**Data Dictionary**

**Table: Person**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Field | Data Type | Definition |
| PK | SurveyID | smallint | Auto-generated, unique identification created by the database |
| PK | PaxID | smallint | Unique identification number provided to participant at start of program |
|  | Prepost | varchar(50) | Indicates whether the result is administered before or after completion of the training program |
|  | Gender | varchar(50) | Gender |
|  | Group | varchar(50) | Distinguishes between battalions and HQ groups |
|  | Date | date | Date of survey completion |
|  | Unityears | smallint | Number of years in unit |
|  | Age | smallint | Current age |
|  | Billet | varchar(50) | Current billet |
|  | Status | varchar(50) | Current status |
|  | Deployments | smallint | Total number of career deployments |
|  | Monthsdep | smallint | Total number of months deployed |
|  | Monthsincedep | smallint | Number of months since last deployment |
|  | Marital | varchar(50) | Marital status |
|  | Tobacco | varchar(50) | Tobacco use (Y/N) |
|  | Commutetime | smallint | Daily commute time (both ways) in minutes |
|  | Transportmode | varchar(20) | Commute mode of transportation |
|  | Daysfromhome | varchar(50) | Total days away from home during the last 365 days |
|  | Trainingdays | varchar(50) | Avg days per week engaged in physical training |
|  | Hpr | varchar(50) | Avg days per week using Human Performance resources |
|  | Progtraining | varchar(50) | Avg days per week following a progressive physical training program |
|  | Traingingprog | varchar(50) | Participation in a training program (Y/N) |
|  | Trainingprog\_5\_TEXT | varchar(500) | Participation in a training program – free response option |
|  | Fruits | varchar(50) | Avg daily servings of fruit consumed |
|  | Veg | varchar(50) | Avg daily servings of vegetables consumed |
|  | Protein | varchar(50) | Avg daily servings of protein consumed |
|  | Fat | varchar(50) | Avg daily servings of fat consumed |
|  | Water | smallint | Avg daily intake of water (ounces) |
|  | Caffeine | smallint | Avg daily intake of caffeine (mg) |
|  | Sugar | varchar(50) | Avg weekly servings of sugar consumed |
|  | Alcohol | varchar(50) | Avg weekly servings of alcohol consumed |
|  | Pain72 | varchar(50) | Y/N has pain that has not improved over the last 72 hours |
|  | Paincare | varchar(50) | Sources of pain care |
|  | Paincarereas | varchar(50) | Reason pain care not received |
|  | Paincarereas\_5\_TEXT | varchar(500) | Reason pain care not received - free response option |
|  | Functionlevel | int | Function level at work and life (%) |
|  | Painlevel | smallint | Current pain level |
|  | Painseekcare | varchar(50) | Y/N will seek care for pain/function now |
|  | Painseekcare\_1\_TEXT | varchar(500) | N will seek care for pain - free response option |
|  | Painseekcare\_2\_TEXT | varchar(500) | Y will seek care for pain – free response option |
|  | Sleep | int | Average hours of sleep per night |
|  | Sleepquality | varchar(10) | Sleep quality |
|  | Stress | varchar(10) | Stress level |

**Table: Cognitive**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Field | Data Type | Definition |
| PK | CognitiveID | int | Auto-generated, unique identification created by the database |
|  | Date | date | Date of test completion |
|  | Prepost | varchar(50) | Indicates whether the result is administered before or after completion of the training program |
|  | HRVB | smallint | Heart rate variability baseline |
|  | AP | smallint | Audio processing |
|  | IR | smallint | Image recall |
|  | VPSB | smallint | Visual processing speed baseline |
|  | VPSM | smallint | Visual processing speed measured |
|  | LTVR | smallint | Long term verbal recall |
|  | WMV | smallint | Working memory visual |
|  | WMA | smallint | Working memory audio |
|  | AccB (1-3) | numeric(5,2) | Accuracy baseline |
|  | RTB (1-3) | numeric(5,2) | Reaction time baseline |
|  | AccMax (1-3) | numeric(5,2) | Accuracy max score after physical test |
|  | RTMax (1-3) | numeric(5,2) | Reaction time max score physical test |
|  | AccGNG (1-2) | numeric(5,2) | Accuracy go-no-go score |
|  | RTGNG (1-2) | numeric(5,2) | Reaction time go-no-go score |
| FK | PaxID | varchar(50) | Unique identification number provided to participant at start of program |

**Table: HRV**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Field | Data Type | Definition |
| PK | HRVID | int | Auto-generated, unique identification created by the database |
|  | Week | smallint | Week number of program |
|  | HRV | smallint | Heart rate variability |
|  | SLP | smallint | Sleep quality |
|  | SDD (1-7) | smallint | Sleep duration |
| FK | PaxID | smallint | Unique identification number provided to participant at start of program |

**Table: InBody**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Field | Data Type | Definition |
| PK | InbodyID | int | Auto-generated, unique identification created by the database |
|  | Date | date | Date of test completion |
|  | WT | numeric(5,2) | Body weight (lbs) |
|  | Bodyfat | numeric(5,2) | Percent body fat |
|  | Viscfat | numeric(5,2) | Percent visceral fat |
|  | Prepost | varchar(50) | Indicates whether the result is administered before or after completion of the training program. |
| FK | PaxID | smallint | Unique identification number provided to participant at start of program |

**Table: Blood**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Field | Data Type | Definition |
| PK | WorkID | int | Auto-generated, unique identification created by the database |
|  | D | numeric(5,2) | Vitamin D |
|  | Mag | numeric(5,2) | Magnesium |
|  | B12 | numeric(5,2) | Vitamin B-12 |
|  | HDL | numeric(5,2) | HDL Cholesterol |
|  | LDL | numeric(5,2) | LDL Cholesterol |
|  | TG | numeric(5,2) | Triglycerides |
| FK | PaxID | smallint | Unique identification number provided to participant at start of program |

**Table: Physical**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Field | Data Type | Definition |
| PK | PhysicalID | int | Auto-generated, unique identification created by the database |
|  | Date | date | Date of test completion |
|  | Prepost | varchar(50) | Indicates whether the result is administered before or after completion of the training program. |
|  | TBDL | smallint | Trap bar deadlift |
|  | SPT | smallint | Standing power throw |
|  | TPU | int | T-pushups |
|  | SDC | varchar(50) | Sprint, drag, carry |
|  | LT | smallint | Leg tuck |
|  | 2Mi | varchar(50) | 2-mile distance time |
|  | GripR90/180 | smallint | Right hand grip strength with arm at 90/180 degrees |
|  | GripL90/180 | smallint | Left hand grip strength with arm at 90/180 degrees |
| FK | PaxID | smallint | Unique identification number provided to participant at start of training program |

**Table: Utilization**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Field | Data Type | Definition |
| PK | UtilizationID | smallint | Auto-generated, unique identification created by the database |
|  | SessionsMP | smallint | Number of mental performance sessions |
|  | DurMP | smallint | Total duration (minutes) spent in mental performance sessions |
|  | SessionsNutr | smallint | Number of nutrition sessions |
|  | DurNutr | smallint | Total duration (minutes) spent in nutrition sessions |
|  | SessionsHP | smallint | Number of human performance sessions |
|  | DurHP | smallint | Total duration (minutes) spent in human performance sessions |
|  | SessionsPT | smallint | Number of physical therapy sessions |
|  | DurPT | smallint | Total duration (minutes) spent in physical therapy sessions |
| FK | PaxID | smallint | Unique identification number provided to participant at start of training program |

**A screenshot of a computer

Description automatically generated**