Demographic Distribution of the Data

Notes

Output Created		06-FEB-2025 17:13:44
Comments		
Input	Data	C:\Users\USER\Desktop\Data Analysis.sav
	Active Dataset	DataSet1
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	26
Missing Value Handling	Definition of Missing	User-defined missing values are treated as missing.
	Cases Used	Statistics are based on all cases with valid data.
Syntax		FREQUENCIES VARIABLES=age gender ethnicity /BARCHART FREQ /ORDER=ANALYSIS.
Resources	Processor Time	00:00:02.56
	Elapsed Time	00:00:05.36

Frequency Table

gender

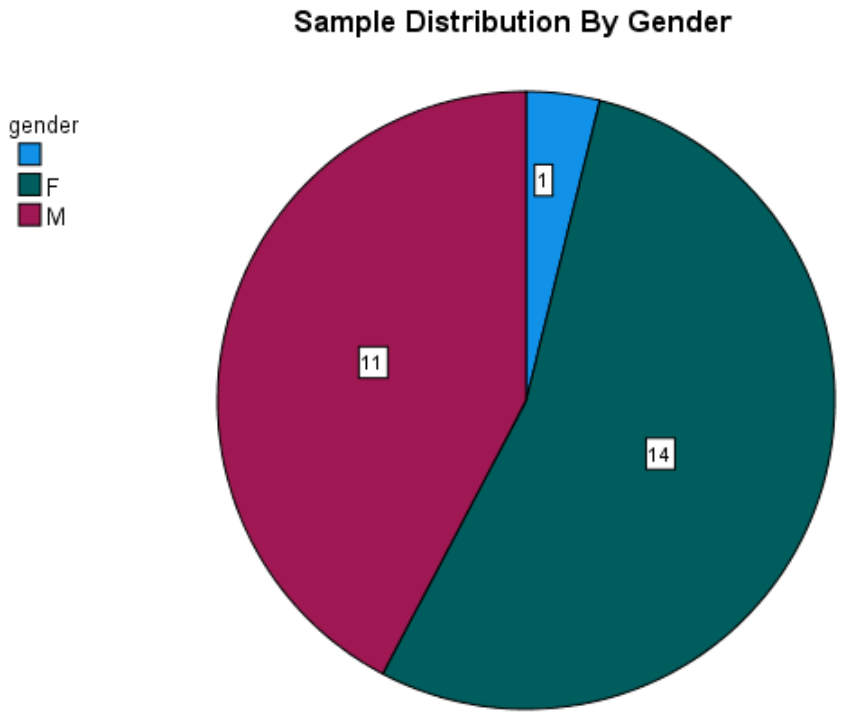
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid		1	3.8	3.8	3.8
	F	14	53.8	53.8	57.7

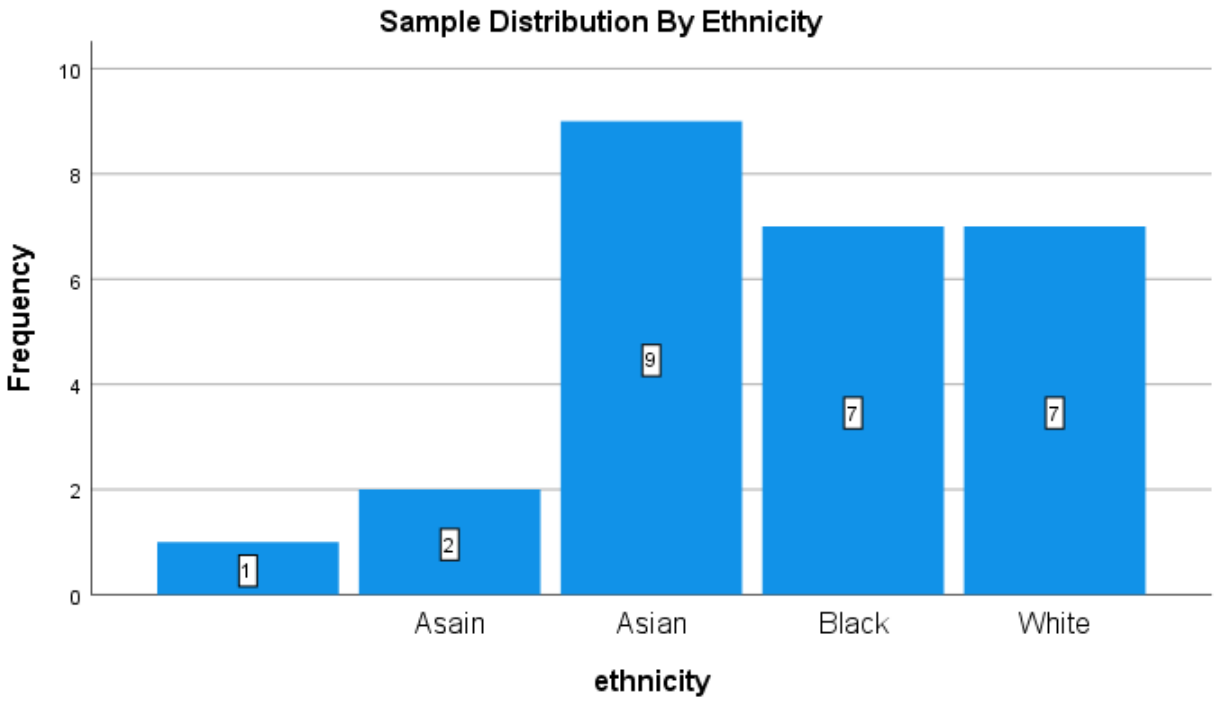
	M	11	42.3	42.3	100.0
	Total	26	100.0	100.0	

