**Data Dictionary:**

| **Column** | **Content** |
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| pptID | random ID code for participant |
| age | age in years |
| accountability | psychometric measure of accountability (or ‘responsibility’) (Sum of 5 questions, each scored 1-7). |
| selfmot | psychometric measure of self-motivation (Sum of 5 questions, each scored 1-7) |
| health | multi-test health measure (0-100) |
| happiness | simple happiness scale (0-100) |
| season | season of the year participants were interviewed in |
| city | city participant was recruited in |
| week\_stopped | week of programme participant stopped in (week 9 = completed the programme) |