Final Regression Model for Weight Loss, Analysis of Variance and Significance of All Terms

| Model Term | MS | df | F | p |
| --- | --- | --- | --- | --- |
| prog | 66638.60 | 2 | 4467.31 | < .001 \*\*\* |
| hours | 2344.49 | 1 | 157.17 | < .001 \*\*\* |
| gender | 2.14 | 1 | 0.14 | .705 |
| effort | 10046.72 | 1 | 673.51 | < .001 \*\*\* |
| prog:hours | 2748.38 | 2 | 184.25 | < .001 \*\*\* |
| prog:gender | 3392.35 | 2 | 227.42 | < .001 \*\*\* |
| hours:gender | 77.31 | 1 | 5.18 | .023 \* |
| prog:effort | 2684.32 | 2 | 179.95 | < .001 \*\*\* |
| hours:effort | 766.94 | 1 | 51.41 | < .001 \*\*\* |
| prog:hours:gender | 545.54 | 2 | 36.57 | < .001 \*\*\* |
| prog:hours:effort | 161.74 | 2 | 10.84 | < .001 \*\*\* |
| Residuals | 14.92 | 882 | NA |  |