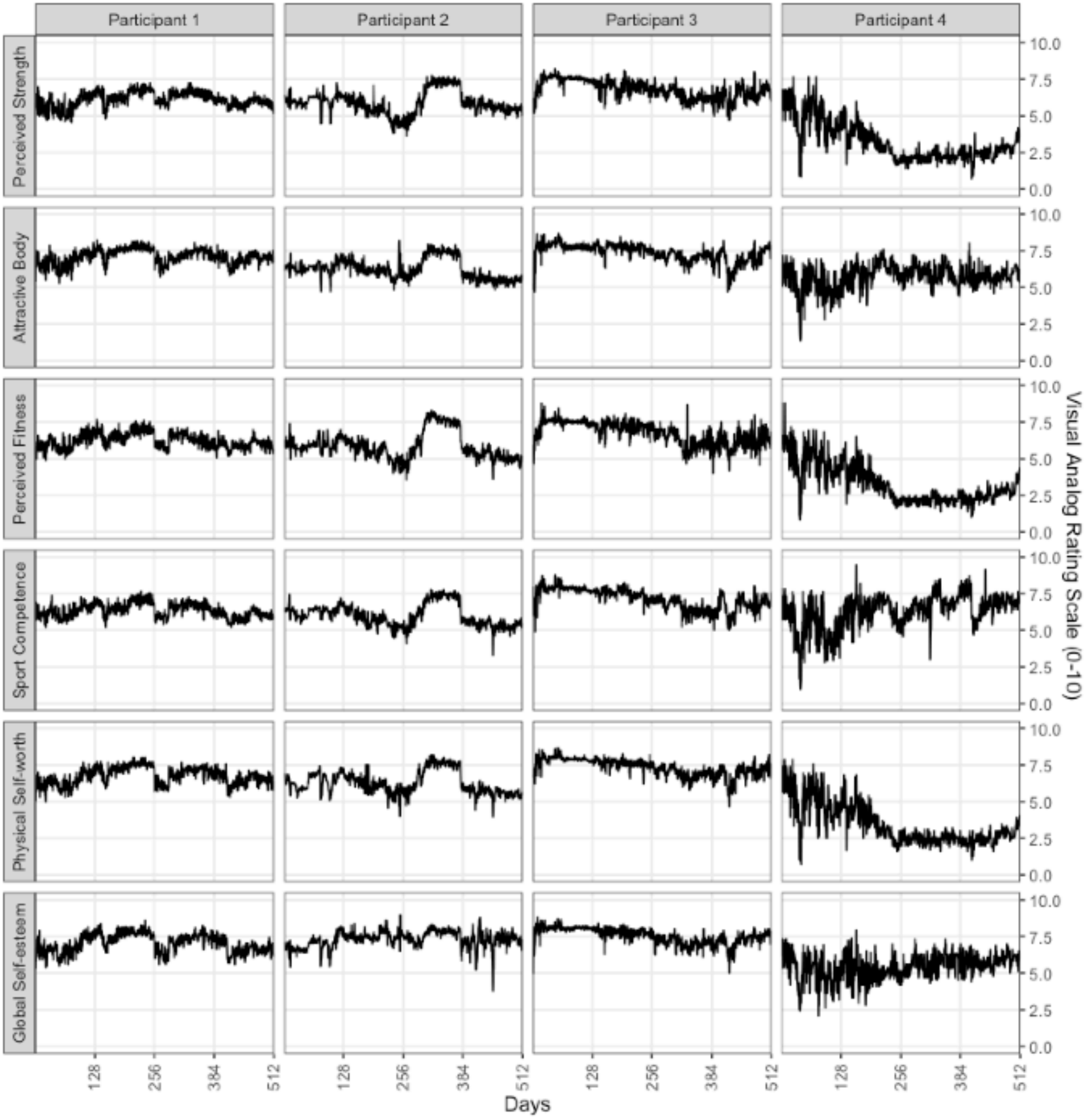
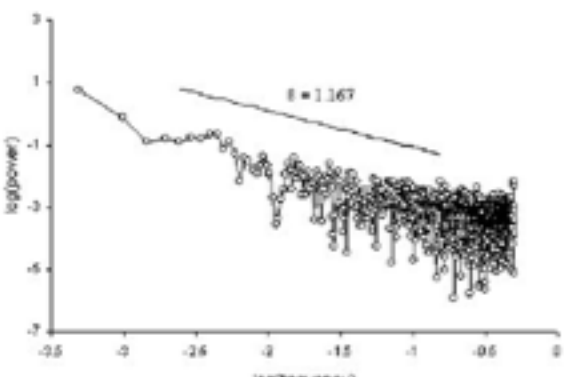

Participant 1
Participant 2
Participant 3
Participant 4
Perceived Strength
Attractive Body
Perceived Fitness
Sport Competence
Physical Self-worth
Global Self-esteem
10.0
7.5
5.0
2.5
0.0
Visual Analog Rating Scale (0-10)
128
256
384
512
Days

Table 2. Individual Moving Average Coefficients (θ) Obtained through ARIMA Modeling.

