

effort

Jogging

Swimming

Reading

Male

$r = 0.177$

$r = -0.0492$

$r = 0.0361$

40
30
20

0

1

2

3

4

0

1

2

3

4

hours

$r = -0.0412$

$r = -0.0591$

$r = 0.0375$

40
30
20

Female

0

1

2

3

4