ethnicity

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid		1	3.8	3.8	3.8
	Asain	2	7.7	7.7	11.5
	Asian	9	34.6	34.6	46.2
	Black	7	26.9	26.9	73.1
	White	7	26.9	26.9	100.0
	Total	26	100.0	100.0	

Charts





H1: Correlation between Calorie Intake and Exercise Expenditure

Notes

Output Created		06-FEB-2025 17:43:31
Comments		
Input	Data	C:\Users\USER\Desktop\Data Analysis.sav
	Active Dataset	DataSet1
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	26
Missing Value Handling	Definition of Missing	User-defined missing values are treated as missing.

	Cases Used	Statistics for each pair of variables are based on all the cases with valid data for that pair.
Syntax		CORRELATIONS /VARIABLES=TotalCalIntake TotalWalked /PRINT=TWOTAIL NOSIG FULL /MISSING=PAIRWISE.
Resources	Processor Time	00:00:00.05
	Elapsed Time	00:00:00.07

Correlations

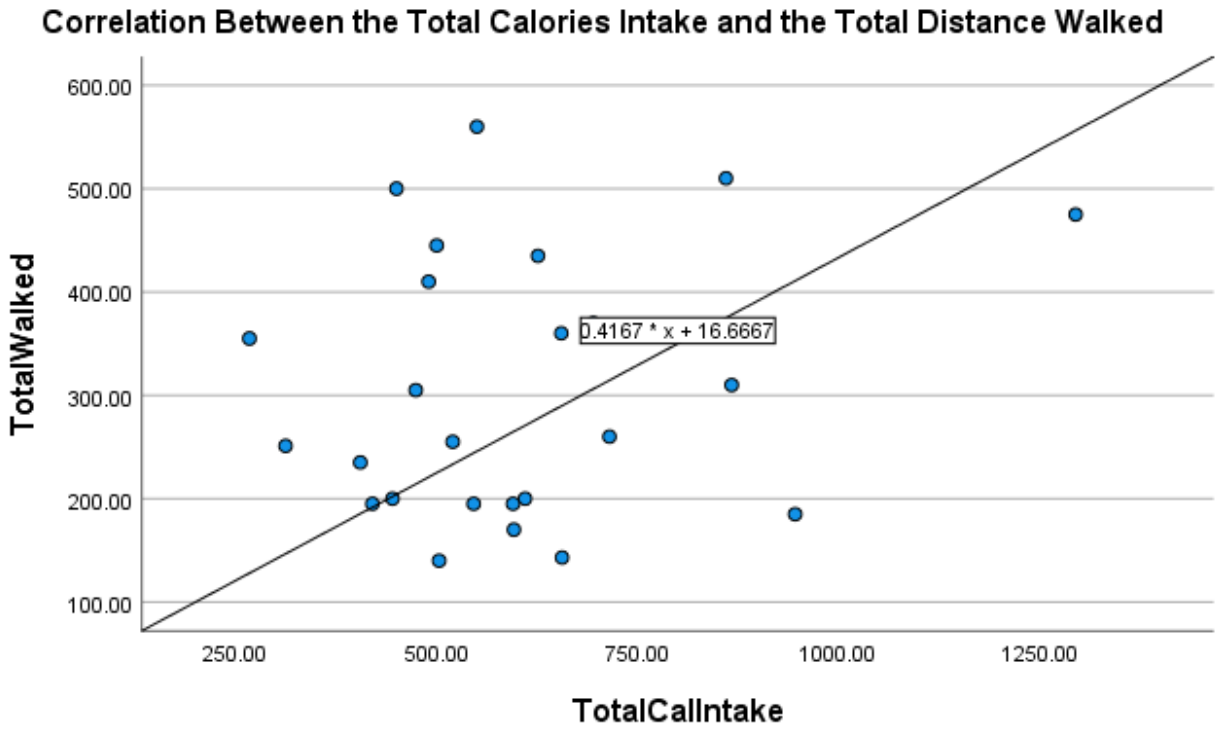
		TotalCalIntake	TotalWalked
TotalCalIntake	Pearson Correlation	1	.205
	Sig. (2-tailed)		.325
	N	25	25
TotalWalked	Pearson Correlation	.205	1
	Sig. (2-tailed)	.325	
	N	25	25

