The SPSS file contains the responses of 661 participants to the following questions.

Participant number – an arbitrary number assigned to each participant (subid)

How many minutes a day do you spend exercising? (timeex)

How many minutes per day did your fitness tracker indicate your heartrate was above 110? (heart)

From the following list which is your favorite exercise? (favexercise)

1 = running

2 = swimming

3 = yoga

4 = HIIT

5 = rock climbing

6 = dancing

7 = cycling

Are you a member of the gym? (member)

1 = yes

2 = no

Please indicate how much you agree or disagree with the following statements

I like to be outside (outside)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Strongly Disagree |  |  |  |  |  | Strongly Agree |

The time I am alone is important to me (alone)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Strongly Disagree |  |  |  |  |  | Strongly Agree |

The time I spend with others is important to me (others)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Strongly Disagree |  |  |  |  |  | Strongly Agree |

The Satisfaction with Exercise Scale answered on a 7-point scale, higher scores indicate greater satisfaction.

1. \_\_\_\_ I enjoy exercising. (exercise1)
2. \_\_\_\_ When I exercise I feel good. (exercise2)
3. \_\_\_\_ I like to exercise. (exercise3)
4. \_\_\_\_ Exercise makes other things in my life easier. (exercise4)
5. \_\_\_\_ I find I have more energy after I exercise. (exercise5)

Do take vitamin supplements? (vitamins)

1 = Yes

2= No

Which of the following athletic brands do you like the most? (brandlike)

1 = Adidas

2 = Nike

3 = Reebok

4 = Under Armor