

Data Set Name: actinv.sas7bdat

Num	Variable	Type	Len	Format	Informat	Label
1	VISIT	Char	3	\$VISITF.		Visit
2	PHYSACT	Num	8	PHYSACTF.	1.	Physical activity increased
3	NEWID	Num	8			ACT PARTICIPANT ID NUMBER

Data Set Name: active.sas7bdat

Num	Variable	Type	Len	Format	Informat	Label
1	VISIT	Char	3	\$VISITF.		ACTQ: VISIT CODE
2	ACTIVE1	Num	8	ACTIVEF.	2.	ACTQ: ACTIVE WHEN TIRED
3	ACTIVE2	Num	8	ACTIVEF.	2.	ACTQ: ACTIVE DURING PERSONAL CRISIS
4	ACTIVE3	Num	8	ACTIVEF.	2.	ACTQ: ACTIVE WHEN DEPRESSED
5	ACTIVE4	Num	8	ACTIVEF.	2.	ACTQ: ACTIVE WHEN ANXIOUS
6	ACTIVE5	Num	8	ACTIVEF.	2.	ACTQ: ACTIVE DURING BAD WEATHER
7	ACTIVE6	Num	8	ACTIVEF.	2.	ACTQ: ACTIVE WHEN SORE
8	ACTIVE7	Num	8	ACTIVEF.	2.	ACTQ: ACTIVE WHEN ON VACATION
9	ACTIVE8	Num	8	ACTIVEF.	2.	ACTQ: ACTIVE WHEN COMPETING INTERESTS
10	ACTIVE9	Num	8	ACTIVEF.	2.	ACTQ: ACTIVE WHEN A LOT OF WORK TO DO
11	ACTIVE10	Num	8	ACTIVEF.	2.	ACTQ: ACTIVE WHEN NOT REACHED GOALS
12	ACTIVE11	Num	8	ACTIVEF.	2.	ACTQ: ACTIVE WHEN NO SUPPORT FROM FAMILY
13	ACTIVE12	Num	8	ACTIVEF.	2.	ACTQ: ACTIVE AFTER ILLNESS RECOVERY
14	ACTIVE13	Num	8	ACTIVEF.	2.	ACTQ: ACTIVE WITHOUT ANYONE WITH YOU
15	ACTIVE14	Num	8	ACTIVEF.	2.	ACTQ: ACTIVE WHEN SCHEDULE IS HECTIC
16	WALK_10	Num	8	ACTIVEF.	2.	ACTQ: WALK 10 MINUTES WITHOUT STOPPING
17	WALK_20	Num	8	ACTIVEF.	2.	ACTQ: WALK 20 MINUTES WITHOUT STOPPING
18	WALK_30	Num	8	ACTIVEF.	2.	ACTQ: WALK 30 MINUTES WITHOUT STOPPING
19	WALK_40	Num	8	ACTIVEF.	2.	ACTQ: WALK 40 MINUTES WITHOUT STOPPING
20	WALK_50	Num	8	ACTIVEF.	2.	ACTQ: WALK 50 MINUTES WITHOUT STOPPING
21	EXPER1	Num	8	EXPERF.	1.	ACTQ: PUT THINGS TO REMIND TO BE ACTIVE
22	EXPER2	Num	8	EXPERF.	1.	ACTQ: TELL SELF TRY HARD CAN BE ACTIVE
23	EXPER3	Num	8	EXPERF.	1.	ACTQ: MAKE COMMITMENTS TO BE ACTIVE
24	EXPER4	Num	8	EXPERF.	1.	ACTQ: KEEP THINGS TO REMIND TO BE ACTIVE
25	EXPER5	Num	8	EXPERF.	1.	ACTQ: SOCIETY CHANGE MAKES ACTIVE EASIER
26	EXPER6	Num	8	EXPERF.	1.	ACTQ: HAZARDS OF INACTIVITY AFFECT ME
27	EXPER7	Num	8	EXPERF.	1.	ACTQ: REACT TO WARNINGS OF INACTIVITY
28	EXPER8	Num	8	EXPERF.	1.	ACTQ: READ ABOUT EXERCISE AND ACTIVITY
29	EXPER9	Num	8	EXPERF.	1.	ACTQ: FRIEND ENCOURAGES ME TO BE ACTIVE
30	EXPER10	Num	8	EXPERF.	1.	ACTQ: TELL SELF BEING GOOD WHEN ACTIVE
31	EXPER11	Num	8	EXPERF.	1.	ACTQ: AWARE OF ENCOURAGE ME TO BE ACTIVE
32	EXPER12	Num	8	EXPERF.	1.	ACTQ: DO SOMETHING NICE FOR BEING ACTIVE
33	EXPER13	Num	8	EXPERF.	1.	ACTQ: SOMEONE PROVIDES ACTIVITY FEEDBACK
34	EXPER14	Num	8	EXPERF.	1.	ACTQ: LOOK FOR EXERCISE INFORMATION
35	EXPER15	Num	8	EXPERF.	1.	ACTQ: ROLE MODEL IF EXERCISED MORE
36	EXPER16	Num	8	EXPERF.	1.	ACTQ: THINK ABOUT TYPE OF PERSON CAN BE

Num	Variable	Type	Len	Format	Informat	Label
37	EXPER17	Num	8	EXPERF.	1.	ACTQ: MAY INFLUENCE OTHERS IF ACTIVE
38	EXPER18	Num	8	EXPERF.	1.	ACTQ: GET FRUSTATED WHEN NOT ACTIVE
39	EXPER19	Num	8	EXPERF.	1.	ACTQ: WHEN TIRED CAN MAKE SELF BE ACTIVE
40	EXPER20	Num	8	EXPERF.	1.	ACTQ: BEING ACTIVE RELIEVS WORRIES
41	IMPORT1	Num	8	IMPORTF.	1.	ACTQ: TOO TIRED TO DO WORK AFTER ACITVE
42	IMPORT2	Num	8	IMPORTF.	1.	ACTQ: SLEEP BETTER IF WAS ACTIVE
43	IMPORT3	Num	8	IMPORTF.	1.	ACTQ: FEEL GOOD ABOUT SELF IF WAS ACTIVE
44	IMPORT4	Num	8	IMPORTF.	1.	ACTQ: HARD TO BE ACTIVE CAUSE OF WEATHER
45	IMPORT5	Num	8	IMPORTF.	1.	ACTQ: LIKE BODY BETTER IF I WAS ACTIVE
46	IMPORT6	Num	8	IMPORTF.	1.	ACTQ: EASIER TO DO TASKS IF I WAS ACTIVE
47	IMPORT7	Num	8	IMPORTF.	1.	ACTQ: LESS STRESSED IF I WAS ACTIVE
48	IMPORT8	Num	8	IMPORTF.	1.	ACTQ: UNCOMFORTABLE WHEN PHYSICAL ACTIVE
49	IMPORT9	Num	8	IMPORTF.	1.	ACTQ: COMFORTABLE WITH BODY IF ACTIVE
50	IMPORT10	Num	8	IMPORTF.	1.	ACTQ: BEING ACTIVE TAKE TOO MUCH MY TIME
51	IMPORT11	Num	8	IMPORTF.	1.	ACTQ: < TIME FOR FAMILY/FRIEND IF ACTIVE
52	IMPORT12	Num	8	IMPORTF.	1.	ACTQ: TOO EXHAUSTED TO EXCERCISE
53	ENVIRO1	Num	8	NOYESF.	1.	ACTQ: HAVE STATIONARY AEROBIC EQUIPMENT
54	ENVIRO2	Num	8	NOYESF.	1.	ACTQ: HAVE BICYCLE
55	ENVIRO3	Num	8	NOYESF.	1.	ACTQ: HAVE A DOG YOU CAN WALK
56	ENVIRO4	Num	8	NOYESF.	1.	ACTQ: HAVE A TRAMPOLINE FOR JOGGING
57	ENVIRO5	Num	8	NOYESF.	1.	ACTQ: HAVE RUNNING SHOES
58	ENVIRO6	Num	8	NOYESF.	1.	ACTQ: HAVE A SWIMMING POOL
59	ENVIRO7	Num	8	NOYESF.	1.	ACTQ: HAVE WEIGHT LIFTING EQUIPMENT
60	ENVIRO8	Num	8	NOYESF.	1.	ACTQ: HAVE TONING DEVICES
61	ENVIRO9	Num	8	NOYESF.	1.	ACTQ: HAVE AEROBIC WORKOUT TAPES
62	ENVIRO10	Num	8	NOYESF.	1.	ACTQ: HAVE STEP AEROBICS, SLIDE AEROBICS
63	ENVIRO11	Num	8	NOYESF.	1.	ACTQ: HAVE SKATES
64	ENVIRO12	Num	8	NOYESF.	1.	ACTQ: HAVE SPORTS EQUIPMENT
65	ENVIRO13	Num	8	NOYESF.	1.	ACTQ: HAVE A CANOE, ROW BOAT, KAYAK
66	ENVIRO14	Num	8	NOYESF.	1.	ACTQ: HAVE SKIS
67	ENVIRO15	Num	8	NOYESF.	1.	ACTQ: SIDEWALKS IN NEIGHBORHOOD
68	ENVIRO16	Num	8	NOYESF.	1.	ACTQ: HEAVY TRAFFIC IN NEIGHBORHOOD
69	ENVIRO17	Num	8	NOYESF.	1.	ACTQ: HILLS IN NEIGHBORHOOD
70	ENVIRO18	Num	8	NOYESF.	1.	ACTQ: STREET LIGHTS IN NEIGHBORHOOD
71	ENVIRO19	Num	8	NOYESF.	1.	ACTQ: ROAMING DOGS IN NEIGHBORHOOD
72	ENVIRO20	Num	8	NOYESF.	1.	ACTQ: ENJOYABLE SCENERY IN NEIGHBORHOOD
73	ENVIRO21	Num	8	NOYESF.	1.	ACTQ: PEOPLE WALK/EXCERCISE IN NEIGHBOR.
74	ENVIRO22	Num	8	NOYESF.	1.	ACTQ: HIGH CRIME IN NEIGHBORHOOD
75	ENVIRO23	Num	8	NOYESF.	1.	ACTQ: MEMBER OF HEALTH CLUB OR GYM

Num	Variable	Type	Len	Format	Informat	Label
76	ENVIRO24	Num	8	ENVIR24F.	1.	ACTQ: SAFETY WALKING IN NEIGHBORHOOD
77	ENVIRO25	Num	8	ENVIR25F.	1.	ACTQ: NEIGHBORHOOD MAKEUP
78	ENVIRO26	Num	8	ENVIR26F.	1.	ACTQ: HOUSEHOLD INCOME IN NEIGHBORHOOD
79	ENVIRO27	Num	8	YESNONAF.	1.	ACTQ: EXCERSICE FACILITIES AT WORK
80	ENVIRO28	Num	8	YESNONAF.	1.	ACTQ: EXCERSICE PROGRAMS AT WORK
81	ENVIRO29	Num	8	YESNONAF.	1.	ACTQ: SHOWER FACILITIES AT WORK
82	ENVIRO30	Num	8	YESNONAF.	1.	ACTQ: EXERCISE SPECIALIST AT WORK
83	ENVIRO31	Num	8	YESNONAF.	1.	ACTQ: POLICIES TO ENCOURAGE EXERCISE
84	ENVIRO32	Num	8	YESNONAF.	1.	ACTQ: PAID TIME TO EXERCISE FROM WORK
85	FAMILY1	Num	8	FAMFRNDF.	1.	ACTQ: FAMILY ACTIVE WITH ME
86	FAMILY2	Num	8	FAMFRNDF.	1.	ACTQ: FAMILY OFFERED TO BE ACTIVE W/ ME
87	FAMILY3	Num	8	FAMFRNDF.	1.	ACTQ: FAMILY REMIND ME TO BE ACTIVE
88	FAMILY4	Num	8	FAMFRNDF.	1.	ACTQ: FAMILY ENCOURAGE ME TO BE ACTIVE
89	FAMILY5	Num	8	FAMFRNDF.	1.	ACTQ: FAMILY CHANGE SCHED. TO BE ACTIVE
90	FAMILY6	Num	8	FAMFRNDF.	1.	ACTQ: FAMILY DISCUSSED ACTIVITY WITH ME
91	FAMILY7	Num	8	FAMFRNDF.	1.	ACTQ: FAMILY COMPLAIN ABOUT MY ACTIVITY
92	FAMILY8	Num	8	FAMFRNDF.	1.	ACTQ: FAMILY CRITICIZE MY ACTIVITY
93	FAMILY9	Num	8	FAMFRNDF.	1.	ACTQ: FAMILY REWARD ME FOR BEING ACTIVE
94	FAMILY10	Num	8	FAMFRNDF.	1.	ACTQ: FAMILY PLAN FOR PHYSICAL ACTIVITY
95	FAMILY11	Num	8	FAMFRNDF.	1.	ACTQ: FAMILY PLAN OTHER ACTIVITIES
96	FAMILY12	Num	8	FAMFRNDF.	1.	ACTQ: FAMILY ASK FOR IDEAS TO BE ACTIVE
97	FAMILY13	Num	8	FAMFRNDF.	1.	ACTQ: FAMILY LIKE BEING ACTIVE
98	FRIEND1	Num	8	FAMFRNDF.	1.	ACTQ: FRIENDS ACTIVE WITH ME
99	FRIEND2	Num	8	FAMFRNDF.	1.	ACTQ: FRIENDS OFFER TO BE ACTIVE W/ ME
100	FRIEND3	Num	8	FAMFRNDF.	1.	ACTQ: FRIENDS REMIND ME TO BE ACTIVE
101	FRIEND4	Num	8	FAMFRNDF.	1.	ACTQ: FRIENDS ENCOURAGE ME TO BE ACTIVE
102	FRIEND5	Num	8	FAMFRNDF.	1.	ACTQ: FRIENDS CHANGE SCHED. TO BE ACTIVE
103	FRIEND6	Num	8	FAMFRNDF.	1.	ACTQ: FRIENDS DISCUSSED ACTIVITY WITH ME
104	FRIEND7	Num	8	FAMFRNDF.	1.	ACTQ: FRIENDS COMPLAIN ABOUT MY ACTIVITY
105	FRIEND8	Num	8	FAMFRNDF.	1.	ACTQ: FRIENDS CRITICIZE MY ACTIVITY
106	FRIEND9	Num	8	FAMFRNDF.	1.	ACTQ: FRIENDS REWARD ME FOR BEING ACTIVE
107	FRIEND10	Num	8	FAMFRNDF.	1.	ACTQ: FRIENDS PLAN FOR PHYSICAL ACTIVITY
108	FRIEND11	Num	8	FAMFRNDF.	1.	ACTQ: FRIENDS PLAN OTHER ACTIVITIES
109	FRIEND12	Num	8	FAMFRNDF.	1.	ACTQ: FRIENDS ASK FOR IDEAS TO BE ACTIVE
110	FRIEND13	Num	8	FAMFRNDF.	1.	ACTQ: FRIENDS LIKE BEING ACTIVE
111	HARD1	Num	8	NOYESF.	1.	ACTQ: PARTICIPATE IN VERY HARD ACTIVITY
112	HARD2	Num	8	NOYESF.	1.	ACTQ: INTEND TO > HARD ACTIVITY
113	HARD3	Num	8	NOYESF.	1.	ACTQ: PARTIC. IN REGULAR HARD ACTIVITY
114	HARD4	Num	8	NOYESF.	1.	ACTQ: HARD ACTIVITY PAST 6 MONTHS

