

Age	Weight_kg	Height_ft	Marital_St	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	157.48	Unmarried	No	No	No	No	No
20-25	84	172.72	Unmarried	Yes	No	Yes	Yes	Yes
20-25	70	165.1	Unmarried	Yes	Yes	Yes	Yes	No
20-25	60	165.1	Unmarried	No	No	No	No	No
20-25	70	157.48	Unmarried	Yes	No	Yes	Yes	No
Less than 2	54	160.02	Unmarried	No	No	Yes	Yes	No
20-25	73	157.48	Unmarried	Yes	No	Yes	Yes	Yes
20-25	70	170.18	Married	No	No	Yes	Yes	No
20-25	65	154.94	Unmarried	Yes	No	Yes	Yes	No
Less than 2	37	154.94	Unmarried	No	No	No	No	No
Less than 2	65	162.56	Unmarried	No	No	No	Yes	No
20-25	70	170.18	Unmarried	No	No	Yes	No	No
Less than 2	49	170.18	Unmarried	No	No	No	Yes	No
Less than 2	50	157.48	Unmarried	No	No	No	Yes	No
20-25	60	170.18	Unmarried	Yes	No	Yes	Yes	Yes
20-25	47	160.02	Unmarried	No	No	No	No	No
45 and abo	60	152.4	Married	No	No	Yes	Yes	No
20-25	38	152.4	Unmarried	No	Yes	Yes	Yes	No
45 and abo	75	175.26	Married	No	No	Yes	Yes	No
Less than 2	55	160.02	Unmarried	No	No	Yes	Yes	No
Less than 2	55	167.64	Unmarried	No	No	No	Yes	No
20-25	52	144.78	Unmarried	No	No	Yes	Yes	No
Less than 2	40	165.1	Unmarried	No	No	No	No	No
20-25	47	167.64	Unmarried	No	No	No	Yes	No
30-35	86	170.18	Married	No	No	No	Yes	No
Less than 2	55	167.64	Unmarried	No	Yes	No	No	No
Less than 2	54	162.56	Unmarried	No	No	Yes	No	No
20-25	45	154.94	Unmarried	Yes	No	Yes	Yes	Yes
45 and abo	68	154.94	Married	No	No	No	No	No
20-25	50	170.18	Unmarried	Yes	No	Yes	Yes	No
20-25	115	165.1	Unmarried	No	No	Yes	No	No
35-44	64	157.48	Married	No	No	No	No	No
20-25	42	157.48	Unmarried	No	No	Yes	No	No
20-25	42	147.32	Unmarried	No	No	No	No	No
20-25	45	154.94	Unmarried	No	No	No	No	No
20-25	54	162.56	Unmarried	No	Yes	No	No	No
20-25	53	167.64	Unmarried	No	No	No	No	No
20-25	65	170.18	Unmarried	No	No	No	No	No
20-25	45	129.54	Unmarried	No	No	No	No	No

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

Less than 2	45	157.48	Unmarried	No, Yes, no	No	Yes	No	No
20-25	49	162.56	Unmarried	No	No	Yes	No	No
Less than 2	50	152.4	Unmarried	Yes	Yes	Yes	Yes	Yes
20-25	59	162.56	Unmarried	No	No	Yes	Yes	No
Less than 2	42	157.48	Unmarried	No	No	No	No	No
25-30	51	162.56	Unmarried	No	No	No	No	No
Less than 2	44	170.18	Unmarried	No	No	No	Yes	No
Less than 2	60	160.02	Unmarried	No	No	No	No	No
Less than 2	60	157.48	Unmarried	Yes	No	Yes	Yes	Yes
20-25	49	149.86	Unmarried	Yes	Yes	Yes	Yes	Yes
Less than 2	51	162.56	Unmarried	No	Yes	No	No	Yes
Less than 2	55	165.1	Widow	No	No	No	Yes	No
20-25	56	152.4	Unmarried	No	No	Yes	No	No
20-25	60	182.88	Unmarried	No	No	No	No	No
20-25	69	165.1	Unmarried	No	No	No	No	No
20-25	49	167.64	Unmarried	No	No	Yes	Yes	No
20-25	54.5	154.94	Unmarried	No	No	Yes	No	No
Less than 2	40	160.02	Unmarried	No	No	No	No	No
Less than 2	62	167.64	Unmarried	No	No	No	Yes	No
20-25	68	160.02	Unmarried	Yes	No	Yes	Yes	Yes
Less than 2	53	160.02	Unmarried	No	No	Yes	No	No
20-25	67	162.56	Unmarried	No	No	Yes	Yes	No
20-25	58	157.48	Married	Yes	Yes	Yes	Yes	Yes
Less than 2	43	152.4	Unmarried	No	Yes	Yes	Yes	No
20-25	41	154.94	Unmarried	No	No	No	No	No
20-25	55	167.64	Unmarried	No	No	No	No	No
20-25	50	152.4	Unmarried	No	No	Yes	Yes	No
20-25	47	157.48	Unmarried	Yes	No	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	50	157.48	Unmarried	No	No	Yes	No	No
20-25	38	154.94	Unmarried	No	No	No	Yes, not di	No
Less than 2	56	175.26	Unmarried	No	No	No	No	No
Less than 2	60	167.64	Unmarried	Yes	Yes	No	Yes	No
20-25	50	144.78	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	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	Yes	No
35-44	60	160.02	Married	No	No	No	No	No
35-44	70	160.02	Married	No	No	No	No	No
Less than 2	72	162.56	Unmarried	No	Yes	Yes	Yes	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	No
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	Yes	Yes	No
20-25	55	160.02	Unmarried	No	No	No	No	Yes
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	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	68	162.56	Unmarried	No	No	Yes	Yes	No

