**TYPE OF EXERCISE**

**When the participant is not exercising in one minute**

|  |  |  |
| --- | --- | --- |
| **FLUCTUATION** | **DIET** | **PULSE** |
| Starting range(Q0) | No fat | 40 |
|  | Low fat | 20 |
| Pick range (Q1, Q2, Q3) | No fat | 90-100 |
|  | Low fat | 90-95 |
| Ending range(Q4) | No fat | 110 |
|  | Low fat | 110 |

**When the participant is Walking in one minute**

|  |  |  |
| --- | --- | --- |
| **FLUCTUATION** | **DIET** | **PULSE** |
| Starting range(Q0) | No fat | 40 |
|  | Low fat | 80 |
| Pick range (Q1, Q2, Q3) | No fat | 95-102 |
|  | Low fat | 94-95 |
| Ending range(Q4) | No fat | 118 |
|  | Low fat | 100 |

**When the participant is Running one minute**

|  |  |  |
| --- | --- | --- |
| **FLUCTUATION** | **DIET** | **PULSE** |
| Starting range(Q0) | No fat | 40 |
|  | Low fat | 20 |
| Pick range (Q1, Q2, Q3) | No fat | 90-100 |
|  | Low fat | 90-95 |
| Ending range(Q4) | No fat | 110 |
|  | Low fat | 110 |

**Here's a summary:**

**No fat**

* Both Quartile 1 and Quartile 3 are the same.
* Both Quartile 1 and Quartile 3 are the same.
* Q1 is high, Q2 is the median, and Q3 is low.

**Low fat**

* Q1 is high, Q2 is the median, and Q3 is low
* Q1 is low, Q2 is the median, and Q3 is high
* Q1 is low, Q2 is the median, and Q3 is high

**Density plot**

* No fat has a greater density, while low fat has a lower density.

**TYPE OF EXERCISE**

|  |  |  |
| --- | --- | --- |
| **FLUCTUATION** | **DIET** | **PULSE** |
| Starting range(Q0) | No fat | 40 |
|  | Low fat | 40 |
| Pick range (Q1, Q2, Q3) | No fat | 90-97 |
|  | Low fat | 90-95 |
| Ending range(Q4) | No fat | 110 |
|  | Low fat | 110 |

**When the participant is not exercising in 15 minutes**

**When the participant is Walking in 15 minutes**

|  |  |  |
| --- | --- | --- |
| **FLUCTUATION** | **DIET** | **PULSE** |
| Starting range(Q0) | No fat | 10 |
|  | Low fat | 40 |
| Pick range (Q1, Q2, Q3) | No fat | 97-105 |
|  | Low fat | 95-100 |
| Ending range(Q4) | No fat | 120 |
|  | Low fat | 105 |

**When the participant is Running 15 minute**

|  |  |  |
| --- | --- | --- |
| **FLUCTUATION** | **DIET** | **PULSE** |
| Starting range(Q0) | No fat | 100 |
|  | Low fat | 80 |
| Pick range (Q1, Q2, Q3) | No fat | 120-125 |
|  | Low fat | 100-110 |
| Ending range(Q4) | No fat | 145 |
|  | Low fat | 150 |

**Here's a summary:**

**No fat**

* Q1 is high, Q2 is the median, and Q3 is low
* Q1 is low, Q2 is the median, and Q3 is high
* Q1 is high, Q2 is the median, and Q3 is low.

**Low fat**

* Q1 is high, Q2 is the median, and Q3 is low
* Q1 is low, Q2 is the median, and Q3 is high
* Q1 is low, Q2 is the median, and Q3 is high

**Density plot**

* Low fat has a greater density, while No fat has a lower density.

**TYPE OF EXERCISE**

**When the participant is not exercising in 30 minutes**

|  |  |  |
| --- | --- | --- |
| **FLUCTUATION** | **DIET** | **PULSE** |
| Starting range(Q0) | No fat | 40 |
|  | Low fat | 40 |
| Pick range (Q1, Q2, Q3) | No fat | 90-95 |
|  | Low fat | 90-95 |
| Ending range(Q4) | No fat | 110 |
|  | Low fat | 115 |

|  |  |  |
| --- | --- | --- |
| **FLUCTUATION** | **DIET** | **PULSE** |
| Starting range(Q0) | No fat | 80 |
|  | Low fat | 20 |
| Pick range (Q1, Q2, Q3) | No fat | 85-100 |
|  | Low fat | 90-100 |
| Ending range(Q4) | No fat | 110 |
|  | Low fat | 115 |

**When the participant is Walking in 30 minutes**

**When the participant is Running 30 minute**

|  |  |  |
| --- | --- | --- |
| **FLUCTUATION** | **DIET** | **PULSE** |
| Starting range(Q0) | No fat | 120 |
|  | Low fat | 90 |
| Pick range (Q1, Q2, Q3) | No fat | 140-145 |
|  | Low fat | 110-120 |
| Ending range(Q4) | No fat | 160 |
|  | Low fat | 130 |

**Here's a summary:**

**No fat**

* Q1 is high, Q2 is the median, and Q3 is low.
* Q1 is low, Q2 is the median, and Q3 is Low.
* Q1 is low, Q2 is the median, and Q3 is high.

**Low fat**

* Q1 is high, Q2 is the median, and Q3 is low.
* Q1 is low, Q2 is the median, and Q3 is high.
* Q1 is low, Q2 is the median, and Q3 is high.

**Density plot**

* No fat has a greater density, while low fat has a lower density.