Num	Variable	Type	Len	Format	Informat	Label
115	HARD5	Num	8	NOYESF.	1.	ACTQ: REG/HARD ACTIVITY AT LEAST 3 MONTH
116	MOD1	Num	8	NOYESF.	1.	ACTQ: PARTICIPATE IN MODERATE ACTIVITY
117	MOD2	Num	8	NOYESF.	1.	ACTQ: INTEND TO > MODERATE ACTIVITY
118	MOD3	Num	8	NOYESF.	1.	ACTQ: PART. IN REGULAR MODERATE ACTIVITY
119	MOD4	Num	8	NOYESF.	1.	ACTQ: MODERATE ACTIVITY PAST 6 MONTHS
120	MOD5	Num	8	NOYESF.	1.	ACTQ: MODERATE ACTIVITY AT LEAST 3 MONTH
121	BARRIERS	Num	8			Self-Efficacy:Barriers
122	WALK	Num	8			Self-Efficacy:Performance
123	MNSC	Num	8			Process of Change:Remind Yourself
124	MNSEL	Num	8			Process of Change:Committ Yourself
125	MNSOL	Num	8			Process of Change:Increase Healthy Alter
126	MNDR	Num	8			Process of Change:Warnings of Risks
127	MNCR	Num	8			Process of Change:Increase Knowledge
128	MNHR	Num	8			Process of Change:Enlist Social Support
129	MNRM	Num	8			Process of Change:Reward Yourself
130	MNER	Num	8			Process of Change:Care About Consequence
131	MNSR	Num	8			Process of Change:Comprehend Benefits
132	MNCC	Num	8			Process of Change:Substitute Alternative
133	CONPRO	Num	8			Decisional Balance
134	ENVIRO	Num	8			Aids in the Environment
135	FAMINV	Num	8			Participation/Involvement
136	FAMRP	Num	8			Family Reward/Punishment
137	EXERTO	Num	8			Exercising Together
138	NEIGH	Num	8			Neighborhood
139	EXERWORK	Num	8			Exercising at Work
140	NEWID	Num	8			ACT PARTICIPANT ID NUMBER

Data Set Name: advev.sas7bdat

Num	Variable	Type	Len	Format	Informat	Label
1	VISIT	Char	3	\$VISITF.		Visit
2	PHONDATA	Num	8	1.	1.	Collected by Telephone
3	HOSP6MTH	Num	8	YESNOF.	1.	Hospitalized last 6 months
4	HOSADMIS	Num	8	2.	2.	Number of admissions hosp.
5	HOSNIGHT	Num	8	3.	3.	Nights stayed hosp.
6	CP6MONTH	Num	8	YESNOF.	1.	Chest Pain: experienced
7	CPACT	Num	8	YESNOF.	1.	Chest Pain: affect routine
8	CPSTOP	Num	8	YESNOF.	1.	Chest Pain: stop routine
9	CP1WK	Num	8	YESNOF.	1.	Chest Pain: stop for more than week
10	CPNUMWKS	Num	8	4.1	4.1	Chest Pain: how many weeks
11	CPSHORT	Num	8	YESNOF.	1.	Chest Pain: shorten routine
12	CPDECINT	Num	8	YESNOF.	1.	Chest Pain: decrease intensity
13	CPPHYSIC	Num	8	YESNOF.	1.	Chest Pain: see physician
14	CPPHYSNO	Num	8	2.	2.	Chest Pain: times see physician
15	CPHOSP	Num	8	YESNOF.	1.	Chest Pain: hospitalized for
16	CPNIGHTS	Num	8	2.	2.	Chest Pain: nights hospitalized
17	CPSURG	Num	8	YESNOF.	1.	Chest Pain: have surgery
18	CPWORK	Num	8	YESNOF.	1.	Chest Pain: miss work
19	CPWKDAYS	Num	8	4.1	4.1	Chest Pain: days miss work
20	DB6MONTH	Num	8	YESNOF.	1.	Diff. Breathing: experienced
21	DBACT	Num	8	YESNOF.	1.	Diff. Breathing: affect routine
22	DBSTOP	Num	8	YESNOF.	1.	Diff. Breathing: stop routine
23	DB1WK	Num	8	YESNOF.	1.	Diff. Breathing: stop for more than week
24	DBNUMWKS	Num	8	4.1	4.1	Diff. Breathing: how many weeks
25	DBSHORT	Num	8	YESNOF.	1.	Diff. Breathing: shorten routine
26	DBDECINT	Num	8	YESNOF.	1.	Diff. Breathing: decrease intensity
27	DBPHYSIC	Num	8	YESNOF.	1.	Diff. Breathing: see physician
28	DBPHYSNO	Num	8	2.	2.	Diff. Breathing: times see physician
29	DBHOSP	Num	8	YESNOF.	1.	Diff. Breathing: hospitalized for
30	DBNIGHTS	Num	8	2.	2.	Diff. Breathing: nights hospitalized
31	DBSURG	Num	8	YESNOF.	1.	Diff. Breathing: have surgery
32	DBWORK	Num	8	YESNOF.	1.	Diff. Breathing: miss work
33	DBWKDAYS	Num	8	4.1	4.1	Diff. Breathing: days miss work
34	DC6MONTH	Num	8	YESNOF.	1.	Dizziness: experienced
35	DCACT	Num	8	YESNOF.	1.	Dizziness: affect routine
36	DCSTOP	Num	8	YESNOF.	1.	Dizziness: stop routine

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37	DC1WK	Num	8	YESNOF.	1.	Dizziness: stop for more than week
38	DCNUMWKS	Num	8	4.1	4.1	Dizziness: how many weeks
39	DCSHORT	Num	8	YESNOF.	1.	Dizziness: shorten routine
40	DCDECINT	Num	8	YESNOF.	1.	Dizziness: decrease intensity
41	DCPHYSIC	Num	8	YESNOF.	1.	Dizziness: see physician
42	DCPHYSNO	Num	8	2.	2.	Dizziness: times see physician
43	DCHOSP	Num	8	YESNOF.	1.	Dizziness: hospitalized for
44	DCNIGHTS	Num	8	2.	2.	Dizziness: nights hospitalized
45	DCSURG	Num	8	YESNOF.	1.	Dizziness: have surgery
46	DCWORK	Num	8	YESNOF.	1.	Dizziness: miss work
47	DCWKDAYS	Num	8	4.1	4.1	Dizziness: days miss work
48	LA6MONTH	Num	8	YESNOF.	1.	Leg/Arm Pain: experienced
49	LAACT	Num	8	YESNOF.	1.	Leg/Arm Pain: affect routine
50	LASTOP	Num	8	YESNOF.	1.	Leg/Arm Pain: stop routine
51	LA1WK	Num	8	YESNOF.	1.	Leg/Arm Pain: stop for more than week
52	LANUMWKS	Num	8	4.1	4.1	Leg/Arm Pain: how many weeks
53	LASHORT	Num	8	YESNOF.	1.	Leg/Arm Pain: shorten routine
54	LADECINT	Num	8	YESNOF.	1.	Leg/Arm Pain: decrease intensity
55	LAPHYSIC	Num	8	YESNOF.	1.	Leg/Arm Pain: see physician
56	LAPHYSNO	Num	8	2.	2.	Leg/Arm Pain: times see physician
57	LAHOSP	Num	8	YESNOF.	1.	Leg/Arm Pain: hospitalized for
58	LANIGHTS	Num	8	2.	2.	Leg/Arm Pain: nights hospitalized
59	LASURG	Num	8	YESNOF.	1.	Leg/Arm Pain: have surgery
60	LAWORK	Num	8	YESNOF.	1.	Leg/Arm Pain: miss work
61	LAWKDAY	Num	8	4.1	4.1	Leg/Arm Pain: days miss work
62	LARARM	Num	8	1.	1.	Leg/Arm Pain: right arm
63	LALARM	Num	8	1.	1.	Leg/Arm Pain: left arm
64	LARLEG	Num	8	1.	1.	Leg/Arm Pain: right leg
65	LALLEG	Num	8	1.	1.	Leg/Arm Pain: left leg
66	SJ6MONTH	Num	8	YESNOF.	1.	Sore Joints: experienced
67	SJACT	Num	8	YESNOF.	1.	Sore Joints: affect routine
68	SJSTOP	Num	8	YESNOF.	1.	Sore Joints: stop routine
69	SJ1WK	Num	8	YESNOF.	1.	Sore Joints: stop for more than week
70	SJNUMWKS	Num	8	4.1	4.1	Sore Joints: how many weeks
71	SJSHORT	Num	8	YESNOF.	1.	Sore Joints: shorten routine
72	SJDECINT	Num	8	YESNOF.	1.	Sore Joints: decrease intensity
73	SJPHYSIC	Num	8	YESNOF.	1.	Sore Joints: see physician
74	SJPHYSNO	Num	8	2.	2.	Sore Joints: times see physician
75	SJHOSP	Num	8	YESNOF.	1.	Sore Joints: hospitalized for

Num	Variable	Type	Len	Format	Informat	Label
76	SJNIGHTS	Num	8	2.	2.	Sore Joints: nights hospitalized
77	SJSURG	Num	8	YESNOF.	1.	Sore Joints: have surgery
78	SJWORK	Num	8	YESNOF.	1.	Sore Joints: miss work
79	SJWKDAYS	Num	8	4.1	4.1	Sore Joints: days miss work
80	SJRWRIST	Num	8	1.	1.	Sore Joints: right wrist
81	SJLWRIST	Num	8	1.	1.	Sore Joints: left wrist
82	SJRELBOW	Num	8	1.	1.	Sore Joints: right elbow
83	SJLELBOW	Num	8	1.	1.	Sore Joints: left elbow
84	SJRSHLDR	Num	8	1.	1.	Sore Joints: right shoulder
85	SJLSHLDR	Num	8	1.	1.	Sore Joints: left shoulder
86	SJRANKLE	Num	8	1.	1.	Sore Joints: right ankle
87	SJLANKLE	Num	8	1.	1.	Sore Joints: left ankle
88	SJRKNEE	Num	8	1.	1.	Sore Joints: right knee
89	SJLKNEE	Num	8	1.	1.	Sore Joints: left knee
90	SJRHIP	Num	8	1.	1.	Sore Joints: right hip
91	SJLHIP	Num	8	1.	1.	Sore Joints: left hip
92	SJOTHER	Num	8	1.	1.	Sore Joints: other
93	ML6MONTH	Num	8	YESNOF.	1.	Pulled Muscle: experienced
94	MLACT	Num	8	YESNOF.	1.	Pulled Muscle: affect routine
95	MLSTOP	Num	8	YESNOF.	1.	Pulled Muscle: stop routine
96	ML1WK	Num	8	YESNOF.	1.	Pulled Muscle: stop for more than week
97	MLNUMWKS	Num	8	4.1	4.1	Pulled Muscle: how many weeks
98	MLSHORT	Num	8	YESNOF.	1.	Pulled Muscle: shorten routine
99	MLDECINT	Num	8	YESNOF.	1.	Pulled Muscle: decrease intensity
100	MLPHYSIC	Num	8	YESNOF.	1.	Pulled Muscle: see physician
101	MLPHYSNO	Num	8	2.	2.	Pulled Muscle: times see physician
102	MLHOSP	Num	8	YESNOF.	1.	Pulled Muscle: hospitalized for
103	MLSURG	Num	8	YESNOF.	1.	Pulled Muscle: have surgery
104	MLWORK	Num	8	YESNOF.	1.	Pulled Muscle: miss work
105	MLWKDAYS	Num	8	4.1	4.1	Pulled Muscle: days miss work
106	FB6MONTH	Num	8	YESNOF.	1.	Broken Bones: experienced
107	FBACT	Num	8	YESNOF.	1.	Broken Bones: affect routine
108	FBSTOP	Num	8	YESNOF.	1.	Broken Bones: stop routine
109	FB1WK	Num	8	YESNOF.	1.	Broken Bones: stop for more than week
110	FBNUMWKS	Num	8	4.1	4.1	Broken Bones: how many weeks
111	FBSHORT	Num	8	YESNOF.	1.	Broken Bones: shorten routine
112	FBDECINT	Num	8	YESNOF.	1.	Broken Bones: decrease intensity
113	FBPHYSIC	Num	8	YESNOF.	1.	Broken Bones: see physician
114	FBPHYSNO	Num	8	2.	2.	Broken Bones: times see physician

Num	Variable	Type	Len	Format	Informat	Label
115	FBHOSP	Num	8	YESNOF.	1.	Broken Bones: hospitalized for
116	FBSURG	Num	8	YESNOF.	1.	Broken Bones: have surgery
117	FBWORK	Num	8	YESNOF.	1.	Broken Bones: miss work
118	FBWKDAYS	Num	8	4.1	4.1	Broken Bones: days miss work
119	NEWID	Num	8			ACT PARTICIPANT ID NUMBER

Data Set Name: advev18.sas7bdat

Num	Variable	Type	Len	Format	Informat	Label
1	HOSPITAL	Num	8	YESNOF.	1.	Admitted to hospital
2	CHEST	Num	8	YESNOF.	1.	Chest pain
3	BREATH	Num	8	YESNOF.	1.	Difficulty breathing
4	DIZZY	Num	8	YESNOF.	1.	Severe dizziness/loss consciousness
5	LEGARM	Num	8	YESNOF.	1.	Leg/arm pain
6	JOINTS	Num	8	YESNOF.	1.	Swollen or sore joints
7	MUSCLES	Num	8	YESNOF.	1.	Pulled or strained muscles
8	BONES	Num	8	YESNOF.	1.	Broken Bones
9	NEWID	Num	8			ACT PARTICIPANT ID NUMBER