Hirsutism	Mental_He	Conception	Insulin_Res	Diabetes	Childhood_	Cardiovasc	Diet_Bread	Diet_Milk_
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 dia	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 dia	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 dia	No	No	No	No	7	7
No	Yes	Yes, not dia	No	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	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	No	No	Yes	No	No	No	7	5
No	No	No	No	No	No	No	7	3
Yes	Yes	Yes, not 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
Yes	Yes	No	No	No	No	No	5	1
No	Yes	No	No	No	No	No	7	7
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	No, Yes, no	No, Yes, 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, 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, diagno	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, not dia	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
No, Yes, no	Yes	No	No	No	Yes	No	6	3
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	Yes	No	No	No	No	No	2	1
No	Yes	No	No	No	No	No	7	3
Yes	Yes	Yes, not dia	Yes	No	No	No	7	7
No	No	No	No	No	Yes	No	0	1
No	Yes	No	No	No	Yes	No	7	7
No	Yes	Yes, not 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	Yes, not dia	No	No	Yes	No	3	2
No	Yes	No	No	No	No	No	1	1
No	Yes	Yes, not dia	No	No	Yes	No	2	5
No	Yes	No	No	No	No	No	7	0







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

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

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

No	1-2 Times a Cardio (e.g. 30 minutes 6-8 hours	No	No	Somewhat No.
No	3-4 Times a Cardio (e.g. 30 minutes 6-8 hours	Yes	Yes	Somewhat No.
No	3-4 Times a Cardio (e.g. 30 minutes 6-8 hours	Yes	No	Yes Signific 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	Rarely No Exercise Less than 3 Less than 6	Yes	No	Somewhat I took as en
No	3-4 Times a Flexibility a Less than 3 9-12 hours	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 Applic 6-8 hours	Yes	No	Somewhat No.
No	Rarely Flexibility a Less than 3 6-8 hours	No	No	Somewhat No.
No	Never No Exercise Not Applic 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 Applic 6-8 hours	Yes	No	Somewhat No.
No	Rarely No Exercise Not Applic 6-8 hours	No	No	Somewhat No.
No	Rarely Cardio (e.g. Less than 3 9-12 hours	Yes	No	Somewhat No.
No	Never No Exercise Less than 3 6-8 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	1-2 Times a Cardio (e.g. 30 minutes 6-8 hours	No	No	Somewhat No.
No	Daily Cardio (e.g. 30 minutes 6-8 hours	Yes	No	Somewhat No.
No	Rarely No Exercise Less than 3 9-12 hours	No	No	Somewhat No.
No	Rarely No Exercise Not Applic Less than 6	Yes	No	Somewhat No.
No	Rarely Cardio (e.g. 30 minutes 6-8 hours	Yes	No	Somewhat 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 tr Less 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 Applic 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 tr More than 6-8 hours	No	No	Somewhat No.
Yes	Rarely No Exercise Not Applic 6-8 hours	No	No	Somewhat No.
No	1-2 Times a Cardio (e.g. 30 minutes Less than 6	Yes	No	Not at All No.
No	Rarely Flexibility a Less than 3 6-8 hours	Yes	No	Somewhat No.
No	Never No Exercise Not Applic 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 Applic 6-8 hours	No	No	Yes Signific No.