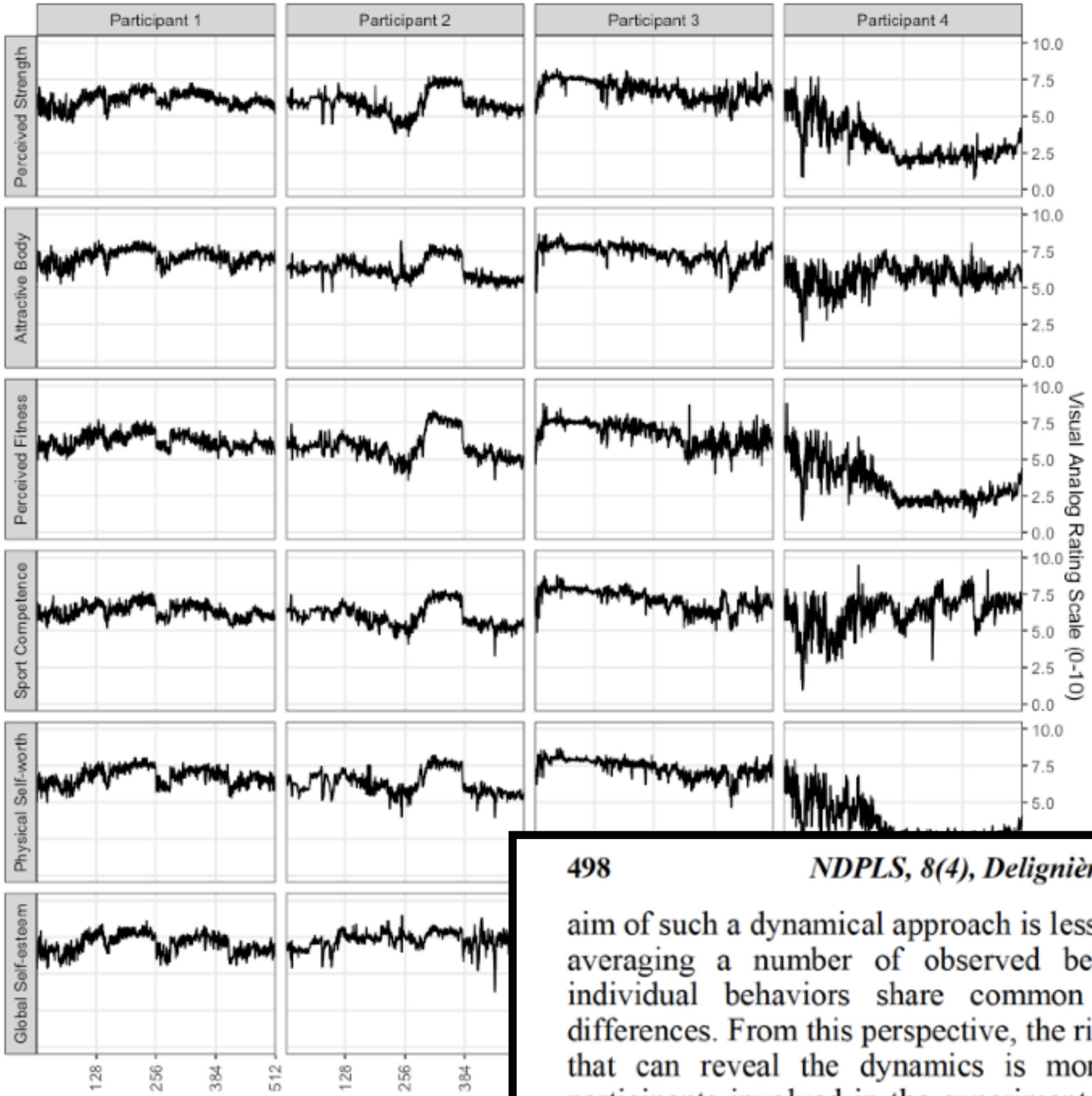
Participant	GSF	PSW	PC	SC	APP	PS
1	0.58	0.65	0.70	0.66	0.63	0.69
2	0.35	0.46	0.48	0.50	0.45	0.46
3	0.58	0.65	0.75	0.63	0.56	0.68
4	0.66	0.56	0.60	0.59	0.64	0.53

Table 3. Individual ß Exponents Obtained with Spectral Analysis.