Data Set Name: clinmeas.sas7bdat

Num	Variable	Type	Len	Format	Informat	Label
1	VISIT	Char	3	\$VISITF.		CLIN: VISIT CODE
2	ARMCIRC	Num	8	4.1	4.1	CLIN: ARM CIRCUMFERENCE
3	CUFFSIZE	Num	8	CUFFSIZEF.	1.	CLIN: CUFF SIZE
4	TIME_HR	Num	8	2.	2.	CLIN: (HOUR) TIME OF DAY
5	TIME_MIN	Num	8	2.	2.	CLIN: (MINUTE) TIME OF DAY
6	AMPM	Num	8	AMPMF.	1.	CLIN: (AM/PM) TIME OF DAY
7	PULSE	Num	8	3.	3.	CLIN: PULSE DISAPPEARANCE PRESSURE
8	SYSTBP1	Num	8	3.	3.	CLIN: FIRST SYSTOLIC BLOOD PRESSURE
9	SYSTBP2	Num	8	3.	3.	CLIN: SECOND SYSTOLIC BLOOD PRESSURE
10	SYSTBP3	Num	8	3.	3.	CLIN: THIRD SYSTOLIC BLOOD PRESSURE
11	DIASTBP1	Num	8	3.	3.	CLIN: FIRST DIASTOLIC BLOOD PRESSURE
12	DIASTBP2	Num	8	3.	3.	CLIN: SECOND DIASTOLIC BLOOD PRESSURE
13	DIASTBP3	Num	8	3.	3.	CLIN: THIRD DIASTOLIC BLOOD PRESSURE
14	CHEST1	Num	8	2.	2.	CLIN: 1ST CHEST SKINFOLD THICKNESS
15	CHEST2	Num	8	2.	2.	CLIN: 2ND CHEST SKINFOLD THICKNESS
16	CHEST3	Num	8	2.	2.	CLIN: 3RD CHEST SKINFOLD THICKNESS
17	TRICEPS1	Num	8	2.	2.	CLIN: 1ST TRICEPS SKINFOLD THICKNESS
18	TRICEPS2	Num	8	2.	2.	CLIN: 2ND TRICEPS SKINFOLD THICKNESS
19	TRICEPS3	Num	8	2.	2.	CLIN: 3RD TRICEPS SKINFOLD THICKNESS
20	SUBSCAP1	Num	8	2.	2.	CLIN: 1ST SUBSCAPULAR SKINFOLD THICKNESS
21	SUBSCAP2	Num	8	2.	2.	CLIN: 2ND SUBSCAPULAR SKINFOLD THICKNESS
22	SUBSCAP3	Num	8	2.	2.	CLIN: 3RD SUBSCAPULAR SKINFOLD THICKNESS
23	SUPRAIL1	Num	8	2.	2.	CLIN: 1ST SUPRAILIAC SKINFOLD THICKNESS
24	SUPRAIL2	Num	8	2.	2.	CLIN: 2ND SUPRAILIAC SKINFOLD THICKNESS
25	SUPRAIL3	Num	8	2.	2.	CLIN: 3RD SUPRAILIAC SKINFOLD THICKNESS
26	ABDOM1	Num	8	2.	2.	CLIN: 1ST ABDOMINAL SKINFOLD THICKNESS
27	ABDOM2	Num	8	2.	2.	CLIN: 2ND ABDOMINAL SKINFOLD THICKNESS
28	ABDOM3	Num	8	2.	2.	CLIN: 3RD ABDOMINAL SKINFOLD THICKNESS
29	THIGH1	Num	8	2.	2.	CLIN: 1ST THIGH SKINFOLD THICKNESS
30	THIGH2	Num	8	2.	2.	CLIN: 2ND THIGH SKINFOLD THICKNESS
31	THIGH3	Num	8	2.	2.	CLIN: 3RD THIGH SKINFOLD THICKNESS
32	COMMENT2	Num	8	YESNOF.	1.	CLIN: ANTHROPOMETRY COMMENTS
33	SPECIFY	Num	8	SPECIFPF.	1.	CLIN: TYPE OF ANTHROPOMETRY COMMENT
34	BODYFAT	Num	8			% body fat
35	HEIGHT	Char	10			CLIN: HEIGHT
36	WEIGHT	Char	10			CLIN: WEIGHT

Num	Variable	Type	Len	Format	Informat	Label
37	WAIST1	Char	10			CLIN: FIRST WAIST CIRCUMFERENCE
38	WAIST2	Char	10			CLIN: SECOND WAIST CIRCUMFERENCE
39	WAIST3	Char	10			CLIN: THIRD WAIST CIRCUMFERENCE
40	HIP1	Char	10			CLIN: FIRST HIP CIRCUMFERENCE
41	HIP2	Char	10			CLIN: SECOND HIP CIRCUMFERENCE
42	HIP3	Char	10			CLIN: THIRD HIP CIRCUMFERENCE
43	BMI	Char	10			CLIN: BODY MASS INDEX
44	WAISTHIP	Char	10			CLIN: WAIST-TO-HIP RATIO
45	NEWID	Num	8			ACT PARTICIPANT ID NUMBER

Data Set Name: demog.sas7bdat

Num	Variable	Type	Len	Format	Informat	Label
1	MARSTAT	Num	8	MARSTATF.	1.	DEM: CURRENT MARITAL STATUS
2	SCHOOL	Num	8	SCHOOLF.	1.	DEM: HIGHEST GRADE OF SCHOOL COMPLETED
3	DIABETES	Num	8	YESNOF.	1.	DEM: DIABETES
4	HIGHBP	Num	8	YESNOF.	1.	DEM: HIGH BLOOD PRESSURE
5	BPMEDS	Num	8	YESNOF.	1.	DEM: MEDICATIONS FOR HIGH BLOOD PRESSURE
6	BPMED3	Num	8	YESNOF.	1.	DEM: SAME MEDICAT.+ DOSAGE LAST 3 MONTH
7	SKINCNCR	Num	8	YESNOF.	1.	DEM: SKIN CANCER
8	MELANOMA	Num	8	YESNOF.	1.	DEM: MELANOMA
9	OTHCANC	Num	8	YESNOF.	1.	DEM: OTHER CANCER THAN SKIN CANCER
10	BYPASS	Num	8	YESNOF.	1.	DEM: SURGERY FOR CLOGGED HEART ARTERIES
11	VALVEREP	Num	8	YESNOF.	1.	DEM: HEART VALVE REPLACEMENT
12	HIGHCHOL	Num	8	YESNOF.	1.	DEM: HIGH CHOLESTEROL
13	CHOLMEDS	Num	8	1.	1.	DEM: MEDICATIONS FOR HIGH CHOLESTEROL
14	LEGCIRC	Num	8	YESNOF.	1.	DEM: LEGS/FEET BLOOD CIRCULATION PROBLEM
15	ASTHMA	Num	8	YESNOF.	1.	DEM: ASTHMA
16	KIDNYDIS	Num	8	YESNOF.	1.	DEM: KIDNEY DISEASE
17	LIVERDIS	Num	8	YESNOF.	1.	DEM: LIVER DISEASE
18	DRCARE	Num	8	YESNOF.	1.	DEM: CURRENTLY UNDER DOCTOR'S CARE
19	WTDIFF5	Num	8	WTDIFF5F.	1.	DEM: WEIGHT 5 POUNDS DIFF. 6 MONTHS AGO
20	MLBGAIN5	Num	8	2.	2.	DEM: POUNDS GAINED
21	MTRYGAI5	Num	8	YESNOF.	1.	DEM: DID YOU TRY TO GAIN THIS WEIGHT
22	MLBLOST5	Num	8	2.	2.	DEM: POUNDS LOST
23	MTRYLOS5	Num	8	YESNOF.	1.	DEM: DID YOU TRY TO LOSE THIS WEIGHT
24	LS10GN10	Num	8	2.	2.	DEM: TIMES LOST 10 #S + GAINED IT BACK
25	DRKSYR	Num	8	YESNOF.	1.	DEM: 12 OR MORE ALCOH. DRINKS IN 1 YEAR
26	DRKS12	Num	8	YESNOF.	1.	DEM: >=12 ALCOH. DRINKS LAST 12 MONTHS
27	SMOKEREG	Num	8	YESNOF.	1.	DEM: EVER SMOKED CIGARETTES REGULARLY
28	SMOKEAGE	Num	8	2.	2.	DEM: AGE BEGAN SMOKING CIGARETTES
29	SMOKECUR	Num	8	YESNOF.	1.	DEM: CURRENTLY SMOKE CIGARETTES
30	CIGCNT1	Num	8	2.	2.	DEM: AVERAGE CIGARETTES YOU SMOKE A DAY
31	CIGCNT2	Num	8	2.	2.	DEM: AVG. CIGRET. SMOKED/DAY BEFORE STOP
32	QUITYR	Num	8	2.	2.	DEM: AGE QUIT SMOKING
33	TOBACCO	Num	8	YESNOF.	1.	DEM: USE OTHER FORMS OF TOBACCO
34	CIGARS	Num	8	YESNOF.	1.	DEM: USE CIGARS
35	CIGARILL	Num	8	YESNOF.	1.	DEM: USE CIGARILLOS
36	PIPE_TOB	Num	8	YESNOF.	1.	DEM: USE PIPE TOBACCO

Num	Variable	Type	Len	Format	Informat	Label
37	CHEW_TOB	Num	8	YESNOF.	1.	DEM: USE CHEWING TOBACCO
38	SNUFF	Num	8	YESNOF.	1.	DEM: USE SNUFF
39	EMPSTAT	Num	8	EMPSTAPF.	1.	DEM: CURRENT EMPLOYMENT STATUS
40	OCCUP_YR	Num	8	2.	2.	DEM: YEARS WORKED AT JOB
41	H_INCOME	Num	8	INCOME F.	2.	DEM: ANNUAL HOUSEHOLD INCOME
42	H_AMOUNT	Num	8	YESNOF.	1.	DEM: BASED ON TAKEHOME AMT. (HOUSEHOLD)
43	P_INCOME	Num	8	INCOME F.	2.	DEM: ANNUAL PERSONAL INCOME
44	P_AMOUNT	Num	8	YESNOF.	1.	DEM: BASED ON TAKEHOME AMT. (PERSONAL)
45	MENOPAUS	Num	8	YESNOUNF.	1.	DEM: UNDERGONE MENOPAUSE
46	PERIOD12	Num	8	2.	2.	DEM: # PERIODS IN LAST 12 MONTHS
47	DAYAPART	Num	8	3.	3.	DEM: # DAYS PERIODS ARE APART
48	REGIRREG	Num	8	REGIRREF.	1.	DEM: ARE PERIODS REGULAR OR IRREGULAR
49	UTERWOMB	Num	8	YESNOUNF.	4.	DEM: SURGERY TO REMOVE UTERUS OR WOMB
50	OVARIES	Num	8	YESNOUNF.	1.	DEM: SURGERY TO REMOVE OVARIES
51	OVARYCNT	Num	8	OVARYCNF.	1.	DEM: # OVARIES REMOVED
52	STOPMENS	Num	8	YESNOF.	1.	DEM: OTHER CAUSE MENSTRUAL PERIODS STOP
53	STOP_AGE	Num	8	2.	2.	DEM: AGE MENSTRUAL PERIOD STOPPAGE OCCUR
54	AGE	Num	8			DEM: AGE
55	HRTPROB	Num	8	YESNOF.		DEM: HEART ATTACK/ANGINA TREATMENT/OTHER
56	HDOTHCRC	Num	8	YESNOF.		DEM: HEAD/NECK/OTHER BLOOD CIRCULATION P
57	ARTHRTIS	Num	8	YESNOF.		DEM: RHEUMATOID/PSORIATIC ARTHRITIS
58	OTHCOND	Num	8	YESNOF.		DEM: STROKE/BALLOON ANGIOPLASTY/REITERS/
59	ANYDEP	Num	8	YESNOF.		DEM: MANIC/MAJOR DEPRESSION/SCHIZOPHRENI
60	VISIT	Char	3	\$VISITF.		DEM: VISIT
61	BEERCNT	Char	3			DEM: CANS BEER DRINK IN A TYPICAL WEEK
62	WINECNT	Char	3			DEM: GLASSES OF WINE IN A TYPICAL WEEK
63	LIQORCNT	Char	3			DEM: MIXED DRINKS/SHOTS LIQUOR IN A WEEK
64	HOUSECNT	Char	2			DEM: # PEOPLE LIVING IN HOUSEHOLD
65	AGESURG	Char	3			DEM: AGE SURGERY TO REMOVE UTERUS/WOMB
66	OVARYAGE	Char	3			DEM: AGE SURGERY TO REMOVE OVARIES
67	NEWID	Num	8			ACT PARTICIPANT ID NUMBER

Data Set Name: diet.sas7bdat

Num	Variable	Type	Len	Format	Label
1	DT_KCAL	Num	8		DAILY DIETARY:KILO CALORIES
2	DT_PROT	Num	8		DAILY DIETARY:PROTEIN
3	DT_FAT	Num	8		DAILY DIETARY:FAT
4	DT_CARB	Num	8		DAILY DIETARY:CARBOHYDRATES
5	DT_CALC	Num	8		DAILY DIETARY:CALCIUM
6	DT_PHOS	Num	8		DAILY DIETARY:PHOSPHOROUS
7	DT_FE	Num	8		DAILY DIETARY:IRON
8	DT_NA	Num	8		DAILY DIETARY:SODIUM
9	DT_POTA	Num	8		DAILY DIETARY:POTASSIUM
10	DT_A_IU	Num	8		DAILY DIETARY:VITAMIN A (IU)
11	DT_A_RE	Num	8		DAILY DIETARY:VITAMIN A RETINOL
12	DT_B1	Num	8		DAILY DIETARY:VITAMIN B1
13	DT_RIBO	Num	8		DAILY DIETARY:RIBOFLAVIN
14	DT_NIAC	Num	8		DAILY DIETARY:NIACIN
15	DT_VITC	Num	8		DAILY DIETARY:VITAMIN C
16	DT_SFAT	Num	8		DAILY DIETARY:SATURATED FAT
17	DT_OLEC	Num	8		DAILY DIETARY:OLEIC ACID
18	DT_LIN	Num	8		DAILY DIETARY:LINOLEIC
19	DT_CHOL	Num	8		DAILY DIETARY:CHOLESTEROL
20	DT_DFIB	Num	8		DAILY DIETARY:DIETARY FIBER
21	DT_FOL	Num	8		DAILY DIETARY:FOLIC ACID
22	DT_VITE	Num	8		DAILY DIETARY:VITAMIN E
23	DT_ZINC	Num	8		DAILY DIETARY:ZINC
24	DT_ANZN	Num	8		DAILY DIETARY:ZINC FROM ANIMALS
25	DT_B6	Num	8		DAILY DIETARY:VITAMIN B6
26	DT_MG	Num	8		DAILY DIETARY:MAGNESIUM
27	DT_ACAR	Num	8		DAILY DIETARY:ALPHA CAROTENE
28	DT_BCAR	Num	8		DAILY DIETARY:BETA CAROTENE
29	DT_Cryp	Num	8		DAILY DIETARY:CRYPTO-XANTHIN
30	DT_LUT	Num	8		DAILY DIETARY:LUTEIN
31	DT_LYC	Num	8		DAILY DIETARY:LYCOPENE
32	DT_RET	Num	8		DAILY DIETARY:RETINOL
33	DT_PROA	Num	8		DAILY DIETARY:PRO-A-CAROTENE
34	BA_KCAL	Num	8		BEFORE ALCOHOL:KILO CALORIES
35	BA_PROT	Num	8		BEFORE ALCOHOL:PROTEIN
36	BA_TFAT	Num	8		BEFORE ALCOHOL:TOTAL FAT

