

Nutrition - Diet/Sleep/Activity Level (N2)

			Pre			
Client	Gender	Age	Nutrition rate (1-5)	Sleep Habits (1-5)	Exercise Activity Level (1-5)	Nutrition rate (1-5)
1	F	20	1	2	3	2
2	F	24	2	2	2	2
3	F	30	3	3	2	3
4	F	35	4	3	5	4
5	F	44	5	1	5	5
6	F	48	3	4	4	4
7	F	51	1	4	3	2
8	F	54	3	5	2	4
9	F	60	1	4	2	3
10	F	67	4	2	2	4
11	F	74	2	5	2	3
12	F	71	3	5	1	3
13	F	31	2	3	3	3
14	F	23	5	4	1	5
15	F	42	4	1	4	4
16	M	21	2	2	1	2
17	M	27	5	1	3	5
18	M	25	1	3	4	2
19	M	32	4	2	1	4
20	M	36	1	2	2	2
21	M	40	1	5	3	2
22	M	45	4	4	2	4
23	M	53	2	5	1	2
24	M	56	5	1	3	5
25	M	62	5	2	2	5
26	M	70	3	4	2	3
27	M	73	3	3	3	3
28	M	30	1	4	4	2
29	M	32	1	5	5	3
30	M	41	3	2	5	3
Overall	Mean	43.9	2.8	3.1	2.73	3.27
	SD	16.88	1.45	1.37	1.28	1.45
	p value		0.00	0.00	0.00	
Female	Mean		2.87	3.20	2.73	3.40
	SD		1.36	1.37	1.28	0.99
	p value		0.01	0.00	0.00	
Male	Mean		2.73	3.00	2.73	3.13
	SD		1.58	1.41	1.33	1.19
	p value		0.03	0.08	0.00	

Post	
Sleep Habits (1-5)	Exercise Activity Level (1-5)
4	4
3	3
4	3
3	5
2	5
4	4
5	4
5	3
4	2
3	3
5	3
5	2
4	3
4	2
3	4
3	2
3	4
2	4
3	2
3	3
5	3
4	3
5	2
2	4
3	2
3	3
3	4
4	4
5	5
3	5
3.63	3.33
1.37	1.28
3.87	3.33
1.36	0.98
3.40	3.33
0.99	1.05