|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Date | Lbs Lifted | Feel 0= Bad 1= Good | Hrs Slept | Date | mean-3s | mean -2s | mean | mean +2s | mean +3s |
| 14-Sep | 210 | 1 | 8 | 14-Sep | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 15-Sep |  |  |  | 15-Sep | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 16-Sep | 210 | 1 | 8 | 16-Sep | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 17-Sep |  |  |  | 17-Sep | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 18-Sep | 195 | 0 | 5 | 18-Sep | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 19-Sep |  |  |  | 19-Sep | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 20-Sep | 205 | 1 | 10 | 20-Sep | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 21-Sep |  |  |  | 21-Sep | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 22-Sep |  |  |  | 22-Sep | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 23-Sep | 215 | 1 | 7 | 23-Sep | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 24-Sep |  |  |  | 24-Sep | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 25-Sep | 210 | 1 | 9 | 25-Sep | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 26-Sep |  |  |  | 26-Sep | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 27-Sep |  |  |  | 27-Sep | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 28-Sep |  |  |  | 28-Sep | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 29-Sep | 220 | 1 | 9 | 29-Sep | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 30-Sep |  |  |  | 30-Sep | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| Oct |  |  |  | Oct | 186.9 | 194.6 |  | 225.4 | 233.1 |
| 1-Oct | 220 | 1 | 8 | 1-Oct | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 2-Oct |  |  |  | 2-Oct | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 3-Oct | 210 | 1 | 6 | 3-Oct | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 4-Oct |  |  |  | 4-Oct | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 5-Oct | 200 | 0 | 8 | 5-Oct | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 6-Oct |  |  |  | 6-Oct | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 7-Oct |  |  |  | 7-Oct | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 8-Oct |  |  |  | 8-Oct | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 9-Oct | 225 | 1 | 9 | 9-Oct | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 10-Oct |  |  |  | 10-Oct | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 11-Oct | 215 | 1 | 8 | 11-Oct | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 12-Oct |  |  |  | 12-Oct | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 13-Oct | 190 | 1 | 8 | 13-Oct | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 14-Oct |  |  |  | 14-Oct | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 15-Oct | 185 | 0 | 8 | 15-Oct | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 16-Oct |  |  |  | 16-Oct | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 17-Oct |  |  |  | 17-Oct | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 18-Oct | 230 | 1 | 10 | 18-Oct | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 19-Oct |  |  |  | 19-Oct | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 20-Oct | 205 | 0 | 9 | 20-Oct | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 21-Oct |  |  |  | 21-Oct | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 22-Oct | 175 | 1 | 7 | 22-Oct | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 23-Oct |  |  |  | 23-Oct | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 24-Oct | 200 | 1 | 7 | 24-Oct | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 25-Oct |  |  |  | 25-Oct | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 26-Oct | 210 | 1 | 8 | 26-Oct | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 27-Oct |  |  |  | 27-Oct | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 28-Oct |  |  |  | 28-Oct | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 29-Oct | 235 | 1 | 9 | 29-Oct | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 30-Oct |  |  |  | 30-Oct | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 31-Oct | 190 | 0 | 6 | 31-Oct | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
|  |  |  |  |  | 186.9 | 194.6 |  | 225.4 | 233.1 |
| 1-Nov |  |  |  | 1-Nov | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 2-Nov | 205 | 0 | 8 | 2-Nov | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 3-Nov |  |  |  | 3-Nov | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 4-Nov | 215 | 0 | 7 | 4-Nov | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 5-Nov |  |  |  | 5-Nov | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 6-Nov |  |  |  | 6-Nov | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 7-Nov |  |  |  | 7-Nov | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 8-Nov | 205 | 1 | 7 | 8-Nov | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 9-Nov |  |  |  | 9-Nov | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 10-Nov | 215 | 1 | 9 | 10-Nov | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 11-Nov |  |  |  | 11-Nov | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 12-Nov | 215 | 0 | 8 | 12-Nov | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 13-Nov |  |  |  | 13-Nov | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 14-Nov | 195 | 1 | 8 | 14-Nov | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 15-Nov |  |  |  | 15-Nov | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 16-Nov | 210 | 1 | 7 | 16-Nov | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 17-Nov |  |  |  | 17-Nov | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 18-Nov | 215 | 1 | 7 | 18-Nov | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 19-Nov |  |  |  | 19-Nov | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 20-Nov | 220 | 0 | 9 | 20-Nov | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 21-Nov |  |  |  | 21-Nov | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 22-Nov | 200 | 0 | 6 | 22-Nov | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 23-Nov |  |  |  | 23-Nov | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 24-Nov |  |  |  | 24-Nov | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 25-Nov | 185 | 0 | 8 | 25-Nov | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 26-Nov |  |  |  | 26-Nov | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 27-Nov | 230 | 1 | 7 | 27-Nov | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 28-Nov |  |  |  | 28-Nov | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 29-Nov | 220 | 1 | 7 | 29-Nov | 186.9 | 194.6 | 210 | 225.4 | 233.1 |
| 30-Nov |  |  |  | 30-Nov | 186.9 | 194.6 | 210 | 225.4 | 233.1 |