Num	Variable	Type	Len	Format	Label
37	BA_CARB	Num	8		BEFORE ALCOHOL:CARBOHYDRATES
38	BA_PHOS	Num	8		BEFORE ALCOHOL:PHOSPHOROUS
39	BA_POTAS	Num	8		BEFORE ALCOHOL:POTASSIUM
40	BA_RIBO	Num	8		BEFORE ALCOHOL:RIBOFLAVIN
41	BA_NIAC	Num	8		BEFORE ALCOHOL:NIACIN
42	IS_A_IU	Num	8		IN SEASON:VITAMIN A (IU)
43	IS_A_RE	Num	8		IN SEASON:VITAMIN A RETINOL
44	IS_VITC	Num	8		IN SEASON:VITAMIN C
45	IS_DFIB	Num	8		IN SEASON:DIETARY FIBER
46	IS_FOL	Num	8		IN SEASON:FOLIC ACID
47	IS_ACAR	Num	8		IN SEASON:ALPHA CAROTENE
48	IS_BCAR	Num	8		IN SEASON:BETA CAROTENE
49	IS_CRYP	Num	8		IN SEASON:CRYPTO-XANTHIN
50	IS_LUT	Num	8		IN SEASON:LUTEIN
51	IS_LYC	Num	8		IN SEASON:LYCOPENE
52	IS_RET	Num	8		IN SEASON:LETINOL
53	IS_PROA	Num	8		IN SEASON:PRO-A-CAROTENE
54	GRAMSSF	Num	8		GRAMS SATURATED FAT
55	PCTFAT	Num	8		% FAT
56	PCTPROT	Num	8		% PROTEIN
57	PCTCARB	Num	8		% CARBOHYDRATES
58	PCTSWEET	Num	8		% SWEETS
59	PCTALCH	Num	8		% ALCOHOL
60	BA_PFAT	Num	8		BEFORE ALCOHOL:% CALORIES FAT
61	BA_PPROT	Num	8		BEFORE ALCOHOL:% CALORIES PROTEIN
62	BA_PCARB	Num	8		BEFORE ALCOHOL:% CALORIES CARBOHYDRATES
63	FIBBEAN	Num	8		FIBER FROM BEANS
64	FIBVEGFR	Num	8		FIBER FROM VEGETABLES
65	FIBGRAIN	Num	8		FIBER FROM GRAINS
66	OTHVITA	Num	8		OTHER SOURCE VITAMIN A
67	VISIT	Char	3	\$VISITF.	VISIT
68	NEWID	Num	8		ACT PARTICIPANT ID NUMBER

Data Set Name: *dispo0.sas7bdat*

Num	Variable	Type	Len	Format	Informat	Label
1	CONSENT	Num	8	YESNOF.	1.	DISP0: INFORMED CONSENT SV0
2	MEDHIST	Num	8	YESNOF.	1.	DISP0: MEDICAL HISTORY ELIGIBILITY
3	PAR7DAY	Num	8	YESNOF.	1.	DISP0: 7-DAY PAR ELIGIBILITY
4	WILLPART	Num	8	YESNOF.	1.	DISP0: STILL WILLING TO PARTICIPATE
5	STFFOPIN	Num	8	YESNOF.	1.	DISP0: APPROPRIATE IN STAFF OPINION
6	SV1SCHED	Num	8	YESNOF.	1.	DISP0: WAS SV1 SCHEDULED
7	VISIT	Char	3	\$VISITF.		
8	NEWID	Num	8			ACT PARTICIPANT ID NUMBER

Data Set Name: *dispo1.sas7bdat*

Num	Variable	Type	Len	Format	Informat	Label
1	CONSENT	Num	8	YESNOF.	1.	DISP1: INFORMED CONSENT SV1
2	MEDINV	Num	8	YESNOF.	1.	DISP1: BASELINE MEDICATIONS ELIGIBILITY
3	SBP_ELIG	Num	8	YESNOF.	1.	DISP1: SBP<=180 ELIGIBILITY
4	DBP_ELIG	Num	8	YESNOF.	1.	DISP1: DBP<=100 ELIGIBILITY
5	PHYSEXAM	Num	8	YESNOF.	1.	DISP1: PHYSICAL EXAM ELIGIBILITY
6	GET_ECG	Num	8	YESNOF.	1.	DISP1: ECG RESULTS ELIGIBILITY
7	OTHERGXT	Num	8	YESNOF.	1.	DISP1: OTHER GXT RESULTS ELIGIBILITY
8	WILLPART	Num	8	YESNOF.	1.	DISP1: STILL WILLING TO PARTICIPATE
9	CANDIDAT	Num	8	YESNOF.	1.	DISP1: APPROPRIATE IN STAFF OPINION
10	SV2SCHED	Num	8	YESNOF.	1.	DISP1: WAS SV2 SCHEDULED
11	VISIT	Char	3	\$VISITF.		
12	NEWID	Num	8			ACT PARTICIPANT ID NUMBER

Data Set Name: *dispo12.sas7bdat*

Num	Variable	Type	Len	Format	Informat	Label
1	CHESTPN	Num	8	YESNOF.	1.	Experience Chest Pain
2	LEGARMPN	Num	8	YESNOF.	1.	Experience leg/arm pain
3	HOSP6MTH	Num	8	YESNOF.	1.	Hospitalized last 6 months
4	CALLCOMP	Num	8	YESNOF.	1.	Phone call completed
5	CALLMISS	Num	8	CALLMISF.	1.	Why phone call missed
6	VISIT	Char	3	\$VISITF.		
7	NEWID	Num	8			ACT PARTICIPANT ID NUMBER

Data Set Name: *dispo2.sas7bdat*

Num	Variable	Type	Len	Format	Informat	Label
1	BLOODSMP	Num	8	YESNOF.	1.	DISP2: SUCCESSFUL BLOOD SAMPLE
2	SBP_ELIG	Num	8	YESNOF.	1.	DISP2: SBP<=180 ELIGIBILITY
3	DBP_ELIG	Num	8	YESNOF.	1.	DISP2: DBP<=100 ELIGIBILITY
4	ENG_COMP	Num	8	YESNOF.	1.	DISP2: ADEQUATE ENGLISH
5	WILLPART	Num	8	YESNOF.	1.	DISP2: STILL WILLING TO PARTICIPATE
6	CANDIDAT	Num	8	YESNOF.	1.	DISP2: APPROPRIATE IN STAFF OPINION
7	RANDOMIZ	Num	8	YESNOF.	1.	DISP2: ELIGIBLE FOR RANDOMIZATION
8	VISIT	Char	3	\$VISITF.		
9	NEWID	Num	8			ACT PARTICIPANT ID NUMBER

Data Set Name: *dispo24a.sas7bdat*

Num	Variable	Type	Len	Format	Informat	Label
1	PHONDATA	Num	8	1.	1.	Data collected by phone
2	VISCOMP	Num	8	YESNOF.	1.	Visit completed
3	PARTINFO	Num	8	YESNOF.	1.	Partial info collected
4	MAXGXT	Num	8	1.	1.	Missing max exercise test
5	FUHEALTH	Num	8	1.	1.	Missing health habits
6	PAR7DAY	Num	8	1.	1.	Missing Par 7day
7	HRVAR	Num	8	1.	1.	Missing Heart Rate Variability
8	BPRESS	Num	8	1.	1.	Missing blood pressure
9	MEDICAT	Num	8	1.	1.	Missing medications usage
10	VISIT	Char	3	\$VISITF.		
11	NEWID	Num	8			ACT PARTICIPANT ID NUMBER

Data Set Name: *dispo24b.sas7bdat*

Num	Variable	Type	Len	Format	Informat	Label
1	PHONDATA	Num	8	1.	1.	Data collected by phone
2	CHESTPN	Num	8	YESNOF.	1.	Chest pain
3	LEGARMPN	Num	8	YESNOF.	1.	Leg / arm pain
4	HOSP6MTH	Num	8	YESNOF.	1.	Hospitalized last 6 months
5	VISCOMP	Num	8	YESNOF.	1.	Visit completed
6	PARTINFO	Num	8	YESNOF.	1.	Partial info collected
7	PAR7DAY	Num	8	1.	1.	Missed PAR 7day
8	SUBGXT	Num	8	1.	1.	Missed submax gxt
9	ANTHROP	Num	8	1.	1.	Missed Anthropometrics
10	BCOLLECT	Num	8	1.	1.	Missed blood pressure
11	BPRESS	Num	8	1.	1.	Missing Blood Pressure
12	DIETQ	Num	8	1.	1.	Missing Diet questionnaire
13	HRQL	Num	8	1.	1.	Missing Health Related QOL
14	VISMISS	Num	8	VISMISSF.	1.	Why visit missed
15	VISIT	Char	3	\$VISITF.		
16	NEWID	Num	8			ACT PARTICIPANT ID NUMBER

Data Set Name: *dispo6.sas7bdat*

Num	Variable	Type	Len	Format	Informat	Label
1	PHONDATA	Num	8	1.	1.	Collected by telephone
2	CHESTPN	Num	8	YESNOF.	1.	Chest pain
3	LEGARMPN	Num	8	YESNOF.	1.	Leg or arm pain
4	HOSP6MTH	Num	8	YESNOF.	1.	Hospitalized last 6 months
5	VISCOMP	Num	8	YESNOF.	1.	Visit completed as planned
6	PARTINFO	Num	8	YESNOF.	1.	Partial Info collected
7	MAXGXT	Num	8	1.	1.	Missing maxgxt
8	SUBGXT	Num	8	1.	1.	Missing submax gxt
9	PAR7DAY	Num	8	1.	1.	Missing 7day PAR
10	HRVAR	Num	8	1.	1.	Missing Heart Rate Variability
11	ANTHROP	Num	8	1.	1.	Missing Anthropometrics
12	BCOLLECT	Num	8	1.	1.	Missing blood collection
13	BPRESS	Num	8	1.	1.	Missing blood pressure
14	MEDICAT	Num	8	1.	1.	Missing medications usage
15	DIETQ	Num	8	1.	1.	Missing Diet
16	FUHEALTH	Num	8	1.	1.	Missing Health Habits
17	HRQL	Num	8	1.	1.	Missing Health related QOL
18	VISMISS	Num	8	VISMISSF.	1.	Visit missed
19	VISIT	Char	3	\$VISITF.		
20	NEWID	Num	8			ACT PARTICIPANT ID NUMBER

Data Set Name: endstudy.sas7bdat

Num	Variable	Type	Len	Format	Informat	Label
1	TEST1	Num	8	1.	1.	
2	TEST2	Num	8	1.	1.	
3	ADVICE1	Num	8	1.	1.	
4	ADVICE2	Num	8	1.	1.	
5	ADVICE3	Num	8	1.	1.	
6	VISIT2YR	Num	8	3.	3.	
7	VISITS1	Num	8	1.	1.	
8	VISITS2	Num	8	1.	1.	
9	VISITS3	Num	8	1.	1.	
10	VIDEO	Num	8	1.	1.	
11	DIGIWALK	Num	8	1.	1.	
12	CALENDAR	Num	8	1.	1.	
13	NEWSLETT	Num	8	1.	1.	
14	MAILCARD	Num	8	1.	1.	
15	CALLS	Num	8	1.	1.	
16	TIPSHEET	Num	8	1.	1.	
17	PRIZES	Num	8	1.	1.	
18	CLASSES	Num	8	1.	1.	
19	FEELING1	Num	8	1.	1.	
20	FEELING2	Num	8	1.	1.	
21	SATISFY1	Num	8	1.	1.	
22	SATISFY2	Num	8	1.	1.	
23	SATISFY3	Num	8	1.	1.	
24	NEWID	Num	8			ACT PARTICIPANT ID NUMBER

Data Set Name: hlthhab.sas7bdat

Num	Variable	Type	Len	Format	Informat	Label
1	VISIT	Char	3	\$VISITF.		Visit
2	EVERSMOK	Num	8	YESNOF.	1.	Ever smoke cigarettes
3	CURSMOKE	Num	8	YESNOF.	1.	Currently smoke
4	SMOKEAMT	Num	8	2.	2.	How many cigarettes/day
5	QUITSMOK	Num	8	YESNOF.	1.	Quit smoking before ACT
6	AVGSMOKE	Num	8	2.	2.	Average cigarettes/day
7	TRYLOSWT	Num	8	YESNOF.	1.	Tried to lose weight
8	LOSWTBY	Num	8	LOSWTBF.	1.	Lose weight by
9	M_STATUS	Num	8	M_STATUF.	1.	Marital Status
10	EUROQOL	Num	8	3.	3.	Euroqol score
11	EMPLOY	Num	8	EMPLOYPF.	1.	Employment status
12	NEWID	Num	8			ACT PARTICIPANT ID NUMBER

