

**Data Set 4: Freshman 15 Data**

Weights are in kilograms, and BMI denotes measured body mass index. Measurements were made in September of freshman year and then later in April of freshman year. Results are published in Hoffman, D.J., Policastro, P., Quick, V., Lee, S.K.: "Changes in Body Weight and Fat Mass of Men and Women in the First Year of College: A Study of the 'Freshman 15.'" *Journal of American College Health*, July 1, 2006, vol. 55, no. 1, p. 41. Copyright © 2006. Reprinted by permission.

STATDISK: Data set name is Freshman 15 Study Data.  
 Minitab: Worksheet name is FRESH15.MTW.  
 Excel: Workbook name is FRESH15.XLS.  
 TI-83/84 Plus: App name is FRESH and the file names are the same as for text files.  
 Text file names: WTSEP, WTAPR, BMISP, BMIAP.

Sex	Weight in September	Weight in April	BMI in September	BMI in April
M	72	59	22.02	18.14
M	97	86	19.70	17.44
M	74	69	24.09	22.43
M	93	88	26.97	25.57
F	68	64	21.51	20.10
M	59	55	18.69	17.40
F	64	60	24.24	22.88
F	56	53	21.23	20.23
F	70	68	30.26	29.24
F	58	56	21.88	21.02
F	50	47	17.63	16.89
M	71	69	24.57	23.85
M	67	66	20.68	20.15
F	56	55	20.97	20.36
F	70	68	27.30	26.73
F	61	60	23.30	22.88
F	53	52	19.48	19.24
M	92	92	24.74	24.69
F	57	58	20.69	20.79
M	67	67	20.49	20.60
F	58	58	21.09	21.24
F	49	50	18.37	18.53
M	68	68	22.40	22.61
F	69	69	28.17	28.43
M	87	88	23.60	23.81
M	81	82	26.52	26.78
M	60	61	18.89	19.27
F	52	53	19.31	19.75
M	70	71	20.96	21.32
F	63	64	21.78	22.22
F	56	57	19.78	20.23
M	68	69	22.40	22.82
M	68	69	22.76	23.19
F	54	56	20.15	20.69
M	80	82	22.14	22.57
M	64	66	20.27	20.76
F	57	59	22.15	22.93
F	63	65	23.87	24.67
F	54	56	18.61	19.34
F	56	58	21.73	22.58
M	54	56	18.93	19.72
M	73	75	25.88	26.72
M	77	79	28.59	29.53
F	63	66	21.89	22.79
F	51	54	18.31	19.28
F	59	62	19.64	20.63
F	65	68	23.02	24.10
F	53	56	20.63	21.91
F	62	65	22.61	23.81
F	55	58	22.03	23.42
M	74	77	20.31	21.34
M	74	78	20.31	21.36
M	64	68	19.59	20.77
M	64	68	21.05	22.31
F	57	61	23.47	25.11
F	64	68	22.84	24.29
F	60	64	19.50	20.90
M	64	68	18.51	19.83
M	66	71	21.40	22.97
F	52	57	17.72	19.42
M	71	77	22.26	23.87
F	55	60	21.64	23.81
M	65	71	22.51	24.45
M	75	82	23.69	25.80
F	42	49	15.08	17.74
M	74	82	22.64	25.33
M	94	105	36.57	40.86