

Codebook: Merged_Data File_cleaned_211020

Variable Information

Variable	Position	Label	Measurement Level	Role	Column Width	Alignment	Print Format	Write Format
ID	1	ID number	Nominal	Input	8	Right	F8	F8
Consent	2	consent	Scale	Input	5	Right	F40	F40
Gender	3	gender	Scale	Input	5	Right	F40	F40
Gender_2_TEXT	4	gender_others	Nominal	Input	15	Left	A2000	A2000
Age	5	age	Scale	Input	5	Right	F40.2	F40.2
Ethnicity	6	ethnic background	Scale	Input	5	Right	F40	F40
Ethnicity_5_TEXT	7	ethnic background_others	Nominal	Input	8	Left	A2000	A2000
Injuries	8	any previous or current health issues/injuries?	Scale	Input	5	Right	F40	F40
Injuries_consent	9	Given your injuries, still willing to participate?	Scale	Input	5	Right	F40	F40
Injuries_elaborate	10	How does your injury/health affect exercise.	Nominal	Input	15	Left	A2000	A2000
Vig_Days_Habit	11	Habits_number of days for vigorous physical exercise?	Scale	Input	14	Right	F40	F40
Vig_Elaborate_Habit	12	Habits_what vigorous exercise did you do?	Nominal	Input	17	Left	A2000	A2000
Vig_Time_Habit	13	Habits_time spent each time doing vigorous exercise?	Scale	Input	17	Right	F40.1	F40.1
Mod_Days_Habit	14	Habits_number of days for moderate physical exercise?	Scale	Input	18	Right	F40	F40
Mod_Elaborate_Habit	15	Habits_what moderate exercise	Nominal	Input	15	Left	A2000	A2000

		did you do?						
Mod_Time_Habit	16	Habits_time spent each tiem doing moderate exercise?	Scale	Input	15	Right	F40.1	F40.1
Walk_Days_Habit	17	Habits_number of days spent walking?	Scale	Input	17	Right	F40	F40
Walk_Time_Habit	18	Habits_time spent walking each day?	Scale	Input	5	Right	F40.1	F40.1
Vig_Days_Intentions	19	Intentions_number of days for vigorous physical exercise?	Scale	Input	5	Right	F40	F40
Vig_Time_Intentions	20	Intentions_time spent each time doing vigourous exercise?	Scale	Input	5	Right	F40.1	F40.1
Mod_Days_Intentions	21	Intentions_number of days for moderate physical exercise?	Scale	Input	5	Right	F40	F40
Mod_Time_Intentions	22	Intentions_time spent each time doing moderate exercise?	Scale	Input	5	Right	F40.1	F40.1
Walk_Days_Intentions	23	Intentions_number of days for walking?	Scale	Input	5	Right	F40	F40
Walk_Time_Intentions	24	Intentions_time spent each time walking?	Scale	Input	5	Right	F40.1	F40.1
Catch	25	I have answered the questions truthfully and authentically.	Scale	Input	5	Right	F40	F40
AP1_1	26	AP1_when to exercise.	Scale	Input	5	Right	F40	F40
AP1_Elaborate	27	Please state when in the next two weeks:(Type 'Nil' or 'None' if you do not have any plan)	Nominal	Input	15	Left	A2000	A2000
AP2_1	28	AP2_where to exercise.	Scale	Input	5	Right	F40	F40
AP2_Elaborate	29	Please state where in the next two weeks: (Type 'Nil' or 'None' if you	Nominal	Input	15	Left	A2000	A2000

		do not have any plan)					
AP3_1	30	AP3_how I will be exercising.	Scale	Input	5	Right	F40
AP3_Elaborate	31	Please state how/what you will be exercising in the next 2 weeks: (Type 'Nil' or 'None' if you do not have any plan)	Nominal	Input	15	Left	A2000
AP4_1	32	AP4_how often I will be exercising.	Scale	Input	5	Right	F40
AP4_Elaborate	33	Please state how often:(Type 'Nil' or 'None' if you do not have any plan)	Nominal	Input	15	Left	A2000
AP5_1	34	AP5_who I will be exercising with.	Scale	Input	5	Right	F40
AP5_Elaborate	35	Please state who/what your relationship is with that person/group people:(Type 'Nil' or 'None' if you do not have any plan)	Nominal	Input	15	Left	A2000
CP1_1	36	CP1_what to do when something interferes with my plans to exercise.	Scale	Input	5	Right	F40
CP1_Elaborate	37	Please state what you would do:(Type 'Nil' or 'None' if you do not have any plan)	Nominal	Input	15	Left	A2000
CP2_1	38	CP2_when else to exercise in case I can't on planned days	Scale	Input	5	Right	F40
CP2_Elaborate	39	Please state what you would do:(Type 'Nil' or 'None' if you do not have any plan)	Nominal	Input	15	Left	A2000
CP3_1	40	CP3_what to do in such difficult situations, in order to act according to my intentions to increase my	Scale	Input	5	Right	F40