Data Set Name: hqol.sas7bdat

Num	Variable	Type	Len	Format	Informat	Label
1	VISIT	Char	4	\$VISITF.		HQOL: VISIT CODE
2	STAYBED	Num	8	2.	2.	HQOL: # DAYS STAY IN BED MOST OF DAY
3	CUTDOWN	Num	8	2.	2.	HQOL: # DAYS CUT DOWN ON ACTIVITIES
4	LESSWELL	Num	8	2.	2.	HQOL: # DAYS FEEL LESS WELL
5	HEALTH	Num	8	HEALTHF.	1.	HQOL: HEALTH STATUS
6	HEALTH1	Num	8	HEALTH1F.	1.	HQOL: HEALTH COMPARED TO 1 YEAR AGO
7	LIFE4	Num	8	LIFE4F.	2.	HQOL: LIFE SATISFACTION PAST 4 WEEKS
8	THINK	Num	8	SATISF.	1.	HQOL: HOW WELL YOU THINK/REMEMBER
9	AMT_WALK	Num	8	SATISF.	1.	HQOL: THE AMOUNT OF WALKING YOU DO
10	GET_OUT	Num	8	SATISF.	1.	HQOL: HOW OFTEN GET OUTSIDE THE HOUSE
11	SEXUAL	Num	8	SATISF.	1.	HQOL: LEVEL OF SEXUAL ACTIVITY
12	FAM_SEE	Num	8	SATISF.	1.	HQOL: HOW OFTEN SEE/TALK FAMILY+FRIENDS
13	FAM_HELP	Num	8	SATISF.	1.	HQOL: THE HELP YOU GIVE FAMILY/FRIENDS
14	CONTRIB	Num	8	SATISF.	1.	HQOL: YOUR CONTRIBUTION TO COMMUNITY
15	RETIRWRK	Num	8	SATISF.	1.	HQOL: YOUR RETIREMENT/CURRENT JOB
16	LEISURE	Num	8	SATISF.	1.	HQOL: KIND + AMOUNT RECREATION/LEISURE
17	RESPECT	Num	8	SATISF.	1.	HQOL: HOW RESPECTED YOUR ARE
18	MEANLIFE	Num	8	SATISF.	1.	HQOL: MEANING + PURPOSE OF YOUR LIFE
19	AMT_VAR	Num	8	SATISF.	1.	HQOL: AMOUNT OF VARIETY IN YOUR LIFE
20	AMTSLEEP	Num	8	SATISF.	1.	HQOL: AMOUNT + KIND OF SLEEP YOU GET
21	HOWHAPPY	Num	8	SATISF.	1.	HQOL: HOW HAPPY YOU ARE
22	PHYSFIT	Num	8	SATISF.	1.	HQOL: LEVEL OF PHYSICAL FITNESS
23	LEG	Num	8	SATISF.	1.	HQOL: MUSCLE STRENGHT IN LEGS
24	STAMINA	Num	8	SATISF.	1.	HQOL: LEVEL OF ENDURANCE/STAMINA
25	TONE	Num	8	SATISF.	1.	HQOL: MUSCLE TONE
26	ENERGY	Num	8	SATISF.	1.	HQOL: LEVEL OF ENERGY
27	PHYSICAL	Num	8	SATISF.	1.	HQOL: PHYS. ABILITY TO DO WHAT YOU WANT
28	WEIGHT	Num	8	SATISF.	1.	HQOL: YOUR WEIGHT
29	SHAPE	Num	8	SATISF.	1.	HQOL: YOUR SHAPE
30	APPEAR	Num	8	SATISF.	1.	HQOL: YOUR PHYSICAL APPEARANCE
31	BODYPAIN	Num	8	BODYPAIF.	1.	HQOL: BODY PAIN LAST 4 WEEKS
32	PAINWORK	Num	8	PAINWORF.	1.	HQOL: PAIN INTERFERE WITH WORK
33	REFRESH	Num	8	TIMEF.	1.	HQOL: FELT REFRESHED IN PAST WEEK
34	CALM	Num	8	TIMEF.	1.	HQOL: FELT CALM IN PAST WEEK
35	FATIGUE	Num	8	TIMEF.	1.	HQOL: FELT FATIGUED IN PAST WEEK
36	ENTHUS	Num	8	TIMEF.	1.	HQOL: FELT ENTHUSIASTIC IN PAST WEEK

Num	Variable	Type	Len	Format	Informat	Label
37	RELAX	Num	8	TIMEF.	1.	HQOL: FELT RELAXED IN PAST WEEK
38	ENERGET	Num	8	TIMEF.	1.	HQOL: FELT ENERGETIC IN PAST WEEK
39	HAPPYT	Num	8	TIMEF.	1.	HQOL: FELT HAPPY IN PAST WEEK
40	TIRED	Num	8	TIMEF.	1.	HQOL: FELT TIRED IN PAST WEEK
41	REVIVE	Num	8	TIMEF.	1.	HQOL: FELT REVIVED IN PAST WEEK
42	PEACE	Num	8	TIMEF.	1.	HQOL: FELT PEACEFUL IN PAST WEEK
43	WORN	Num	8	TIMEF.	1.	HQOL: FELT WORN-OUT IN PAST WEEK
44	UPBEAT	Num	8	TIMEF.	1.	HQOL: FELT UPBEAT IN PAST WEEK
45	UPSET	Num	8	TIMEF.	1.	HQOL: UPSET DUE TO SOMETHING UNEXPECTED
46	IMPORT	Num	8	TIMEF.	1.	HQOL: UNABLE TO CONTROL IMPORTANT THINGS
47	NERVOUS	Num	8	TIMEF.	1.	HQOL: FELT NERVOUS AND STRESSED
48	HASSLES	Num	8	TIMEF.	1.	HQOL: DEALT WITH IRRITATING LIFE HASSLES
49	CHANGES	Num	8	TIMEF.	1.	HQOL: EFFECTIVE COPING WITH CHANGES
50	PERSPROB	Num	8	TIMEF.	1.	HQOL: FELT CONFIDENT DEALING W/ PROBLEMS
51	YOUR_WAY	Num	8	TIMEF.	1.	HQOL: FELT THINGS WERE GOING YOUR WAY
52	NOT_COPE	Num	8	TIMEF.	1.	HQOL: COULD NOT COPE WITH THINGS
53	IRRITATE	Num	8	TIMEF.	1.	HQOL: CONTROL IRRITATIONS IN LIFE
54	ON_TOP	Num	8	TIMEF.	1.	HQOL: FELT YOU ARE ON TOP OF THINGS
55	OUT_CTRL	Num	8	TIMEF.	1.	HQOL: ANGERED BY THINGS OUT YOUR CONTROL
56	ACCOMP	Num	8	TIMEF.	1.	HQOL: THINK ABOUT THINGS TO ACCOMPLISH
57	SPNDTIME	Num	8	TIMEF.	1.	HQOL: CONTROL THE WAY YOU SPEND TIME
58	OVERCOME	Num	8	TIMEF.	1.	HQOL: COULD NOT OVERCOME DIFFICULTIES
59	SAD1	Num	8	1.	1.	HQOL: DO NOT FEEL SAD
60	SAD2	Num	8	1.	1.	HQOL: FEEL SAD
61	SAD3	Num	8	1.	1.	HQOL: SAD ALL THE TIME
62	SAD4	Num	8	1.	1.	HQOL: SO SAD YOU CAN'T STAND IT
63	FUTURE1	Num	8	1.	1.	HQOL: NOT DISCOURAGED ABOUT FUTURE
64	FUTURE2	Num	8	1.	1.	HQOL: DISCOURAGED ABOUT FUTURE
65	FUTURE3	Num	8	1.	1.	HQOL: NOTHING TO LOOK FORWARD TO
66	FUTURE4	Num	8	1.	1.	HQOL: FEEL THE FUTURE IS HOPELESS
67	FAILURE1	Num	8	1.	1.	HQOL: DO NOT FEEL LIKE A FAILURE
68	FAILURE2	Num	8	1.	1.	HQOL: FAILED MORE THAN AVERAGE
69	FAILURE3	Num	8	1.	1.	HQOL: A LOT OF FAILURES IN LIFE
70	FAILURE4	Num	8	1.	1.	HQOL: FEEL LIKE A COMPLETE FAILURE
71	SATISFY1	Num	8	1.	1.	HQOL: SATISFIED MORE
72	SATISFY2	Num	8	1.	1.	HQOL: DO NOT ENJOY THINGS
73	SATISFY3	Num	8	1.	1.	HQOL: NO SATISFACTION ANYMORE
74	SATISFY4	Num	8	1.	1.	HQOL: DISSASTIFIED WITH EVERYTHING
75	GUILTY1	Num	8	1.	1.	HQOL: DON'T FEEL GUILTY

Num	Variable	Type	Len	Format	Informat	Label
76	GUILTY2	Num	8	1.	1.	HQOL: FEEL GUILTY GOOD PART OF TIME
77	GUILTY3	Num	8	1.	1.	HQOL: FEEL GUILTY MOST OF TIME
78	GUILTY4	Num	8	1.	1.	HQOL: FEEL GUILTY MOST OF TIME
79	PUNISH1	Num	8	1.	1.	HQOL: DON'T FEEL PUNISHED
80	PUNISH2	Num	8	1.	1.	HQOL: FEEL MAY BE PUNISHED
81	PUNISH3	Num	8	1.	1.	HQOL: EXPECT TO BE PUNISHED
82	PUNISH4	Num	8	1.	1.	HQOL: FEEL PUNISHED
83	HATE1	Num	8	1.	1.	HQOL: NOT DISSAPOINTED IN SELF
84	HATE2	Num	8	1.	1.	HQOL: DISAPPOINTED IN SELF
85	HATE3	Num	8	1.	1.	HQOL: DISGUSTED WITH SELF
86	HATE4	Num	8	1.	1.	HQOL: HATE SELF
87	BLAME1	Num	8	1.	1.	HQOL: DON'T FEEL WORSE THAN ANYBODY ELSE
88	BLAME2	Num	8	1.	1.	HQOL: CRITICAL OF SELF FOR MISTAKES
89	BLAME3	Num	8	1.	1.	HQOL: BLAME SELF ALL THE TIME FOR FAULTS
90	BLAME4	Num	8	1.	1.	HQOL: BLAME SELF FOR EVERYTHING BAD
91	KILL1	Num	8	1.	1.	HQOL: NO THOUGHTS OF KILLING SELF
92	KILL2	Num	8	1.	1.	HQOL: THOUGHTS OF SUICIDE BUT WOULDN'T
93	KILL3	Num	8	1.	1.	HQOL: WOULD LIKE TO KILL SELF
94	KILL4	Num	8	1.	1.	HQOL: KILL SELF IF HAD A CHANCE
95	CRY1	Num	8	1.	1.	HQOL: DON'T CRY MORE THAN USUAL
96	CRY2	Num	8	1.	1.	HQOL: CRY MORE THAN USED TO
97	CRY3	Num	8	1.	1.	HQOL: CRY ALL THE TIME NOW
98	CRY4	Num	8	1.	1.	HQOL: USED TO CRY BUT CAN'T NOW
99	ANNOY1	Num	8	1.	1.	HQOL: NO MORE IRRITATED NOW THAN EVER AM
100	ANNOY2	Num	8	1.	1.	HQOL: ANNOYED/IRRITATED MORE EASILY
101	ANNOY3	Num	8	1.	1.	HQOL: FEEL IRRITATED ALL THE TIME NOW
102	ANNOY4	Num	8	1.	1.	HQOL: NOT IRRITATED BY THE SAME THINGS
103	INTREST1	Num	8	1.	1.	HQOL: NOT LOST INTEREST IN PEOPLE
104	INTREST2	Num	8	1.	1.	HQOL: LESS INTERESTED IN PEOPLE
105	INTREST3	Num	8	1.	1.	HQOL: LOST MOST INTEREST IN PEOPLE
106	INTREST4	Num	8	1.	1.	HQOL: LOST ALL INTEREST IN PEOPLE
107	DECIDE1	Num	8	1.	1.	HQOL: MAKE DECISIIONS WELL AS EVER
108	DECIDE2	Num	8	1.	1.	HQOL: PUT OFF MAKING DECISIONS MORE
109	DECIDE3	Num	8	1.	1.	HQOL: MORE DIFFICULTY MAKING DECISIONS
110	DECIDE4	Num	8	1.	1.	HQOL: CAN'T MAKE DECISIONS ANYMORE
111	LOOK1	Num	8	1.	1.	HQOL: DON'T FEEL LOOK WORSE
112	LOOK2	Num	8	1.	1.	HQOL: WORRIED LOOKING OLD/UNATTRACTIVE
113	LOOK3	Num	8	1.	1.	HQOL: LOOK UNATTRACTIVE DUE TO CHANGES
114	LOOK4	Num	8	1.	1.	HQOL: BELIEVE LOOK UGLY

Num	Variable	Type	Len	Format	Informat	Label
115	EFFORT1	Num	8	1.	1.	HQOL: CAN WORK AS WELL AS BEFORE
116	EFFORT2	Num	8	1.	1.	HQOL: TAKES EXTRA EFFORT TO DO SOMETHING
117	EFFORT3	Num	8	1.	1.	HQOL: PUSH SELF HARD TO DO ANYTHING
118	EFFORT4	Num	8	1.	1.	HQOL: CAN'T DO WORK AT ALL
119	SLEEP1	Num	8	1.	1.	HQOL: CAN SLEEP AS WELL AS USUAL
120	SLEEP2	Num	8	1.	1.	HQOL: DON'T SLEEP AS WELL
121	SLEEP3	Num	8	1.	1.	HQOL: WAKE UP 1-2 HOURS EARLIER
122	SLEEP4	Num	8	1.	1.	HQOL: WAKE UP SEVERAL HOURS EARLIER
123	TIRE1	Num	8	1.	1.	HQOL: DONT GET MORE TIRED THAN USUAL
124	TIRE2	Num	8	1.	1.	HQOL: GET TIRED MORE EASILY
125	TIRE3	Num	8	1.	1.	HQOL: GET TIRED FROM ALMOST ANYTHING
126	TIRE4	Num	8	1.	1.	HQOL: TOO TIRED TO DO ANYTHING
127	APPTITE1	Num	8	1.	1.	HQOL: APPETITE IS NO WORSE THAN USUAL
128	APPTITE2	Num	8	1.	1.	HQOL: APPETITE NOT AS GOOD
129	APPTITE3	Num	8	1.	1.	HQOL: APPETITE IS MUCH WORSE
130	APPTITE4	Num	8	1.	1.	HQOL: NO APPETITE AT ALL ANYMORE
131	POUNDS1	Num	8	1.	1.	HQOL: NOT LOST MUCH WEIGHT LATELY
132	POUNDS2	Num	8	1.	1.	HQOL: LOST MORE THAN 5 POUNDS
133	POUNDS3	Num	8	1.	1.	HQOL: LOST MORE THAN 10 POUNDS
134	POUNDS4	Num	8	1.	1.	HQOL: LOST MORE THAN 15 POUNDS
135	EAT	Num	8	1.	1.	HQOL: TRYING LOSE WEIGHT BY EATING LESS
136	WORRY1	Num	8	1.	1.	HQOL: NO MORE WORRIED ABOUT HEALTH
137	WORRY2	Num	8	1.	1.	HQOL: WORRIED ABOUT PHYSICAL PROBLEMS
138	WORRY3	Num	8	1.	1.	HQOL: VERY WORRIED ABOUT PHYS. PROBLEMS
139	WORRY4	Num	8	1.	1.	HQOL: THINK ONLY ABOUT PHYSICAL PROBLEMS
140	SEX1	Num	8	1.	1.	HQOL: NO RECENT CHANGE IN SEX INTEREST
141	SEX2	Num	8	1.	1.	HQOL: LESS INTERESTED IN SEX
142	SEX3	Num	8	1.	1.	HQOL: MUCH LESS INTERESTED IN SEX
143	SEX4	Num	8	1.	1.	HQOL: LOST COMPLETE INTEREST IN SEX
144	DEPSCORE	Num	8	5.2	5.2	HQOL: DEPRESSION SCORE
145	PQOL	Num	8			Perceived QoL
146	FIT	Num	8			Satisfaction With Physical Fitness
147	CPSS	Num	8			Cohen Perceived Stress
148	PAIN	Num	8			SF-36 Pain
149	PHYEX	Num	8			EIF:Physical Exhaustion
150	TRANQ	Num	8			EIF:Tranquility
151	REVIT	Num	8			EIF:Revitalization
152	POSENG	Num	8			EIF:Positive Engagement
153	BECKSCOR	Num	8			Beck Depression Inventory