Graph

Notes

Output Created		06-FEB-2025 17:51:08
Comments		
Input	Data	C:\Users\USER\Desktop\Data Analysis.sav
	Active Dataset	DataSet1
	Filter	<none>
	Weight	<none>

	Split File	<none>
	N of Rows in Working Data File	26
Syntax		GRAPH /SCATTERPLOT(BIVAR)=TotalCalIntake WITH TotalWalked /MISSING=LISTWISE.
Resources	Processor Time	00:00:00.47
	Elapsed Time	00:00:03.69



H2: Relationship Between BMI and Exercise Expenditure/Calory Intake

Notes

Output Created		06-FEB-2025 17:57:45
Comments		
Input	Data	C:\Users\USER\Desktop\Data Analysis.sav
	Active Dataset	DataSet1
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	26
Missing Value Handling	Definition of Missing	User-defined missing values are treated as missing.
	Cases Used	Statistics are based on cases with no missing values for any variable used.
Syntax		REGRESSION /MISSING LISTWISE /STATISTICS COEFF OUTS R ANOVA /CRITERIA=PIN(.05) POUT(.10) /NOORIGIN /DEPENDENT BMI /METHOD=ENTER ChocolateBarMinutesWalked BroccoliMinutesWalked SpaghettiMinutesWalked BananaMinutesWalked CrispsMinutesWalked.
Resources	Processor Time	00:00:00.02
	Elapsed Time	00:00:00.10
	Memory Required	5408 bytes
	Additional Memory Required for Residual Plots	0 bytes

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate

1	.366[a]	.134	-.094	6.81204

a. Predictors: (Constant), CrispsMinutesWalked, SpaghettiMinutesWalked, BroccoliMinutesWalked, BananaMinutesWalked, ChocolateBarMinutesWalked

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	136.686	5	27.337	.589	.708[b]
	Residual	881.675	19	46.404		
	Total	1018.361	24			

a. Dependent Variable: BMI

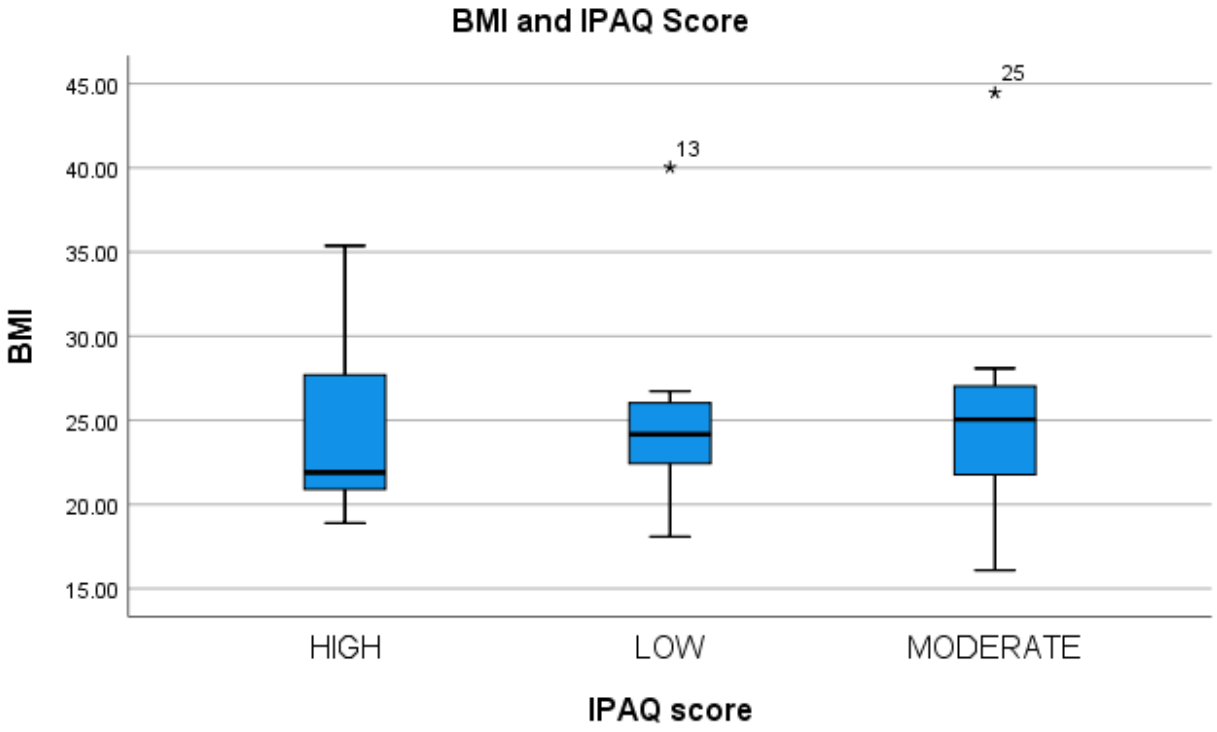
b. Predictors: (Constant), CrispsMinutesWalked, SpaghettiMinutesWalked, BroccoliMinutesWalked, BananaMinutesWalked, ChocolateBarMinutesWalked