		overall exercise time.					
CP3_Elaborate	41	Please state what you would do:(Type 'Nil' or 'None' if you do not have any plan)	Nominal	Input	15	Left	A2000 A2000
CP4_1	42	CP4_good opportunities (e.g. group workouts, spare pockets of time etc.) I could tap on	Scale	Input	5	Right	F40 F40
CP4_Elaborate	43	Please state what are these good opportunities:(Type 'Nil' or 'None' if you do not have any plan)	Nominal	Input	15	Left	A2000 A2000
CP5_1	44	CP5_when or which situations to pay extra attention to prevent lapses.	Scale	Input	5	Right	F40 F40
CP5_Elaborate	45	Please state when:(Type 'Nil' or 'None' if you do not have any plan)	Nominal	Input	15	Left	A2000 A2000
IMI_1	46	IMI_1: I enjoy doing physical exercise very much	Scale	Input	5	Right	F40 F40
IMI_2	47	IMI_2: Physical exercise is a fun activity to do	Scale	Input	5	Right	F40 F40
IMI_3	48	IMI_3: I think physical exercise is boring	Scale	Input	5	Right	F40 F40
IMI_4	49	IMI_4: I think that physical exercise is quite enjoyable	Scale	Input	5	Right	F40 F40
IMI_5	50	IMI_5: I believe that exercising could be of great value to me	Scale	Input	5	Right	F40 F40
IMI_6	51	IMI_6: I think that engaging in exercise is useful for my health	Scale	Input	5	Right	F40 F40
IMI_7	52	IMI_7: I think exercising is important to do because it can help	Scale	Input	5	Right	F40 F40

		in my physical and mental health					
IMI_8	53	IMI_8: I think physically exercising could help me to create a healthier lifestyle	Scale	Input	5 Right	F40	F40
IMI_9	54	IMI_9: I believe exercising physically could be beneficial to me	Scale	Input	5 Right	F40	F40
IMI_10	55	IMI_10: I think engaging in physical exercise is an important activity	Scale	Input	5 Right	F40	F40
Pers_Code	56	Personal code	Nominal	Input	12 Left	A2000	A2000
Vig_Days_T2	57	T2_number of days for vigorous physical exercise	Scale	Input	8 Right	F40	F40
Vig_Days_T2_Elab	58	T2_what vigorous physical exercise?	Nominal	Input	20 Left	A2000	A2000
Vig_Time_T2	59	T2_time spent each time doing vigorous physical exercise?	Scale	Input	14 Right	F40	F40
Mod_Days_T2	60	T2_number of days for moderate physical exercise	Scale	Input	14 Right	F40	F40
Mod_Days_T2_Elab	61	T2_what moderate physical exercise?	Nominal	Input	15 Left	A2000	A2000
Mod_Time_T2	62	T2_time spent each day doing moderate physical exercise	Scale	Input	14 Right	F40.1	F40.1
Walk_Days_T2	63	T2_number of days walking	Scale	Input	5 Right	F40	F40
Walk_Time_T2	64	T2_time spent each day walking	Scale	Input	5 Right	F40.1	F40.1
planninghelps	65	Planning helps to increase the amount of time I engage in physical exercise.	Scale	Input	5 Right	F40	F40