Num	Variable	Type	Len	Format	Informat	Label
154	NEWID	Num	8			ACT PARTICIPANT ID NUMBER

Data Set Name: hrvar.sas7bdat

Num	Variable	Type	Len	Format	Informat	Label
1	VISIT	Char	3	\$VISITF.		HRV: VISIT CODE
2	EPOCH1_1	Num	8	7.2	7.2	HRV: INTERPOLATED BEATS (EPOCH1)
3	EPOCH1_2	Num	8	7.2	7.2	HRV: R-R MAX (EPOCH1)
4	EPOCH1_3	Num	8	7.2	7.2	HRV: R-R MIN (EPOCH1)
5	EPOCH1_4	Num	8	7.2	7.2	HRV: R-R MEAN (EPOCH1)
6	EPOCH1_5	Num	8	7.2	7.2	HRV: SD (EPOCH1)
7	EPOCH1_6	Num	8	7.2	7.2	HRV: VARIANCE (EPOCH1)
8	EPOCH1_7	Num	8	7.2	7.2	HRV: CO VARIATION (EPOCH1)
9	EPOCH2_1	Num	8	7.2	7.2	HRV: INTERPOLATED BEATS (EPOCH2)
10	EPOCH2_2	Num	8	7.2	7.2	HRV: R-R MAX (EPOCH2)
11	EPOCH2_3	Num	8	7.2	7.2	HRV: R-R MIN (EPOCH2)
12	EPOCH2_4	Num	8	7.2	7.2	HRV: R-R MEAN (EPOCH2)
13	EPOCH2_5	Num	8	7.2	7.2	HRV: SD (EPOCH2)
14	EPOCH2_6	Num	8	7.2	7.2	HRV: VARIANCE (EPOCH2)
15	EPOCH2_7	Num	8	7.2	7.2	HRV: CO VARIATION (EPOCH2)
16	MEAN2	Num	8	7.2	7.2	HRV: R-R MAX (MEAN)
17	MEAN3	Num	8	7.2	7.2	HRV: R-R MIN (MEAN)
18	MEAN4	Num	8	7.2	7.2	HRV: R-R MEAN (MEAN)
19	MEAN5	Num	8	7.2	7.2	HRV: SD (MEAN)
20	MEAN6	Num	8	7.2	7.2	HRV: VARIANCE (MEAN)
21	MEAN7	Num	8	7.2	7.2	HRV: CO VARIATION (MEAN)
22	LFHFPEO1	Num	8	7.2	7.2	HRV: LF/HF RATIO (EPOCH1)
23	LFHFPEO2	Num	8	7.2	7.2	HRV: LF/HF RATIO (EPOCH2)
24	LFHFMEAN	Num	8	7.2	7.2	HRV: LF/HF RATIO (MEAN)
25	PSD1_1	Num	8	7.2	7.2	HRV: VLF POWER (EPOCH1)(PSD)
26	PSD1_2	Num	8	7.2	7.2	HRV: LF POWER (EPOCH1)(PSD)
27	PSD1_3	Num	8	7.2	7.2	HRV: HF POWER (EPOCH1)(PSD)
28	PSD1_4	Num	8	8.2	8.2	HRV: TOTAL POWER ABOVE VLF (EPOCH1)(PSD)
29	PSD1_5	Num	8	8.2	8.2	HRV: TOTAL POWER (EPOCH1)(PSD)
30	NORM1_1	Num	8	7.2	7.2	HRV: VLF POWER (EPOCH1)(NORM)
31	NORM1_2	Num	8	7.2	7.2	HRV: LF POWER (EPOCH1)(NORM)
32	NORM1_3	Num	8	7.2	7.2	HRV: HF POWER (EPOCH1)(NORM)
33	NORM1_4	Num	8	8.2	8.2	HRV: TOTAL POWER ABOVE VLF(EPOCH1)(NORM)
34	NORM1_5	Num	8	8.2	8.2	HRV: TOTAL POWER (EPOCH1)(NORM)
35	PSD2_1	Num	8	7.2	7.2	HRV: VLF POWER (EPOCH2)(PSD)
36	PSD2_2	Num	8	7.2	7.2	HRV: LF POWER (EPOCH2)(PSD)

Num	Variable	Type	Len	Format	Informat	Label
37	PSD2_3	Num	8	7.2	7.2	HRV: HF POWER (EPOCH2)(PSD)
38	PSD2_4	Num	8	8.2	8.2	HRV: TOTAL POWER ABOVE VLF (EPOCH2)(PSD)
39	PSD2_5	Num	8	8.2	8.2	HRV: TOTAL POWER (EPOCH2)(PSD)
40	NORM2_1	Num	8	7.2	7.2	HRV: VLF POWER (EPOCH2)(NORM)
41	NORM2_2	Num	8	7.2	7.2	HRV: LF POWER (EPOCH2)(NORM)
42	NORM2_3	Num	8	7.2	7.2	HRV: HF POWER (EPOCH2)(NORM)
43	NORM2_4	Num	8	8.2	8.2	HRV: TOTAL POWER ABOVE VLF(EPOCH2)(NORM)
44	NORM2_5	Num	8	8.2	8.2	HRV: TOTAL POWER (EPOCH2)(NORM)
45	PSD3_1	Num	8	7.2	7.2	HRV: VLF POWER (MEAN)(PSD)
46	PSD3_2	Num	8	7.2	7.2	HRV: LF POWER (MEAN)(PSD)
47	PSD3_3	Num	8	7.2	7.2	HRV: HF POWER (MEAN)(PSD)
48	PSD3_4	Num	8	8.2	8.2	HRV: TOTAL POWER ABOVE VLF (MEAN)(PSD)
49	PSD3_5	Num	8	8.2	8.2	HRV: TOTAL POWER (MEAN)(PSD)
50	NORM3_1	Num	8	7.2	7.2	HRV: VLF POWER (MEAN)(NORM)
51	NORM3_2	Num	8	7.2	7.2	HRV: LF POWER (MEAN)(NORM)
52	NORM3_3	Num	8	7.2	7.2	HRV: HF POWER (MEAN)(NORM)
53	NORM3_4	Num	8	8.2	8.2	HRV: TOTAL POWER ABOVE VLF (MEAN)(NORM)
54	NORM3_5	Num	8	8.2	8.2	HRV: TOTAL POWER (MEAN)(NORM)
55	MEANBEAT	Num	8			HRV: mean of interpolated beats
56	MEANMAX	Num	8			HRV: mean of R-R Max
57	MEANMIN	Num	8			HRV: mean of R-R Min
58	MEANMEAN	Num	8			HRV: mean of R-R Mean
59	MEANSD	Num	8			HRV: mean of SD
60	MEANVAR	Num	8			HRV: mean of variance
61	MEANCV	Num	8			HRV: mean of CO Variation (SD Mean)
62	MEANVLF	Num	8			HRV: mean of VLF power (PSD)
63	MNORMVLF	Num	8			HRV: mean of VLF power (NORM)
64	MEANLF	Num	8			HRV: mean of LF power (PSD)
65	MNORMLF	Num	8			HRV: mean of LF power (NORM)
66	MEANHF	Num	8			HRV: mean of HF power (PSD)
67	MNORMHF	Num	8			HRV: mean of HF power (NORM)
68	MEANAVLF	Num	8			HRV: mean of total power above VLF(PSD)
69	MNORMAVL	Num	8			HRV: mean of total power above VLF(NORM)
70	MNLF_HF	Num	8			HRV: mean of LF/HF ration
71	MEANTOT	Num	8			HRV: mean of total power (PSD)
72	MNORMTOT	Num	8			HRV: mean of total power (NORM)
73	NEWID	Num	8			ACT PARTICIPANT ID NUMBER

Data Set Name: maxgxt.sas7bdat

Num	Variable	Type	Len	Format	Informat	Label
1	VISIT	Char	3	\$VISITF.		MAX: VISIT CODE
2	MAX_HR	Num	8	3.	3.	MAX: AGE PREDICTED MAX HR
3	MAX_HR60	Num	8	3.	3.	MAX: 60% AGE-PREDICTED MAX HR
4	MAX_HR70	Num	8	3.	3.	MAX: 70% AGE-PREDICTED MAX HR
5	PAT_MEDS	Num	8	YESNOF.	1.	MAX: PATIENT ON MEDICATIONS?
6	ECG_RSLT	Num	8	ECG_RSLF.	1.	MAX: ECG RESULTS
7	CONTRIND	Num	8	YESNOF.	1.	MAX: CONTRA-INDICATIONS TO TREADMILL?
8	ACTTAKEN	Num	8	ACTTAKEF.	1.	MAX: COURSE OF ACTION TAKEN
9	SUP_SBP	Num	8	3.	3.	MAX: SUPINE SBP
10	SUP_DBP	Num	8	3.	3.	MAX: SUPINE DBP
11	SUP_HR	Num	8	3.	3.	MAX: SUPINE HR
12	STND_SBP	Num	8	3.	3.	MAX: STANDING SBP
13	STND_DBP	Num	8	3.	3.	MAX: STANDING DBP
14	STND_HR	Num	8	3.	3.	MAX: STANDING HR
15	WRMUP_HR	Num	8	3.	3.	MAX: WARM-UP HR
16	PRCNT_HR	Num	8	4.1	4.1	MAX: WARM-UP %HR MAX
17	TM_SPEED	Num	8	4.1	4.1	MAX: TM SPEED
18	GRADE1	Num	8	5.2	5.2	MAX: STAGE 1 GRADE
19	GRADE2	Num	8	5.2	5.2	MAX: STAGE 2 GRADE
20	GRADE3	Num	8	5.2	5.2	MAX: STAGE 3 GRADE
21	GRADE4	Num	8	5.2	5.2	MAX: STAGE 4 GRADE
22	GRADE5	Num	8	5.2	5.2	MAX: STAGE 5 GRADE
23	GRADE6	Num	8	5.2	5.2	MAX: STAGE 6 GRADE
24	GRADE7	Num	8	5.2	5.2	MAX: STAGE 7 GRADE
25	GRADE8	Num	8	5.2	5.2	MAX: STAGE 8 GRADE
26	GRADE9	Num	8	5.2	5.2	MAX: STAGE 9 GRADE
27	GRADE10	Num	8	5.2	5.2	MAX: STAGE 10 GRADE
28	GRADE11	Num	8	5.2	5.2	MAX: STAGE 11 GRADE
29	HR1	Num	8	3.	3.	MAX: STAGE 1 HR
30	HR2	Num	8	3.	3.	MAX: STAGE 2 HR
31	HR3	Num	8	3.	3.	MAX: STAGE 3 HR
32	HR4	Num	8	3.	3.	MAX: STAGE 4 HR
33	HR5	Num	8	3.	3.	MAX: STAGE 5 HR
34	HR6	Num	8	3.	3.	MAX: STAGE 6 HR
35	HR7	Num	8	3.	3.	MAX: STAGE 7 HR
36	HR8	Num	8	3.	3.	MAX: STAGE 8 HR

Num	Variable	Type	Len	Format	Informat	Label
37	HR9	Num	8	3.	3.	MAX: STAGE 9 HR
38	HR10	Num	8	3.	3.	MAX: STAGE 10 HR
39	HR11	Num	8	3.	3.	MAX: STAGE 11 HR
40	RER1	Num	8	5.2	5.2	MAX: STAGE 1 Rer
41	RER2	Num	8	5.2	5.2	MAX: STAGE 2 Rer
42	RER3	Num	8	5.2	5.2	MAX: STAGE 3 Rer
43	RER4	Num	8	5.2	5.2	MAX: STAGE 4 Rer
44	RER5	Num	8	5.2	5.2	MAX: STAGE 5 Rer
45	RER6	Num	8	5.2	5.2	MAX: STAGE 6 Rer
46	RER7	Num	8	5.2	5.2	MAX: STAGE 7 Rer
47	RER8	Num	8	5.2	5.2	MAX: STAGE 8 Rer
48	RER9	Num	8	5.2	5.2	MAX: STAGE 9 RER
49	RER10	Num	8	5.2	5.2	MAX: STAGE 10 RER
50	RER11	Num	8	5.2	5.2	MAX: STAGE 11 RER
51	SBP1	Num	8	3.	3.	MAX: STAGE 1 SBP
52	SBP2	Num	8	3.	3.	MAX: STAGE 2 SBP
53	SBP3	Num	8	3.	3.	MAX: STAGE 3 SBP
54	SBP4	Num	8	3.	3.	MAX: STAGE 4 SBP
55	SBP5	Num	8	3.	3.	MAX: STAGE 5 SBP
56	SBP6	Num	8	3.	3.	MAX: STAGE 6 SBP
57	SBP7	Num	8	3.	3.	MAX: STAGE 7 SBP
58	SBP8	Num	8	3.	3.	MAX: STAGE 8 SBP
59	SBP9	Num	8	3.	3.	MAX: STAGE 9 SBP
60	SBP10	Num	8	3.	3.	MAX: STAGE 10 SBP
61	SBP11	Num	8	3.	3.	MAX: STAGE 11 SBP
62	DBP1	Num	8	3.	3.	MAX: STAGE 1 DBP
63	DBP2	Num	8	3.	3.	MAX: STAGE 2 DBP
64	DBP3	Num	8	3.	3.	MAX: STAGE 3 DBP
65	DBP4	Num	8	3.	3.	MAX: STAGE 4 DBP
66	DBP5	Num	8	3.	3.	MAX: STAGE 5 DBP
67	DBP6	Num	8	3.	3.	MAX: STAGE 6 DBP
68	DBP7	Num	8	3.	3.	MAX: STAGE 7 DBP
69	DBP8	Num	8	3.	3.	MAX: STAGE 8 DBP
70	DBP9	Num	8	3.	3.	MAX: STAGE 9 DBP
71	DBP10	Num	8	3.	3.	MAX: STAGE 10 DBP
72	DBP11	Num	8	3.	3.	MAX: STAGE 11 DBP
73	RPE1	Num	8	3.	3.	MAX: STAGE 1 RPE
74	RPE2	Num	8	3.	3.	MAX: STAGE 2 RPE
75	RPE3	Num	8	3.	3.	MAX: STAGE 3 RPE

