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

|  | **Exercise** | | | **Food Intake** | | | **Both** | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *Variable* | *b* | *(SE)* | *p* | *b* | *(SE)* | *p* | *b* | *(SE)* | *p* |
| (Intercept) | 4.00 | (0.91) | .002 \*\* | 7.14 | (2.92) | .040 \* | 6.00 | (1.27) | .002 \*\* |
| Exercise1 | 1.75 | (0.36) | .001 \*\* |  |  |  | 2.00 | (0.33) | < .001 \*\*\* |
| Food2 |  |  |  | 0.07 | (0.54) | .898 | -0.50 | (0.25) | .088 |
| *R²* | *0.75* |  |  | *0.00* |  |  | *0.84* |  |  |
| *Adjusted R²* | *0.71* |  |  | *-0.12* |  |  | *0.79* |  |  |
| *Note.* Dependent variable is average weekly weight lost in 100s of grams. | | | | | | | | | |
| \* p < .05. \*\* p < .01. \*\*\* p < .001. | | | | | | | | | |
| 1Weekly average of hours/day | | | | | | | | | |
| 2Daily average of 100s of calories above recommendation | | | | | | | | | |