No	Rarely No Exercise Not Applic 6-8 hours	Yes	No	Somewhat No.
No	Rarely No Exercise Not Applic 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	No	Somewhat No.
No	Never No Exercise Not Applic 6-8 hours	No	No	Somewhat No.
No	3-4 Times a Cardio (e.g. More than 6-8 hours	Yes	No	Somewhat Multivitami
No	Rarely 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	Somewhat No.	
No	Rarely	No Exercise	Not Applic	6-8 hours	Yes	Somewhat No.	
No	Daily	No Exercise	Less than 3	6-8 hours	No	Yes Signific No.	
No	Daily	Cardio (e.g. 30 minutes	6-8 hours	Yes	No	Somewhat No.	
No	3-4 Times a	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.	
No	Never	No Exercise	Not Applic	6-8 hours	Yes	Somewhat No.	
No	1-2 Times a	Strength tr: 30 minutes	6-8 hours	Yes	Yes	Not Much Herbal	
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 No.	
Yes	Rarely	Strength tr: Not Applic	6-8 hours	Yes	No	Not Much No.	
No	Rarely	Cardio (e.g. Less than 3	6-8 hours	Yes	No	Yes Signific No.	
No	Never	No Exercise	Not Applic	More than	Yes	No	Somewhat No.
No	1-2 Times a	Flexibility a	Less than 3	6-8 hours	No	No	Somewhat No.
No	Rarely	No Exercise	Not Applic	6-8 hours	Yes	No	Not at All No.
No	1-2 Times a	No Exercise	Not Applic	6-8 hours	Yes	No	Not at All No.
No	Never	No Exercise	Not Applic	6-8 hours	Yes	No	Not at All No.
No	3-4 Times a	Flexibility a	Not Applic	6-8 hours	No	No	Somewhat No.
No	1-2 Times a	Cardio (e.g. Less than 3	9-12 hours	Yes	No	Somewhat No.	
No	Rarely	Cardio (e.g. Less than 3	6-8 hours	No	No	Somewhat No.	
No	Never	No Exercise	Not Applic	Less than 6	Yes	No	Not Much No.
No	Never	No Exercise	Not Applic	6-8 hours	Yes	No	Not at All Option 2
Yes	Rarely	No Exercise	Not Applic	9-12 hours	Yes	No	Somewhat No.
Yes	1-2 Times a	No Exercise	Not Applic	6-8 hours	No	No	Somewhat No.
No	Rarely	Cardio (e.g. Less than 3	9-12 hours	Yes	No	Yes Signific No.	
No	Never	No Exercise	Not Applic	6-8 hours	Yes	No	Somewhat No.
No	Daily	Flexibility a	Less than 3	Less than 6	Yes	No	Somewhat No.
No	3-4 Times a	Cardio (e.g. 30 minutes	6-8 hours	Yes	No	Somewhat No.	
No	Rarely	Strength tr: Less than 3	6-8 hours	Yes	No	Yes Signific No.	
No	Never	No Exercise	Not Applic	6-8 hours	Yes	No	Yes Signific No.
No	3-4 Times a	Cardio (e.g. Less than 3	6-8 hours	No	No	Somewhat No.	
No	Never	No Exercise	Not Applic	Less than 6	Yes	No	Somewhat No.
No	Daily	Cardio (e.g. 30 minutes	6-8 hours	Yes	No	Somewhat No.	
No	Never	No Exercise	Not Applic	Less than 6	Yes	No	Somewhat No.
No	Rarely	No Exercise	Not Applic	6-8 hours	No	No	Somewhat No.
No	Never	No Exercise	Not Applic	6-8 hours	No	No	Somewhat No.
No	Rarely	Cardio (e.g. 30 minutes	6-8 hours	Yes	No	Yes Signific No.	
No	Never	No Exercise	Not Applic	6-8 hours	No	No	Not at All No.
No	Daily	No Exercise	Less than 3	6-8 hours	No	No	Somewhat No.
No	Daily	Cardio (e.g. 30 minutes	Less than 6	No	No	Yes Signific No.	
No	Rarely	No Exercise	Not Applic	6-8 hours	Yes	No	Not at All No.
No	Daily	Flexibility a	Less than 3	6-8 hours	No	No	Somewhat No.
No	3-4 Times a	Cardio (e.g. Not Applic	Less than 6	Yes	No	Yes Signific No.	
No	Never	No Exercise	Not Applic	Less than 6	Yes	No	Not at All No.
Yes	1-2 Times a	Strength tr: More than	Less than 6	No	No	Yes Signific No.	
No	Daily	No Exercise	Not Applic	6-8 hours	Yes	No	Somewhat No.