Num	Variable	Type	Len	Format	Informat	Label
76	RPE4	Num	8	3.	3.	MAX: STAGE 4 RPE
77	RPE5	Num	8	3.	3.	MAX: STAGE 5 RPE
78	RPE6	Num	8	3.	3.	MAX: STAGE 6 RPE
79	RPE7	Num	8	3.	3.	MAX: STAGE 7 RPE
80	RPE8	Num	8	3.	3.	MAX: STAGE 8 RPE
81	RPE9	Num	8	3.	3.	MAX: STAGE 9 RPE
82	RPE10	Num	8	3.	3.	MAX: STAGE 10 RPE
83	RPE11	Num	8	3.	3.	MAX: STAGE 11 RPE
84	AP1	Num	8	2.	2.	MAX: STAGE 1 AP
85	AP2	Num	8	2.	2.	MAX: STAGE 2 AP
86	AP3	Num	8	2.	2.	MAX: STAGE 3 AP
87	AP4	Num	8	2.	2.	MAX: STAGE 4 AP
88	AP5	Num	8	2.	2.	MAX: STAGE 5 AP
89	AP6	Num	8	2.	2.	MAX: STAGE 6 AP
90	AP7	Num	8	2.	2.	MAX: STAGE 7 AP
91	AP8	Num	8	2.	2.	MAX: STAGE 8 AP
92	AP9	Num	8	2.	2.	MAX: STAGE 9 AP
93	ST1	Num	8	4.1	4.1	MAX: STAGE 1 ST
94	ST2	Num	8	4.1	4.1	MAX: STAGE 2 ST
95	ST3	Num	8	4.1	4.1	MAX: STAGE 3 ST
96	ST4	Num	8	4.1	4.1	MAX: STAGE 4 ST
97	ST5	Num	8	4.1	4.1	MAX: STAGE 5 ST
98	ST6	Num	8	4.1	4.1	MAX: STAGE 6 ST
99	ST7	Num	8	4.1	4.1	MAX: STAGE 7 ST
100	ST8	Num	8	4.1	4.1	MAX: STAGE 8 ST
101	ST9	Num	8	4.1	4.1	MAX: STAGE 9 ST
102	ARR1	Num	8	2.	2.	MAX: STAGE 1 Arr
103	ARR2	Num	8	2.	2.	MAX: STAGE 2 Arr
104	WRMCOM10	Char	15			MAX: TREADMILL STAGE 10 COMMENTS
105	WRMCOM11	Char	15			MAX: TREADMILL STAGE 11 COMMENTS
106	TREADTIM	Num	8	3.	3.	MAX: TOTAL TREADMILL TIME MINUTES
107	TREADSEC	Num	8	2.	2.	MAX: TOTAL TREADMILL TIME SECONDS
108	HR_IMMED	Num	8	3.	3.	MAX: POST IMMEDIATE HR
109	SBP_IMMD	Num	8	3.	3.	MAX: POST IMMEDIATE SBP
110	DBP_IMMD	Num	8	3.	3.	MAX: POST IMMEDIATE DBP
111	HR_2MIN	Num	8	3.	3.	MAX: POST 2 MINUTE HR
112	SBP_2MIN	Num	8	3.	3.	MAX: POST 2 MINUTE SBP
113	DBP_2MIN	Num	8	3.	3.	MAX: POST 2 MINUTE DBP
114	HR_4MIN	Num	8	3.	3.	MAX: POST 4 MINUTE HR

Num	Variable	Type	Len	Format	Informat	Label
115	SBP_4MIN	Num	8	3.	3.	MAX: POST 4 MINUTE SBP
116	DBP_4MIN	Num	8	3.	3.	MAX: POST 4 MINUTE DBP
117	HR_6MIN	Num	8	3.	3.	MAX: POST 6 MINUTE HR
118	SBP_6MIN	Num	8	3.	3.	MAX: POST 6 MINUTE SBP
119	DBP_6MIN	Num	8	3.	3.	MAX: POST 6 MINUTE DBP
120	HR_8MIN	Num	8	3.	3.	MAX: POST 8 MINUTE HR
121	SBP_8MIN	Num	8	3.	3.	MAX: POST 8 MINUTE SBP
122	DBP_8MIN	Num	8	3.	3.	MAX: POST 8 MINUTE DBP
123	GXTINTER	Num	8	GXTINTEF.	1.	MAX: GXT INTERPRETATION
124	TESTING	Num	8	YESNOF.	1.	MAX: CONTRA-INDICAT. TO FURTHER TESTING?
125	EXCLUDE	Num	8	YESNOF.	1.	MAX: SUBJECT EXCLUDED FROM ACT?
126	MAXHR	Num	8	3.	3.	MAX: MAXIMAL HEART RATE
127	MAXRPE	Num	8	3.	3.	MAX: MAXIMAL RPE
128	MAXRER	Num	8	5.2	5.2	MAX: MAXIMAL RER
129	MAXVEVO2	Num	8	5.1	5.1	MAX: MAXIMAL VE/VO2
130	MAXRR	Num	8	5.1	5.1	MAX: MAXIMAL RESPIRATORY RATE
131	MAXVO2	Num	8	6.1	6.1	MAX: MAXIMAL VO2
132	VO2MAX1	Num	8	6.1	6.1	MAX: VO2 MAX STAGE 1
133	VO2MAX2	Num	8	6.1	6.1	MAX: VO2 MAX STAGE 2
134	VE_STPD	Num	8	5.1	5.1	MAX: VENTILATORY THRESHOLD Ve(STPD)
135	VO2_MIN	Num	8	6.1	6.1	MAX: VENTILATORY THRESHOLD VO2 ml/min
136	VO2_MAX	Num	8	4.1	4.1	MAX: VENTILATORY THRESHOLD %VO2 MAX
137	VO2ML	Num	8	6.1	6.1	MAX: VO2 MAX MEASUREMENTS ml/min
138	VO2MLKG	Num	8	5.2	5.2	MAX: VO2 MAX MEASUREMENTS ml/kg/min
139	VO2METS	Num	8	5.2	5.2	MAX: VO2 MAX MEASUREMENTS METS
140	NEWID	Num	8			ACT PARTICIPANT ID NUMBER

Data Set Name: medicat.sas7bdat

Num	Variable	Type	Len	Format	Informat	Label
1	VISIT	Char	3			MED: VISIT
2	MEDREG	Num	8	1.	1.	MED: MEDICATION NOT ON REGULAR BASIS
3	DOSAGE	Char	15			MED: DOSAGE OF MEDICATION
4	TIMESDAY	Num	8	3.1	3.1	MED: TIMES PER DAY
5	ANTIHYPE	Char	1			MED: ANTIHYPERTENSIVE
6	LIPIDLOW	Char	1			MED: LIPID-LOWERING
7	HYPOGLYC	Char	1			MED: HYPOGLYCEMIC
8	INSULIN	Char	1			MED: INSULIN
9	ESTROGEN	Char	1			MED: ESTROGEN
10	EXCLUMED	Num	8	1.	1.	MED: ANY EXCLUSIONARY MEDICATIONS
11	NEWID	Num	8			ACT PARTICIPANT ID NUMBER

Data Set Name: medlant.sas7bdat

Num	Variable	Type	Len	Format	Label
1	VISIT	Char	3	\$VISITF.	
2	CHOL	Num	8		
3	TRIGLY	Num	8		
4	HDLC	Num	8		
5	LDLC	Num	8		
6	FIBRIN	Num	8		
7	INSULIN	Num	8		
8	CHOLHDL	Num	8		Total cholestorol to HDL ratio
9	NEWID	Num	8		ACT PARTICIPANT ID NUMBER

Data Set Name: parwork.sas7bdat

Num	Variable	Type	Len	Format	Informat	Label
1	VISIT	Char	3	\$VISITF.		PAR: VISIT CODE
2	PHONDATA	Num	8	1.	1.	PAR: PHONE DATA COLLECTED
3	EMPLOY7	Num	8	YESNOF.	1.	PAR: EMPLOYED LAST 7 DAYS?
4	DAYWRK7	Num	8	2.	2.	PAR: DAYS WORKED IN LAST 7?
5	HOURWRK7	Num	8	2.	2.	PAR: TOTAL HOURS WORKED IN LAST 7 DAYS?
6	WRK_SUN	Num	8	1.	1.	PAR: SUNDAY A WEEKEND?
7	WRK_MON	Num	8	1.	1.	PAR: MONDAY A WEEKEND?
8	WRK_TUE	Num	8	1.	1.	PAR: TUESDAY A WEEKEND?
9	WRK_WED	Num	8	1.	1.	PAR: WEDNESDAY A WEEKEND?
10	WRK_THUR	Num	8	1.	1.	PAR: THURSDAY A WEEKEND?
11	WRK_FRI	Num	8	1.	1.	PAR: FRIDAY A WEEKEND?
12	WRK_SAT	Num	8	1.	1.	PAR: SATURDAY A WEEKEND?
13	SITHR1	Num	8	2.	2.	PAR: AVG. HOURS/DAY SPEND QUIT WORK WEEK
14	SITHR2	Num	8	2.	2.	PAR: AVG. HOURS/DAY SPEND QUIET WEEKEND
15	TYPACT	Num	8	YESNOF.	1.	PAR: A TYPICAL WEEK OF ACTIVITY
16	NOTYPACT	Num	8	MORELESF.	1.	PAR: > OR < ACTIVE THAN USUAL PAST WEEK
17	STAIRCNT	Num	8	2.	2.	PAR: FLIGHTS OF STAIRS CLIMB EACH DAY
18	MIN_WALK	Num	8	3.	3.	PAR: MINUTES WALK PER DAY
19	WALKPACE	Num	8	WALKPACF.	1.	PAR: PACE OF WALKING
20	ACT30MIN	Num	8	2.	2.	PAR: # OF DAYS DID MODERATE ACTIVITY
21	REGFLEX	Num	8	YESNOF.	1.	PAR: STRENGTH AND FLEXIBILITY EXERCISE?
22	FLEX_DAY	Num	8	2.	2.	PAR: DAYS/WEEK DO STRENGTH EXERCISE?
23	FLEX_MIN	Num	8	3.	3.	PAR: MINUTES/DAY DO STRENGTH EXERCISE?
24	SLEEPHR1	Num	8	2.	2.	PAR: SLEEP HOURS DAY 1
25	SLEEPMN1	Num	8	2.	2.	PAR: SLEEP MINUTES DAY 1
26	SLEEPHR2	Num	8	2.	2.	PAR: SLEEP HOURS DAY 2
27	SLEEPMN2	Num	8	2.	2.	PAR: SLEEP MINUTES DAY 2
28	SLEEPHR3	Num	8	2.	2.	PAR: SLEEP HOURS DAY 3
29	SLEEPMN3	Num	8	2.	2.	PAR: SLEEP MINUTES DAY 3
30	SLEEPHR4	Num	8	2.	2.	PAR: SLEEP HOURS DAY 4
31	SLEEPMN4	Num	8	2.	2.	PAR: SLEEP MINUTES DAY 4
32	SLEEPHR5	Num	8	2.	2.	PAR: SLEEP HOURS DAY 5
33	SLEEPMN5	Num	8	2.	2.	PAR: SLEEP MINUTES DAY 5
34	SLEEPHR6	Num	8	2.	2.	PAR: SLEEP HOURS DAY 6
35	SLEEPMN6	Num	8	2.	2.	PAR: SLEEP MINUTES DAY 6
36	SLEEPHR7	Num	8	2.	2.	PAR: SLEEP HOURS DAY 7

Num	Variable	Type	Len	Format	Informat	Label
37	SLEEPMN7	Num	8	2.	2.	PAR: SLEEP MINUTES DAY 7
38	SLEEPHRT	Num	8	3.	3.	PAR: TOTAL SLEEP HOURS
39	SLEEPMNT	Num	8	2.	2.	PAR: TOTAL SLEEP MINUTES
40	MMODHR1	Num	8	2.	2.	PAR: MORNING MODERATE HOURS DAY 1
41	MMODMN1	Num	8	2.	2.	PAR: MORNING MODERATE MINUTES DAY 1
42	MMODHR2	Num	8	2.	2.	PAR: MORNING MODERATE HOURS DAY 2
43	MMODMN2	Num	8	2.	2.	PAR: MORNING MODERATE MINUTES DAY 2
44	MMODHR3	Num	8	2.	2.	PAR: MORNING MODERATE HOURS DAY 3
45	MMODMN3	Num	8	2.	2.	PAR: MORNING MODERATE MINUTES DAY 3
46	MMODHR4	Num	8	2.	2.	PAR: MORNING MODERATE HOURS DAY 4
47	MMODMN4	Num	8	2.	2.	PAR: MORNING MODERATE MINUTES DAY 4
48	MMODHR5	Num	8	2.	2.	PAR: MORNING MODERATE HOURS DAY 5
49	MMODMN5	Num	8	2.	2.	PAR: MORNING MODERATE MINUTES DAY 5
50	MMODHR6	Num	8	2.	2.	PAR: MORNING MODERATE HOURS DAY 6
51	MMODMN6	Num	8	2.	2.	PAR: MORNING MODERATE MINUTES DAY 6
52	MMODHR7	Num	8	2.	2.	PAR: MORNING MODERATE HOURS DAY 7
53	MMODMN7	Num	8	2.	2.	PAR: MORNING MODERATE MINUTES DAY 7
54	MMODHRT	Num	8	2.	2.	PAR: TOTAL MORNING MODERATE HOURS
55	MMODMNT	Num	8	2.	2.	PAR: TOTAL MORNING MODERATE MINUTES
56	MHARDHR1	Num	8	2.	2.	PAR: MORNING HARD HOURS DAY 1
57	MHARDMN1	Num	8	2.	2.	PAR: MORNING HARD MINUTES DAY 1
58	MHARDHR2	Num	8	2.	2.	PAR: MORNING HARD HOURS DAY 2
59	MHARDMN2	Num	8	2.	2.	PAR: MORNING HARD MINUTES DAY 2
60	MHARDHR3	Num	8	2.	2.	PAR: MORNING HARD HOURS DAY 3
61	MHARDMN3	Num	8	2.	2.	PAR: MORNING HARD MINUTES DAY 3
62	MHARDHR4	Num	8	2.	2.	PAR: MORNING HARD HOURS DAY 4
63	MHARDMN4	Num	8	2.	2.	PAR: MORNING HARD MINUTES DAY 4
64	MHARDHR5	Num	8	2.	2.	PAR: MORNING HARD HOURS DAY 5
65	MHARDMN5	Num	8	2.	2.	PAR: MORNING HARD MINUTES DAY 5
66	MHARDHR6	Num	8	2.	2.	PAR: MORNING HARD HOURS DAY 6
67	MHARDMN6	Num	8	2.	2.	PAR: MORNING HARD MINUTES DAY 6
68	MHARDHR7	Num	8	2.	2.	PAR: MORNING HARD HOURS DAY 7
69	MHARDMN7	Num	8	2.	2.	PAR: MORNING HARD MINUTES DAY 7
70	MHARDHRT	Num	8	2.	2.	PAR: TOTAL MORNING HARD HOURS
71	MHARDMNT	Num	8	2.	2.	PAR: TOTAL MORNING HARD MINUTES
72	MVHRDHR1	Num	8	2.	2.	PAR: MORNING VERY HARD HOURS DAY 1
73	MVHRDMN1	Num	8	2.	2.	PAR: MORNING VERY HARD MINUTES DAY 1
74	MVHRDHR2	Num	8	2.	2.	PAR: MORNING VERY HARD HOURS DAY 2
75	MVHRDMN2	Num	8	2.	2.	PAR: MORNING VERY HARD MINUTES DAY 2

