1. **Age**: A fundamental demographic variable that can influence exercise recommendations.
2. **Gender**: Important for tailoring exercise recommendations, as male and female users might have different exercise capacities and risks.
3. **Height**: Together with weight, this can be used to calculate the Body Mass Index (BMI), a standard metric to assess the appropriateness of a person's weight relative to their height.
4. **Pre\_Weight** and **Post\_Weight**: These indicate the user's weight before and after the cardiac rehabilitation (CR) intake. For initial input, you'd likely use **Pre\_Weight**.
5. **Exercise\_frequency\_mins\_week** and **Exercise\_frequency\_sessions\_week**: Reflect the user's current exercise habits, which are critical for tailoring recommendations.
6. **Exercise\_intensity**: This could be used to match the user's perceived intensity with recommended intensity levels.
7. **Triglyceride**, **HDL** (High-Density Lipoprotein), **LDL** (Low-Density Lipoprotein): These are blood markers that can be influenced by exercise and are relevant to cardiovascular health.
8. **HbA1c**: A marker of long-term blood sugar control, which is particularly relevant for users with diabetes.
9. **Anxiety\_Scores** and **Depression\_Scores**: Mental health can affect and be affected by physical activity, so these could be considered in tailoring exercise plans.
10. **Pre\_Left\_Ventricle\_EF** (Ejection Fraction): This is a measure of heart function that could be important in determining safe exercise levels for individuals with heart conditions.
11. **Pre\_BP\_systolic** and **Pre\_BP\_diastolic**: Blood pressure measurements before the CR, which can be important for exercise safety and recommendations.
12. **Risk Factors**: Such as 'DM Type 2' (Diabetes Mellitus Type 2), 'High Lipid Profile', 'Hypertension', which are important for determining the risk level and intensity of exercise.
13. **Pre\_Medication**: Information about medications (like ACEI/ARB, Aspirin, Beta-antagonist, Statin) taken before CR, as certain medications can influence exercise capacity and recommendations.
14. **Pre\_BMI** and **Pre\_BMI\_range**: These provide a quick understanding of the user's weight category.
15. **Postal\_code** or **Residential\_Postcode**: While not directly related to health, this could be used to provide location-specific advice, such as recommending nearby fitness centers or outdoor areas for exercise.