 3 Less than 6 No
                                                                  No
                                                                             Somewhat No.
No
                                                                  No
                                                                             Somewhat No.
           1-2 Times a Cardio (e.g. 30 minutes 6-8 hours No
No
           Daily
                      Cardio (e.g. 30 minutes 6-8 hours Yes
                                                                  No
                                                                             Somewhat No.
No
           Rarely
                      No Exercise Less than 39-12 hours No
                                                                  No
                                                                             Somewhat No.
No
           Rarely
                      No Exercise Not Applica Less than 6 Yes
                                                                  No
                                                                             Somewhat No.
                                                                             Somewhat No.
No
           Rarely
                      Cardio (e.g. 30 minutes 6-8 hours Yes
                                                                  No
No
           3-4 Times a Cardio (e.g. Less than 3 Less than 6 Yes
                                                                  No
                                                                              Not Much No.
No
           1-2 Times a Strength traless than 3 6-8 hours No
                                                                  No
                                                                             Somewhat No.
No
           1-2 Times a Cardio (e.g. 30 minutes 9-12 hours Yes
                                                                  No
                                                                              Somewhat No.
No
           Rarely
                      No Exercise Not Applica 6-8 hours Yes
                                                                  No
                                                                              Not Much No.
No
           Daily
                      Cardio (e.g. 30 minutes 6-8 hours Yes
                                                                  No
                                                                             Somewhat No.
Yes
           1-2 Times a Strength tra More than 6-8 hours No
                                                                  No
                                                                             Somewhat No.
Yes
           Rarely
                      No Exercise Not Applica 6-8 hours No
                                                                  No
                                                                             Somewhat No.
                                                                              Not at All No.
No
           1-2 Times a Cardio (e.g. 30 minutes Less than 6 Yes
                                                                  No
No
           Rarely
                      Flexibility a Less than 3 6-8 hours Yes
                                                                  No
                                                                              Somewhat No.
No
           Never
                      No Exercise Not Applica 6-8 hours No
                                                                  No
                                                                             Somewhat No.
No
           1-2 Times a Cardio (e.g. Less than 3 Less than 6 Yes
                                                                  No
                                                                             Somewhat No.
Yes
           1-2 Times a Flexibility a 30 minutes 6-8 hours Yes
                                                                  No
                                                                             Yes Signific No.
No
           Rarely
                      No Exercise Not Applica 6-8 hours No
                                                                  No
                                                                             Yes Signific No.
No
           Rarely
                      No Exercise Not Applica 6-8 hours Yes
                                                                  No
                                                                             Somewhat No.
No
           Rarely
                      No Exercise Not Applica 6-8 hours No
                                                                  No
                                                                              Not at All No.
No
           3-4 Times a Cardio (e.g. 30 minutes 6-8 hours No
                                                                  No
                                                                             Somewhat No.
No
           1-2 Times a Cardio (e.g. 30 minutes 6-8 hours
                                                                  No
                                                                              Somewhat No.
No
           Never
                      No Exercise Not Applica 6-8 hours No
                                                                  No
                                                                             Somewhat No.
No
           3-4 Times a Cardio (e.g. More than 6-8 hours Yes
                                                                  No
                                                                             Somewhat Multivitami
           Rarely
No
                      Flexibility a 30 minutes 9-12 hours No
                                                                  No
                                                                             Yes Signific No.
```

Yes	1-2 Times a	Cardio (e.g. Less than 3 Less than 6	Yes	No	Somewhat	No.
No	Rarely	No Exercise Less than 3 6-8 hours	No	No	Somewhat	
No	Rarely	No Exercise Not Applica 6-8 hours	Yes	No	Somewhat	No.
No	Daily	No Exercise Less than 3 6-8 hours	No	No	Yes Signific	No.
No	Daily	Cardio (e.g. 30 minutes 6-8 hours	Yes	No	Somewhat	
No	•	Cardio (e.g. 30 minutes 6-8 hours	Yes	No	Somewhat	No.
No	Daily	Cardio (e.g. 30 minutes 6-8 hours	Yes	No	Somewhat	
No	, Never	No Exercise Not Applica 6-8 hours	Yes	No	Somewhat	
No	1-2 Times a	Strength tr:30 minutes 6-8 hours	Yes	Yes	Not Much	
No	Rarely	Flexibility a Less than 3 6-8 hours	Yes	No	Not at All	No.
No	Rarely	Strength tr: 30 minutes 6-8 hours	No	No	Somewhat	
Yes	Rarely	Strength tr: Not Applica 6-8 hours	Yes	No	Not Much	
No	Rarely		Yes	No	Yes Signific	
No	Never	No Exercise Not Applica More than		No	Somewhat	
No		Flexibility a Less than 3 6-8 hours	No	No	Somewhat	
No	Rarely	· · · · · · · · · · · · · · · · · · ·	Yes	No		No.
No	•	• • • • • • • • • • • • • • • • • • • •	Yes	No		No.
No	Never	No Exercise Not Applica 6-8 hours	Yes	No		No.