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients		
		B	Std. Error	Beta	t	Sig.
1	(Constant)	29.567	4.801		6.159	.000
	ChocolateBarMinutesWalked	.012	.044	.078	.260	.797
	BroccoliMinutesWalked	-.033	.036	-.231	-.904	.377
	SpaghettiMinutesWalked	.007	.026	.066	.254	.803
	BananaMinutesWalked	-.062	.053	-.258	-1.162	.259
	CrispsMinutesWalked	.007	.023	.064	.291	.774

a. Dependent Variable: BMI

BMI



Regression

Notes

Output Created		06-FEB-2025 18:06:45
Comments		
Input	Data	C:\Users\USER\Desktop\Data Analysis.sav
	Active Dataset	DataSet1
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	26
Missing Value Handling	Definition of Missing	User-defined missing values are treated as missing.

	Cases Used	Statistics are based on cases with no missing values for any variable used.
Syntax		REGRESSION /MISSING LISTWISE /STATISTICS COEFF OUTS R ANOVA /CRITERIA=PIN(.05) POUT(.10) /NOORIGIN /DEPENDENT BMI /METHOD=ENTER ChocolateBarKcalIntake BroccoliKcalIntake SpaghettiKcalIntake BananaKcalIntake CrispsKcalIntake.
Resources	Processor Time	00:00:00.00
	Elapsed Time	00:00:00.01
	Memory Required	5408 bytes
	Additional Memory Required for Residual Plots	0 bytes

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.417[a]	.174	-.043	6.65267

a. Predictors: (Constant), CrispsKcalIntake, BananaKcalIntake, SpaghettiKcalIntake, BroccoliKcalIntake, ChocolateBarKcalIntake

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	177.459	5	35.492	.802	.562[b]
	Residual	840.903	19	44.258		
	Total	1018.361	24			

a. Dependent Variable: BMI

b. Predictors: (Constant), CrispsKcalIntake, BananaKcalIntake, SpaghettiKcalIntake, BroccoliKcalIntake, ChocolateBarKcalIntake

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients		
		B	Std. Error	Beta	t	Sig.
1	(Constant)	21.504	4.690		4.585	.000
	ChocolateBarKcalIntake	.002	.010	.038	.160	.875
	BroccoliKcalIntake	-.016	.032	-.112	-.510	.616
	SpaghettiKcalIntake	.010	.012	.184	.809	.429
	BananaKcalIntake	-.005	.037	-.030	-.138	.891
	CrispsKcalIntake	.040	.035	.282	1.131	.272

a. Dependent Variable: BMI

H3: Relationship Between High-Calorie Food Intake and Physical Activity

Notes

Output Created		06-FEB-2025 18:11:22
Comments		
Input	Data	C:\Users\USER\Desktop\Data Analysis.sav
	Active Dataset	DataSet1
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	26
Missing Value Handling	Definition of Missing	User-defined missing values are treated as missing.

	Cases Used	Statistics are based on all cases with valid data for all variables in the model.
Syntax		UNIANOVA TreadmillSpeedWalkinKmPerH BY ChocolateBarKcalIntake /METHOD=SSTYPE(3) /INTERCEPT=INCLUDE /CRITERIA=ALPHA(0.05) /DESIGN=ChocolateBarKcalIntake.
Resources	Processor Time	00:00:00.02
	Elapsed Time	00:00:00.03

Tests of Between-Subjects Effects

Dependent Variable: TreadmillSpeedWalkinKmPerH

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	36.183[a]	16	2.261	7.241	.004
Intercept	160.822	1	160.822	514.972	.000
ChocolateBarKcalIntake	36.183	16	2.261	7.241	.004
Error	2.498	8	.312		
Total	240.890	25			
Corrected Total	38.682	24			

a. R Squared = .935 (Adjusted R Squared = .806)