Appendix

**Design Table:**

Table 1. For activity, we mark walking as + and meditation as –; for Time, morning as +, and afternoon as –.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Team Member 1** | | **Team Member 2** | | **Team Member 3** | | **Team Member 4** | |
| Activity | Time | Activity | Time | Activity | Time | Activity | Time |
| + | + | - | + | - | - | + | - |
| + | - | - | - | - | + | + | + |
| - | + | + | + | + | - | - | - |
| - | - | + | - | + | + | - | + |

**Power of Test:**

Table 2. Table of test powers with different mean change of mood.

|  |  |  |
| --- | --- | --- |
| Sample Size | Difference in Mean Change | Power of Test |
| 16 | 0.1 | 5.89% |
| 16 | 1 | 91.67% |
| 16 | 3 | 100% |
| 16 | 5 | 100% |