|  | normal | | Slightly Elevated | | Highly Elevated | |
| --- | --- | --- | --- | --- | --- | --- |
|  | Pingvin (N=9) | Søløve (N=14) | Pingvin (N=7) | Søløve (N=7) | Pingvin (N=10) | Søløve (N=5) |
| **Aerobic Capacity Change from test 1 (mL/min/kg)** | -0.869 (3.41)   missing: 0 | 1.15 (3.03)   missing: 0 | 1.06 (3.13)   missing: 2 | 2.18 (2.68)   missing: 1 | -2.70 (1.89)   missing: 2 | -0.738 (2.80)   missing: 0 |
| **Maximal Oxygen Uptake change from test 1 (mL/min)** | -84.4 (218)   missing: 0 | 136 (290)   missing: 0 | 47.8 (246)   missing: 2 | 129 (176)   missing: 1 | -201 (151)   missing: 2 | -88.1 (197)   missing: 0 |
| **Maximal Heart Rate Change from test 1 (1/min)** | -2.00 [-3.00, 0]   missing: 0 | -1.50 [-5.00, 4.50]   missing: 0 | -9.00 [-12.0, -8.00]   missing: 2 | -6.00 [-8.25, -5.25]   missing: 1 | -8.50 [-18.3, -4.75]   missing: 2 | -6.00 [-11.0, -3.00]   missing: 0 |
| **Aerobic Capacity Change from test 2 (mL/min/kg)** | 0.353 (3.62)   missing: 1 | 2.77 (2.82)   missing: 1 | 1.73 (2.20)   missing: 2 | 4.64 (4.11)   missing: 1 | 1.23 (3.03)   missing: 1 | -0.230 (3.14)   missing: 0 |
| **Maximal Oxygen Uptake change from test 2 (mL/min)** | 26.6 (278)   missing: 1 | 184 (216)   missing: 1 | 101 (181)   missing: 2 | 297 (256)   missing: 1 | 17.3 (159)   missing: 1 | -56.2 (277)   missing: 0 |
| **Maximal Heart Rate Change from test 2 (1/min)** | -2.00 [-3.00, 3.00]   missing: 1 | 0 [-4.00, 2.00]   missing: 1 | -3.00 [-10.0, -1.00]   missing: 2 | -4.50 [-9.25, 0.250]   missing: 1 | -8.00 [-9.00, -1.00]   missing: 1 | -1.00 [-5.00, 3.00]   missing: 0 |
| **SF-36 Mental Change from baseline** | 3.34 [0.864, 5.51]   missing: 0 | -0.240 [-4.85, 2.02]   missing: 1 | -7.97 [-21.5, -4.18]   missing: 2 | 1.16 [-1.76, 2.96]   missing: 1 | 3.48 [1.90, 11.0]   missing: 1 | 0.879 [-3.28, 1.57]   missing: 0 |
| **SF-36 Physical Change from baseline** | -3.55 [-4.11, -2.80]   missing: 0 | 1.18 [-1.59, 3.30]   missing: 1 | 0.586 [-5.05, 6.62]   missing: 2 | -0.426 [-4.15, -0.0692]   missing: 1 | 0.0301 [-2.22, 1.10]   missing: 1 | 2.62 [2.45, 4.09]   missing: 0 |
| **Fatigue Severity Scale Change** | -0.0494 (0.361)   missing: 0 | -0.658 (1.01)   missing: 1 | 0.311 (0.709)   missing: 2 | 0.352 (0.474)   missing: 1 | -0.247 (0.949)   missing: 1 | 0.778 (1.52)   missing: 0 |
| **Change in energy intake (kJ)** | -462 (1530)   missing: 5 | -407 (1020)   missing: 5 | -2390 (7340)   missing: 5 | -584 (766)   missing: 3 | -953 (1170)   missing: 5 | 1330 (1220)   missing: 2 |
| **Change in MVPA (minutes)** | 2.69 [-6.22, 21.8]   missing: 2 | 7.50 [3.95, 14.7]   missing: 3 | 4.15 [-3.04, 5.08]   missing: 4 | 2.53 [-5.15, 3.19]   missing: 2 | -4.36 [-11.1, 7.19]   missing: 4 | 5.76 [-8.99, 24.9]   missing: 1 |
| **Change in BMI** | 0.0107 [-0.362, 0.347]   missing: 0 | -0.0947 [-0.661, 0.363]   missing: 1 | 0 [-0.224, 0.00142]   missing: 2 | -0.180 [-0.257, -0.0937]   missing: 1 | -0.236 [-0.500, 0]   missing: 1 | 0.209 [-1.06, 0.226]   missing: 0 |