Participant	GSF	PSW	PC	SC	APP	PS
1	1.17	1.15	0.95	1.00	1.15	0.95
2	1.13	1.39	1.36	1.24	1.27	1.23
3	1.09	1.05	0.96	1.34	1.12	1.11
4	0.96	1.14	1.02	1.18	0.95	1.05



aim of such a dynamical approach is less to derive an epistemic model by averaging a number of observed behaviors than to evidence that individual behaviors share common dynamics, despite superficial differences. From this perspective, the richness of the individual data sets that can reveal the dynamics is more crucial than the number of participants involved in the experiment. Researchers in many fields, for



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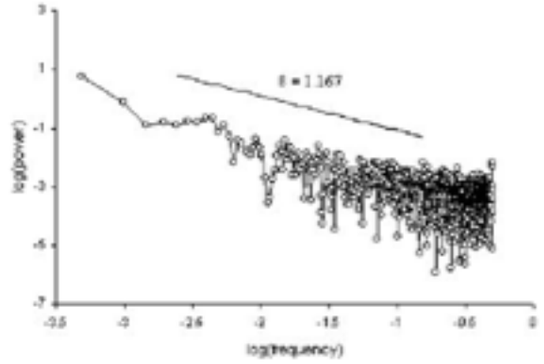

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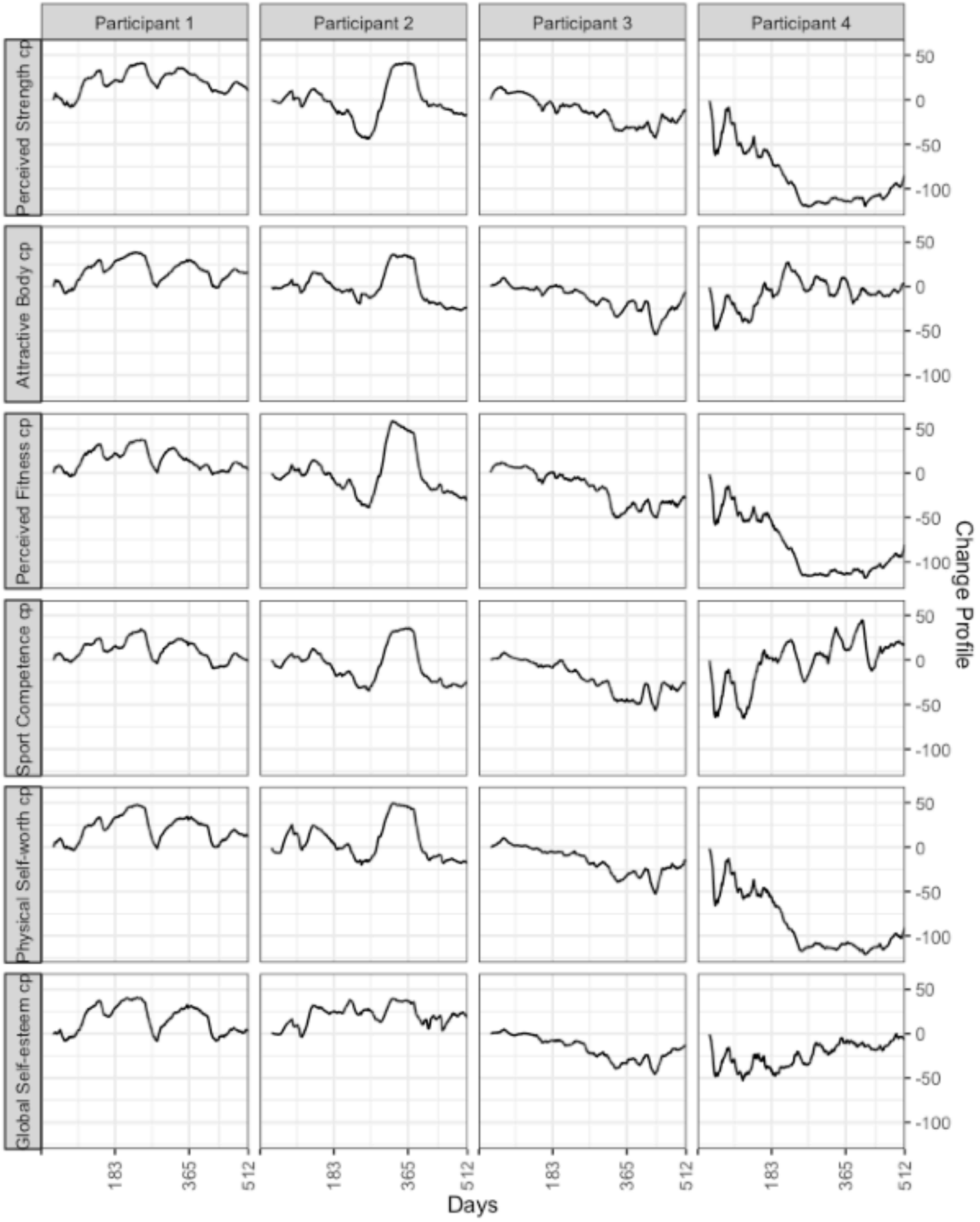

Change Profiles:

- Center on a moving average in a sliding window
- Take the cumulative sum

“Solves” some concerns:

- Scale is irrelevant/relative
- Small fluctuations are added in the cum. sum but, don’t impact the shape of the overall profile
- If present, persistent levels & fluctuation patterns can be “exaggerated” (see y-scale)