```python
import statsmodels.formula.api as sm
import pandas as pd

data = pd.read_csv("data.csv")
data['regimen_condition'] = data['regimen_condition'].
    astype('str').astype("category")
data['group'] = data['group'].astype('str').astype("
    category")

m1 = sm.glm("pounds_lost ~ regimen_condition + motivation
    ", data=data)
```

Listing 1: Michael's first model attempt, from the usage scenario (Section 3). Michael specifies `pounds_lost` as his dependent variable, and `regimen` and `motivation` as his independent variables.