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

|  | Just Exercise | Just Diet | Exercise and Diet |
| --- | --- | --- | --- |
| (Intercept) | 4.00 (0.91) | 7.14 (2.92) | 6.00 (1.27) |
|  | <0.01\*\* | 0.04\* | <0.01\*\* |
| Exercise Frequency1 | 1.75 (0.36) |  | 2.00 (0.33) |
|  | <0.01\*\* |  | <0.01\*\*\* |
| Food Intake2 |  | 0.07 (0.54) | -0.50 (0.25) |
|  |  | 0.90 | 0.09 |
| R2 | 0.746 | 0.002 | 0.838 |
| RMSE | 1.58 | 3.14 | 1.26 |
| *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 | | | |