Parameter Estimates for Weight Loss Regressed on Exercise Frequency and Food Intake

|  | **Model 1 Exercise** | | **Model 2 Food Intake** | | **Model 3 Both** | |
| --- | --- | --- | --- | --- | --- | --- |
| *Variable* | *b* | *(SE)* | *b* | *(SE)* | *b* | *(SE)* |
| (Intercept) | 4.00 | (0.91) \*\* | 7.14 | (2.92) \* | 6.00 | (1.27) \*\* |
| Exercise | 1.75 | (0.36) \*\* |  |  | 2.00 | (0.33) \*\*\* |
| Food |  |  | 0.07 | (0.54) | -0.50 | (0.25) |
| *AIC* | *43.54* | | *57.23* | | *41.08* | |
| *BIC* | *44.45* | | *58.14* | | *42.29* | |
| *R²* | *.746* | | *.002* | | *.838* | |
| *Adjusted R²* | *.714* | | *-.123* | | *.791* | |
| *Note.* Dependent variable is average weekly weight lost in 100s of grams. Exercise is daily average hours and food intake is the average of 100's of calories above the recommendation. | | | | | | |
| \* *p <* .05. \*\* *p <* .01. \*\*\* *p <* .001. | | | | | | |