**Descriptive Statistics: Lbs Lifted**

Feel

0=Bad

Variable 1= Good Mean SE Mean StDev

Lbs Lifted 0 201.36 3.64 12.06

1 211.74 2.80 13.45

\* \* \* \*

**Descriptive Statistics: Lbs Lifted**

Feel

0=Bad

Variable 1= Good Mean StDev

Lbs Lifted 0 201.36 12.06

1 211.74 13.45

\* \* \*

**Correlations: Lbs Lifted, Hrs Slept**

Pearson correlation of Lbs Lifted and Hrs Slept = 0.362

P-Value = 0.035

**Scatterplot of Lbs Lifted vs Hrs Slept**



**Mean of the goal variable on the days when the qualitative variable was YES**

|  |  |  |  |
| --- | --- | --- | --- |
| Date |  | Lbs Lifted | Feel 0=Bad 1=Good |
| 14-Sep |  | 210 | 1 |
| 16-Sep |  | 210 | 1 |
| 20-Sep |  | 205 | 1 |
| 23-Sep |  | 215 | 1 |
| 25-Sep |  | 210 | 1 |
| 29-Sep |  | 220 | 1 |
| 1-Oct |  | 220 | 1 |
| 3-Oct |  | 210 | 1 |
| 9-Oct |  | 225 | 1 |
| 11-Oct |  | 215 | 1 |
| 13-Oct |  | 190 | 1 |
| 18-Oct |  | 230 | 1 |
| 22-Oct |  | 175 | 1 |
| 24-Oct |  | 200 | 1 |
| 26-Oct |  | 210 | 1 |
| 29-Oct |  | 235 | 1 |
| 8-Nov |  | 205 | 1 |
| 8-Nov |  | 215 | 1 |
| 14-Nov |  | 195 | 1 |
| 16-Nov |  | 210 | 1 |
| 18-Nov |  | 215 | 1 |
| 27-Nov |  | 230 | 1 |
| 29-Nov |  | 220 | 1 |
|  |  |  |  |

**MEAN = 211.7**

**Mean of the goal variable on the days when the qualitative variable was NO**

|  |  |  |
| --- | --- | --- |
|  |  |  |
| Date | Lbs Lifted | Feel 0=Bad 1=Good |
| 18-Sep | 195 | 0 |
| 5-Oct | 200 | 0 |
| 15-Oct | 185 | 0 |
| 20-Oct | 205 | 0 |
| 31-Oct | 190 | 0 |
| 2-Nov | 205 | 0 |
| 4-Nov | 215 | 0 |
| 12-Nov | 215 | 0 |
| 20-Nov | 220 | 0 |
| 22-Nov | 200 | 0 |
| 25-Nov | 185 | 0 |
|  |  |  |

**MEAN = 201.4**

