1. **Participant ID**: Unique identifier for each participant in the study.
2. **Age**: The age of the participant (in years), which can influence metabolism and weight change.
3. **Gender**: Gender of the participant (M/F), as physiological differences may affect weight management.
4. **Current Weight (lbs)**: The participant's weight at the beginning of the study, serving as a baseline for weight change.
5. **BMR (Calories)**: Basal Metabolic Rate, calculated using the Mifflin-St Jeor equation, representing the number of calories burned at rest.
6. **Daily Calories Consumed**: Total caloric intake per day, including variability to reflect real-world eating habits.
7. **Daily Caloric Surplus/Deficit**: The difference between calories consumed and BMR, indicating whether the participant is in a caloric surplus or deficit.
8. **Weight Change (lbs)**: The estimated change in weight over a specified duration, based on caloric surplus/deficit.
9. **Duration (weeks)**: The time period over which weight change is measured, ranging from 1 to 12 weeks.
10. **Physical Activity Level**: Self-reported level of physical activity, categorized as Sedentary, Lightly Active, Moderately Active, or Very Active.
11. **Macronutrient Breakdown**: Composition of the participant's diet, expressed as percentages of carbohydrates, proteins, and fats.
12. **Sleep Quality**: Self-reported quality of sleep, categorized as Poor, Fair, Good, or Excellent, which can affect weight management.
13. **Stress Level**: A numerical score (1-10) indicating the participant's perceived stress level, as stress can influence eating behaviors and weight.