No	Never	No Exercise	Not Applicable	6-8 hours	No	No	Somewhat	No.
No	Rarely	Strength training	Less than 30 minutes	6-8 hours	No	No	Not Much	No.
No	Rarely	No Exercise	Not Applicable	6-8 hours	Yes	No	Somewhat	No.
No	Daily	Cardio (e.g. 30 minutes)	Less than 30 minutes	6-8 hours	Yes	No	Yes Significant	No.
No	Rarely	Cardio (e.g. 30 minutes)	Less than 30 minutes	6-8 hours	No	No	Not Much	No.
Yes	Rarely	Cardio (e.g. 30 minutes)	More than 30 minutes	Less than 6-8 hours	No	No	Somewhat	No.
Yes	Rarely	No Exercise	Not Applicable	Less than 6-8 hours	No	No	Somewhat	No.
No	Rarely	Cardio (e.g. 30 minutes)	6-8 hours	6-8 hours	No	No	Yes Significant	No.
No	Rarely	No Exercise	Not Applicable	9-12 hours	Yes	No	Not Much	No.
No	Rarely	No Exercise	Not Applicable	6-8 hours	No	No	Not at All	No.
Yes	Rarely	Cardio (e.g. 30 minutes)	Less than 30 minutes	6-8 hours	Yes	No	Somewhat	No.
No	Never	No Exercise	Not Applicable	6-8 hours	Yes	No	Somewhat	No.
No	3-4 Times a week	No Exercise	Less than 30 minutes	6-8 hours	No	No	Not Much	No.
No	Rarely	No Exercise	Not Applicable	Less than 6-8 hours	No	No	Somewhat	No.
Yes	Rarely	Cardio (e.g. 30 minutes)	6-8 hours	6-8 hours	No	No	Yes Significant	No.
No	Rarely	Cardio (e.g. 30 minutes)	Less than 30 minutes	9-12 hours	Yes	No	Not Much	No.
No	Rarely	Cardio (e.g. 30 minutes)	6-8 hours	6-8 hours	No	No	Somewhat	No.
No	1-2 Times a week	No Exercise	Not Applicable	Less than 6-8 hours	Yes	No	Yes Significant	No.
No	Never	Cardio (e.g. 30 minutes)	Not Applicable	6-8 hours	Yes	No	Not at All	No.
No	1-2 Times a week	Cardio (e.g. 30 minutes)	6-8 hours	6-8 hours	No	No	Somewhat	No.
No	3-4 Times a week	Cardio (e.g. 30 minutes)	Less than 30 minutes	6-8 hours	No	No	Yes Significant	No.
No	3-4 Times a week	Strength training	30 minutes	6-8 hours	Yes	No	Somewhat	No.
No	Rarely	Cardio (e.g. 30 minutes)	Less than 30 minutes	6-8 hours	No	No	Somewhat	No.
No	Rarely	No Exercise	Not Applicable	6-8 hours	Yes	No	Not Much	No.
No	Rarely	No Exercise	Not Applicable	Less than 6-8 hours	Yes	No	Somewhat	No.
No	Rarely	Flexibility a week	Not Applicable	6-8 hours	No	No	Somewhat	No.
Yes	1-2 Times a week	Cardio (e.g. 30 minutes)	Less than 30 minutes	9-12 hours	No	No	Yes Significant	No.
No	Rarely	Cardio (e.g. 30 minutes)	Less than 30 minutes	6-8 hours	No	No	Somewhat	No.
No	Rarely	Cardio (e.g. 30 minutes)	6-8 hours	6-8 hours	No	No	Somewhat	No.
No	3-4 Times a week	High-intensity Cardio	30 minutes	6-8 hours	Yes	No	Somewhat	No.
No	Rarely	Flexibility a week	Not Applicable	6-8 hours	No	No	Not Much	No.
No	Rarely	Cardio (e.g. 30 minutes)	Less than 30 minutes	6-8 hours	Yes	No	Somewhat	No.
No	1-2 Times a week	Cardio (e.g. 30 minutes)	Less than 30 minutes	6-8 hours	Yes	No	Somewhat	No.



ication

i stopped medication and start organic seeds that helps me a lot

2

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)

ndocrinologist prescribed me but she said that I don't have PCOS

ins, Inositol





: is walking for half an hour or more, which has significantly improved my periods. Also recommended m









y doctors.