confidence	66	Confidence to continue exercising	Scale	Input	5	Right	F40	F40
priorhabit	67	I am in the habits of planning even prior to this study	Scale	Input	5	Right	F40	F40
t2_Catch	68	T2_Catch	Scale	Input	5	Right	F40	F40
FU_Email	69	Results email - interested to know more about my results	Nominal	Input	15	Left	A2000	A2000
Total_HabitsVigEx	70	<none>	Scale	Input	19	Right	F8.2	F8.2
Total_HabitsModEx	71	<none>	Scale	Input	19	Right	F8.2	F8.2
Total_HabitsVigModEx	72	<none>	Scale	Input	22	Right	F8.2	F8.2
Total_HabitsWalk	73	<none>	Scale	Input	18	Right	F8.2	F8.2
Total_IntentionsVigEx	74	<none>	Scale	Input	23	Right	F8.2	F8.2
Total_IntentionsModEx	75	<none>	Scale	Input	23	Right	F8.2	F8.2
Total_IntentionsWalk	76	<none>	Scale	Input	22	Right	F8.2	F8.2
Total_IntentionsVigModEx	77	<none>	Scale	Input	26	Right	F8.2	F8.2
Total_IMI	78	<none>	Scale	Input	11	Right	F8.2	F8.2
IMI_Group	79	<none>	Nominal	Input	8	Right	F8.2	F8.2
Total_AP	80	<none>	Nominal	Input	10	Right	F8.2	F8.2
Total_CP	81	<none>	Nominal	Input	10	Right	F8.2	F8.2
Total_APCP	82	<none>	Scale	Input	12	Right	F8.2	F8.2
Total_VigEx_T2	83	<none>	Scale	Input	15	Right	F8.2	F8.2
Total_ModEx_T2	84	<none>	Scale	Input	16	Right	F8.2	F8.2
Total_Walk_T2	85	<none>	Scale	Input	15	Right	F8.2	F8.2
Total_VigModEx_T2	86	<none>	Scale	Input	19	Right	F8.2	F8.2
ChangeExerciseTime	87	Change in total exercise time (T2 - T1)	Scale	Input	28	Right	F8.2	F8.2
WHO_T1	88	<none>	Scale	Input	10	Right	F8.2	F8.2
WHO_T2	89	<none>	Scale	Input	10	Right	F8.2	F8.2

WHO_T1_meet	90	Participants who meet WHO exercise requirements at T1	Nominal	Input	8	Right	F8.2	F8.2
WHO_T2_meet	91	Participants who meet WHO exercise requirements at T2	Nominal	Input	8	Right	F8.2	F8.2
WHO_overall	92	<none>	Nominal	Input	13	Right	F8.2	F8.2
PRE_4	93	Unstandardized Predicted Value	Scale	Input	13	Right	F11.5	F11.5
SRE_4	94	Studentized Residual	Scale	Input	13	Right	F11.5	F11.5
SDR_4	95	Studentized Deleted Residual	Scale	Input	13	Right	F11.5	F11.5
COO_4	96	Cook's Distance	Scale	Input	13	Right	F11.5	F11.5
LEV_4	97	Centered Leverage Value	Scale	Input	13	Right	F11.5	F11.5
PRE_1	98	Unstandardized Predicted Value	Scale	Input	13	Right	F11.5	F11.5
SRE_1	99	Studentized Residual	Scale	Input	13	Right	F11.5	F11.5
SDR_1	100	Studentized Deleted Residual	Scale	Input	13	Right	F11.5	F11.5
COO_1	101	Cook's Distance	Scale	Input	13	Right	F11.5	F11.5
LEV_1	102	Centered Leverage Value	Scale	Input	13	Right	F11.5	F11.5

Variable Values

Value		Label
Consent	0	Do not consent
	1	Consent
Gender	0	Male
	1	Female
	2	Other (Please state below)

	3	Prefer not to say
Ethnicity	1	Chinese
	2	Malay
	3	Indian
	4	Eurasian
	5	Other (Please state below)
	6	Prefer not to say
Injuries	0	No
	1	Yes
Injuries_consent	2	Yes
	3	No
Catch	0	No
	1	Yes
AP1_1	1	Strongly disagree
	2	Slightly disagree
	3	Neither agree nor disagree
	4	Slightly agree
	5	Strongly agree
IMI_1	1	1
	2	2
	3	3
	4	4
	5	5
	6	6
	7	7

IMI_2	1	1
	2	2
	3	3
	4	4
	5	5
	6	6
	7	7
IMI_3	1	1
	2	2
	3	3
	4	4
	5	5
	6	6
	7	7
IMI_4	1	1
	2	2
	3	3
	4	4
	5	5
	6	6
	7	7
IMI_5	1	1
	2	2
	3	3
	4	4
	5	5
	6	6

	7	7
IMI_6	1	1
	2	2
	3	3
	4	4
	5	5
	6	6
	7	7
IMI_7	1	1
	2	2
	3	3
	4	4
	5	5
	6	6
	7	7
IMI_8	1	1
	2	2
	3	3
	4	4
	5	5
	6	6
	7	7
IMI_9	1	1
	2	2
	3	3
	4	4
	5	5

	6	6
	7	7
IMI_10	1	1
	2	2
	3	3
	4	4
	5	5
	6	6
	7	7
planninghelps	1	1
	2	2
	3	3
	4	4
	5	5
	6	6
	7	7
confidence	1	1
	2	2
	3	3
	4	4
	5	5
	6	6
	7	7
priorhabit	1	1
	2	2
	3	3
	4	4

	5	5
	6	6
	7	7
t2_Catch	0	No
	1	Yes
WHO_T1_meet	.00	No
	1.00	Yes
WHO_T2_meet	.00	No
	1.00	Yes
WHO_overall	1.00	T2 met
	2.00	T2 didn't meet