

Timestamp	gender	age	what type of sport do you regularly c	frequency of training	How did the impact of sports change your hea	on scale 1 to 5 how do you rate your health
3/9/2024 22:30:58	male	17 - 20	individual sports	several times a weel	improved physical fitness	5
3/9/2024 22:33:08	male	21 - 24	individual sports	several times a weel	improved physical fitness	4
3/9/2024 22:34:32	male	17 - 20	individual sports	several times a weel	improved physical fitness	3
3/10/2024 19:49:19	male	17 - 20	team sports	once or twice a weel	improved physical fitness	5
3/10/2024 19:49:26	female	17 - 20	individual sports	few times in a month	did not effect physical fitness	3
3/10/2024 19:49:47	female	21 - 24	team sports	several times a weel	improved physical fitness	5
3/10/2024 19:50:17	female	21 - 24	individual sports	few times in a month	did not effect physical fitness	3
3/10/2024 19:50:33	male	13 - 16	individual sports	several times a weel	improved physical fitness	5
3/10/2024 19:50:44	male	under 12	team sports	several times a weel	improved physical fitness	4
3/10/2024 19:50:57	male	32 and older	team sports	few times in a month	improved physical fitness	4
3/10/2024 19:51:07	female	29 - 32	team sports	once or twice a weel	improved physical fitness	3
3/10/2024 19:51:19	male	25 - 28	team sports	several times a weel	improved physical fitness	5
3/10/2024 19:51:38	female	21 - 24	individual sports	once or twice a weel	improved physical fitness	3
3/10/2024 19:51:54	female	25 - 28	individual sports	few times in a month	did not effect physical fitness	2
3/10/2024 19:52:20	male	17 - 20	team sports	never	negatively effected fitness	2
3/10/2024 19:52:41	female	17 - 20	individual sports	several times a weel	improved physical fitness	5
3/10/2024 19:52:50	male	17 - 20	individual sports	several times a weel	improved physical fitness	5
3/10/2024 19:53:01	female	25 - 28	team sports	once or twice a weel	did not effect physical fitness	3
3/10/2024 19:54:57	male	21 - 24	individual sports	once or twice a weel	improved physical fitness	4
3/10/2024 19:55:27	female	25 - 28	individual sports	few times in a month	improved physical fitness	3
3/10/2024 19:57:56	male	21 - 24	individual sports	few times in a month	did not effect physical fitness	2
3/10/2024 20:02:47	male	21 - 24	team sports	several times a weel	improved physical fitness	4
3/10/2024 20:02:59	female	29 - 32	individual sports	several times a weel	improved physical fitness	4
3/10/2024 20:03:11	male	21 - 24	team sports	once or twice a weel	improved physical fitness	4
3/10/2024 20:03:22	female	21 - 24	individual sports	several times a weel	improved physical fitness	5
3/10/2024 20:03:33	male	17 - 20	team sports	several times a weel	improved physical fitness	4
3/10/2024 20:03:46	male	29 - 32	individual sports	few times in a month	did not effect physical fitness	3
3/10/2024 20:04:02	female	under 12	team sports	few times in a month	did not effect physical fitness	3
3/10/2024 20:04:12	male	17 - 20	individual sports	several times a weel	improved physical fitness	5
3/10/2024 20:04:24	female	25 - 28	individual sports	once or twice a weel	improved physical fitness	3