No		• •	No	No	Somewhat	
No		Cardio (e.g Less than 39-12 hours		No	Somewhat	
No	Rarely	Cardio (e.g. Less than 3 6-8 hours		No	Somewhat	
No	Never	No Exercise Not Applica Less than 6		No	Not Much	
No	Never	No Exercise Not Applica 6-8 hours		No	Not Mach	
Yes	Rarely	No Exercise Not Applica 9-12 hours		No	Somewhat	-
Yes	•	: No Exercise Not Applice 6-8 hours		No	Somewhat	
No	Rarely	Cardio (e.g. Less than 39-12 hours		No	Yes Signific	
No	Never	No Exercise Not Applica 6-8 hours		No	Somewhat	
No	Daily	Flexibility a Less than 3 Less than 6		No	Somewhat	
No	•	: Cardio (e.g. 30 minutes 6-8 hours		No	Somewhat	
No	Rarely	Strength tr: Less than 3 6-8 hours		No	Yes Signific	
No	Never			No	Yes Signific	
		No Exercise Not Applica 6-8 hours Cardio (e.g. Less than 3 6-8 hours			_	
No		, •		No	Somewhat	
No	Never	No Exercise Not Applica Less than 6		No	Somewhat	
No	Daily	Cardio (e.g. 30 minutes 6-8 hours		No	Somewhat Somewhat	
No	Never	No Exercise Not Applica Less than 6		No		
No	Rarely	No Exercise Not Applica 6-8 hours		No	Somewhat	
No	Never	No Exercise Not Applica 6-8 hours	No	No	Somewhat	
No	Rarely	` ` `	Yes	No	Yes Signific	
No	Never		No	No	Not at All	
No	Daily		No	No	Somewhat	
No	Daily	Cardio (e.g. 30 minutes Less than 6		No	Yes Signific	
No	Rarely	No Exercise Not Applica 6-8 hours		No	Not at All	
No	Daily	Flexibility a Less than 3 6-8 hours		No	Somewhat	
No		Cardio (e.g. Not Applica Less than 6		No	Yes Signific	
No	Never	No Exercise Not Applica Less than 6		No	Not at All	
Yes		Strength tr More than Less than 6		No	Yes Signific	
No	Daily	No Exercise Not Applica 6-8 hours	Yes	No	Somewhat	No.

No	Never	No Exercis∈ Not Applic∈ 6-8 hours No	No	Somewhat No.
No	Rarely	Strength tri Less than 3 6-8 hours No	No	Not Much No.
No	Rarely	No Exercise Not Applica 6-8 hours Yes	No	Somewhat No.
No	Daily	Cardio (e.g 30 minutes Less than 6 Yes	No	Yes Signific No.
No	Rarely	Cardio (e.g. Less than 3 6-8 hours No	No	Not Much No.
Yes	Rarely	Cardio (e.g More than Less than 6 No	No	Somewhat No.
Yes	Rarely	No Exercise Not Applica Less than 6 No	No	Somewhat No.
No	Rarely	Cardio (e.g. 30 minutes 6-8 hours No	No	Yes Signific No.
No	Rarely	No Exercis∈ Not Applic 9-12 hours Yes	No	Not Much No.
No	Rarely	No Exercise Not Applice 6-8 hours No	No	Not at All No.
Yes	Rarely	Cardio (e.g Less than 36-8 hours Yes	No	Somewhat No.
No	Never	No Exercise Not Applica 6-8 hours Yes	No	Somewhat No.
No	3-4 Times	s a No Exercise Less than 36-8 hours No	No	Not Much No.
No	Rarely	No Exercise Not Applica Less than 6 No	No	Somewhat No.
Yes	Rarely	Cardio (e.g. 30 minutes 6-8 hours No	No	Yes Signific No.
No	Rarely	Cardio (e.g Less than 39-12 hours Yes	No	Not Much No.
No	Rarely	Cardio (e.g. 30 minutes 6-8 hours No	No	Somewhat No.
No	1-2 Time	s a No Exercise Not Applica Less than 6 Yes	No	Yes Signific No.
No	Never	Cardio (e.g Not Applica 6-8 hours Yes	No	Not at All No.
No	1-2 Time:	s a Cardio (e.g. 30 minutes 6-8 hours No	No	Somewhat No.
No	3-4 Times	s a Cardio (e.g. Less than 3 6-8 hours No	No	Yes Signific No.
No	3-4 Times	s a Strength tra 30 minutes 6-8 hours Yes	No	Somewhat No.
No	Rarely	Cardio (e.g Less than 3 6-8 hours No	No	Somewhat No.
No	Rarely	No Exercise Not Applica 6-8 hours Yes	No	Not Much No.
No	Rarely	No Exercise Not Applica Less than 6 Yes	No	Somewhat No.
No	Rarely	Flexibility a Not Applica 6-8 hours No	No	Somewhat No.
Yes	1-2 Time:	s a Cardio (e.g Less than 39-12 hours No	No	Yes Signific No.
No	Rarely	Cardio (e.g Less than 3 6-8 hours No	No	Somewhat No.
No	Rarely	Cardio (e.g. 30 minutes 6-8 hours No	No	Somewhat No.
No	3-4 Times	s a High-intens 30 minutes 6-8 hours Yes	No	Somewhat No.
No	Rarely	Flexibility a Not Applica 6-8 hours No	No	Not Much No.
No	Rarely	Cardio (e.g. 30 minutes Less than 6 Yes	No	Somewhat No.
No	1-2 Times	s a Cardio (e.g. 30 minutes Less than 6 Yes	No	Somewhat No.

ication
i stopped medication and start organic seeds that helps me a lot
5
ke medicine for almost two years, but it had no significant effects. One thing I added to my daily routine
nal therapy (e.g., birth control pills)
nat therapy (e.g., antheomior pina)