Num	Variable	Type	Len	Format	Informat	Label
76	MVHRDHR3	Num	8	2.	2.	PAR: MORNING VERY HARD HOURS DAY 3
77	MVHRDMN3	Num	8	2.	2.	PAR: MORNING VERY HARD MINUTES DAY 3
78	MVHRDHR4	Num	8	2.	2.	PAR: MORNING VERY HARD HOURS DAY 4
79	MVHRDMN4	Num	8	2.	2.	PAR: MORNING VERY HARD MINUTES DAY 4
80	MVHRDHR5	Num	8	2.	2.	PAR: MORNING VERY HARD HOURS DAY 5
81	MVHRDMN5	Num	8	2.	2.	PAR: MORNING VERY HARD MINUTES DAY 5
82	MVHRDHR6	Num	8	2.	2.	PAR: MORNING VERY HARD HOURS DAY 6
83	MVHRDMN6	Num	8	2.	2.	PAR: MORNING VERY HARD MINUTES DAY 6
84	MVHRDHR7	Num	8	2.	2.	PAR: MORNING VERY HARD HOURS DAY 7
85	MVHRDMN7	Num	8	2.	2.	PAR: MORNING VERY HARD MINUTES DAY 7
86	MVHRDHRT	Num	8	2.	2.	PAR: TOTAL MORNING VERY HARD HOURS
87	MVHRDMNT	Num	8	2.	2.	PAR: TOTAL MORNING VERY HARD MINUTES
88	AMODHR1	Num	8	2.	2.	PAR: AFTERNOON MODERATE HOURS DAY 1
89	AMODMN1	Num	8	2.	2.	PAR: AFTERNOON MODERATE MINUTES DAY 1
90	AMODHR2	Num	8	2.	2.	PAR: AFTERNOON MODERATE HOURS DAY 2
91	AMODMN2	Num	8	2.	2.	PAR: AFTERNOON MODERATE MINUTES DAY 2
92	AMODHR3	Num	8	2.	2.	PAR: AFTERNOON MODERATE HOURS DAY 3
93	AMODMN3	Num	8	2.	2.	PAR: AFTERNOON MODERATE MINUTES DAY 3
94	AMODHR4	Num	8	2.	2.	PAR: AFTERNOON MODERATE HOURS DAY 4
95	AMODMN4	Num	8	2.	2.	PAR: AFTERNOON MODERATE MINUTES DAY 4
96	AMODHR5	Num	8	2.	2.	PAR: AFTERNOON MODERATE HOURS DAY 5
97	AMODMN5	Num	8	2.	2.	PAR: AFTERNOON MODERATE MINUTES DAY 5
98	AMODHR6	Num	8	2.	2.	PAR: AFTERNOON MODERATE HOURS DAY 6
99	AMODMN6	Num	8	2.	2.	PAR: AFTERNOON MODERATE MINUTES DAY 6
100	AMODHR7	Num	8	2.	2.	PAR: AFTERNOON MODERATE HOURS DAY 7
101	AMODMN7	Num	8	2.	2.	PAR: AFTERNOON MODERATE MINUTES DAY 7
102	AMODHRT	Num	8	2.	2.	PAR: TOTAL AFTERNOON MODERATE HOURS
103	AMODMNT	Num	8	2.	2.	PAR: TOTAL AFTERNOON MODERATE MINUTES
104	EMODHR1	Num	8	2.	2.	PAR: EVENING MODERATE HOURS DAY 1
105	EMODMN1	Num	8	2.	2.	PAR: EVENING MODERATE MINUTES DAY 1
106	EMODHR2	Num	8	2.	2.	PAR: EVENING MODERATE HOURS DAY 2
107	EMODMN2	Num	8	2.	2.	PAR: EVENING MODERATE MINUTES DAY 2
108	EMODHR3	Num	8	2.	2.	PAR: EVENING MODERATE HOURS DAY 3
109	EMODMN3	Num	8	2.	2.	PAR: EVENING MODERATE MINUTES DAY 3
110	EMODHR4	Num	8	2.	2.	PAR: EVENING MODERATE HOURS DAY 4
111	EMODMN4	Num	8	2.	2.	PAR: EVENING MODERATE MINUTES DAY 4
112	EMODHR5	Num	8	2.	2.	PAR: EVENING MODERATE HOURS DAY 5
113	EMODMN5	Num	8	2.	2.	PAR: EVENING MODERATE MINUTES DAY 5
114	EMODHR6	Num	8	2.	2.	PAR: EVENING MODERATE HOURS DAY 6

Num	Variable	Type	Len	Format	Informat	Label
115	EMODMN6	Num	8	2.	2.	PAR: EVENING MODERATE MINUTES DAY 6
116	EMODHR7	Num	8	2.	2.	PAR: EVENING MODERATE HOURS DAY 7
117	EMODMN7	Num	8	2.	2.	PAR: EVENING MODERATE MINUTES DAY 7
118	EMODHRT	Num	8	2.	2.	PAR: TOTAL EVENING MODERATE HOURS
119	EMODMNT	Num	8	2.	2.	PAR: TOTAL EVENING MODERATE MINUTES
120	AHARDHR1	Num	8	2.	2.	PAR: AFTERNOON HARD HOURS DAY 1
121	AHARDMN1	Num	8	2.	2.	PAR: AFTERNOON HARD MINUTES DAY 1
122	AHARDHR2	Num	8	2.	2.	PAR: AFTERNOON HARD HOURS DAY 2
123	AHARDMN2	Num	8	2.	2.	PAR: AFTERNOON HARD MINUTES DAY 2
124	AHARDHR3	Num	8	2.	2.	PAR: AFTERNOON HARD HOURS DAY 3
125	AHARDMN3	Num	8	2.	2.	PAR: AFTERNOON HARD MINUTES DAY 3
126	AHARDHR4	Num	8	2.	2.	PAR: AFTERNOON HARD HOURS DAY 4
127	AHARDMN4	Num	8	2.	2.	PAR: AFTERNOON HARD MINUTES DAY 4
128	AHARDHR5	Num	8	2.	2.	PAR: AFTERNOON HARD HOURS DAY 5
129	AHARDMN5	Num	8	2.	2.	PAR: AFTERNOON HARD MINUTES DAY 5
130	AHARDHR6	Num	8	2.	2.	PAR: AFTERNOON HARD HOURS DAY 6
131	AHARDMN6	Num	8	2.	2.	PAR: AFTERNOON HARD MINUTES DAY 6
132	AHARDHR7	Num	8	2.	2.	PAR: AFTERNOON HARD HOURS DAY 7
133	AHARDMN7	Num	8	2.	2.	PAR: AFTERNOON HARD MINUTES DAY 7
134	AHARDHRT	Num	8	2.	2.	PAR: TOTAL AFTERNOON HARD HOURS
135	AHARDMNT	Num	8	2.	2.	PAR: TOTAL AFTERNOON HARD MINUTES
136	EHARDHR1	Num	8	2.	2.	PAR: EVENING HARD HOURS DAY 1
137	EHARDMN1	Num	8	2.	2.	PAR: EVENING HARD MINUTES DAY 1
138	EHARDHR2	Num	8	2.	2.	PAR: EVENING HARD HOURS DAY 2
139	EHARDMN2	Num	8	2.	2.	PAR: EVENING HARD MINUTES DAY 2
140	EHARDHR3	Num	8	2.	2.	PAR: EVENING HARD HOURS DAY 3
141	EHARDMN3	Num	8	2.	2.	PAR: EVENING HARD MINUTES DAY 3
142	EHARDHR4	Num	8	2.	2.	PAR: EVENING HARD HOURS DAY 4
143	EHARDMN4	Num	8	2.	2.	PAR: EVENING HARD MINUTES DAY 4
144	EHARDHR5	Num	8	2.	2.	PAR: EVENING HARD HOURS DAY 5
145	EHARDMN5	Num	8	2.	2.	PAR: EVENING HARD MINUTES DAY 5
146	EHARDHR6	Num	8	2.	2.	PAR: EVENING HARD HOURS DAY 6
147	EHARDMN6	Num	8	2.	2.	PAR: EVENING HARD MINUTES DAY 6
148	EHARDHR7	Num	8	2.	2.	PAR: EVENING HARD HOURS DAY 7
149	EHARDMN7	Num	8	2.	2.	PAR: EVENING HARD MINUTES DAY 7
150	EHARDHRT	Num	8	2.	2.	PAR: TOTAL EVENING HARD HOURS
151	EHARDMNT	Num	8	2.	2.	PAR: TOTAL EVENING HARD MINUTES
152	AVHRDHR1	Num	8	2.	2.	PAR: AFTERNOON VERY HARD HOURS DAY 1
153	AVHRDMN1	Num	8	2.	2.	PAR: AFTERNOON VERY HARD MINUTES DAY 1

Num	Variable	Type	Len	Format	Informat	Label
154	AVHRDHR2	Num	8	2.	2.	PAR: AFTERNOON VERY HARD HOURS DAY 2
155	AVHRDMN2	Num	8	2.	2.	PAR: AFTERNOON VERY HARD MINUTES DAY 2
156	AVHRDHR3	Num	8	2.	2.	PAR: AFTERNOON VERY HARD HOURS DAY 3
157	AVHRDMN3	Num	8	2.	2.	PAR: AFTERNOON VERY HARD MINUTES DAY 3
158	AVHRDHR4	Num	8	2.	2.	PAR: AFTERNOON VERY HARD HOURS DAY 4
159	AVHRDMN4	Num	8	2.	2.	PAR: AFTERNOON VERY HARD MINUTES DAY 4
160	AVHRDHR5	Num	8	2.	2.	PAR: AFTERNOON VERY HARD HOURS DAY 5
161	AVHRDMN5	Num	8	2.	2.	PAR: AFTERNOON VERY HARD MINUTES DAY 5
162	AVHRDHR6	Num	8	2.	2.	PAR: AFTERNOON VERY HARD HOURS DAY 6
163	AVHRDMN6	Num	8	2.	2.	PAR: AFTERNOON VERY HARD MINUTES DAY 6
164	AVHRDHR7	Num	8	2.	2.	PAR: AFTERNOON VERY HARD HOURS DAY 7
165	AVHRDMN7	Num	8	2.	2.	PAR: AFTERNOON VERY HARD MINUTES DAY 7
166	AVHRDHRT	Num	8	2.	2.	PAR: TOTAL AFTERNOON VERY HARD HOURS
167	AVHRDMNT	Num	8	2.	2.	PAR: TOTAL AFTERNOON VERY HARD MINUTES
168	EVHRDHR1	Num	8	2.	2.	PAR: EVENING VERY HARD HOURS DAY 1
169	EVHRDMN1	Num	8	2.	2.	PAR: EVENING VERY HARD MINUTES DAY 1
170	EVHRDHR2	Num	8	2.	2.	PAR: EVENING VERY HARD HOURS DAY 2
171	EVHRDMN2	Num	8	2.	2.	PAR: EVENING VERY HARD MINUTES DAY 2
172	EVHRDHR3	Num	8	2.	2.	PAR: EVENING VERY HARD HOURS DAY 3
173	EVHRDMN3	Num	8	2.	2.	PAR: EVENING VERY HARD MINUTES DAY 3
174	EVHRDHR4	Num	8	2.	2.	PAR: EVENING VERY HARD HOURS DAY 4
175	EVHRDMN4	Num	8	2.	2.	PAR: EVENING VERY HARD MINUTES DAY 4
176	EVHRDHR5	Num	8	2.	2.	PAR: EVENING VERY HARD HOURS DAY 5
177	EVHRDMN5	Num	8	2.	2.	PAR: EVENING VERY HARD MINUTES DAY 5
178	EVHRDHR6	Num	8	2.	2.	PAR: EVENING VERY HARD HOURS DAY 6
179	EVHRDMN6	Num	8	2.	2.	PAR: EVENING VERY HARD MINUTES DAY 6
180	EVHRDHR7	Num	8	2.	2.	PAR: EVENING VERY HARD HOURS DAY 7
181	EVHRDMN7	Num	8	2.	2.	PAR: EVENING VERY HARD MINUTES DAY 7
182	EVHRDHRT	Num	8	2.	2.	PAR: TOTAL EVENING VERY HARD HOURS
183	EVHRDMNT	Num	8	2.	2.	PAR: TOTAL EVENING VERY HARD MINUTES
184	PARSCORE	Num	8			Energy expenditure: Kcal/kg/day
185	NEWID	Num	8			ACT PARTICIPANT ID NUMBER

Data Set Name: physeos.sas7bdat

Num	Variable	Type	Len	Format	Informat	Label
1	EXERCISE	Num	8	NOYESF.	1.	Exercise or play sports regularly
2	EXLEVEL	Num	8	EXLEVELF.	1.	Level of exercise
3	LAST2YR	Num	8	LAST2YRF.	1.	Last 2 years exercise increase/decrease
4	FUADVICE	Num	8	1.	1.	Follow-up advice on physical activity
5	DELIVER	Num	8	DELIVERF.	1.	Time to deliver follow-up advice
6	LENGTH	Num	8	1.	1.	FU advice increase length of visit
7	USEFUL	Num	8	1.	1.	How useful was FU advice
8	TYPICAL	Num	8	1.	1.	Fewer/more clinic visits than typical
9	ADVISE	Num	8	1.	1.	Affected Ability to advise patients
10	PROVIDE	Num	8	1.	1.	Provide similar advice
11	SATISFY	Num	8	1.	1.	Satisfied with advise/counseling by HE
12	REFER	Num	8	1.	1.	Refer sedentary patients to HE
13	FUTREFER	Num	8	1.	1.	Refer sedentary patients in future
14	HIRING	Num	8	1.	1.	Support hiring/training a HE in future
15	ACTLEVEL	Num	8	1.	1.	Effect ACT had at increasing activity
16	PERCENT	Num	8	1.	1.	Percent of patients study condition
17	IMPRESS	Num	8	1.	1.	Impression of overall ACT Study
18	ASSET	Num	8	YESNOF.	1.	ACT provided advantages to your clinic
19	BURDEN	Num	8	YESNOF.	1.	Participation been a burden
20	NEWPHID	Num	8			ACT PHYSICIAN ID NUMBER

Data Set Name: *physexam.sas7bdat*

Num	Variable	Type	Len	Format	Informat	Label
1	EXCLUDE	Num	8	YESNOF.	1.	PHYS: EXCLUDED DUE TO PHYSICAL PROBLEMS
2	VISIT	Char	3	\$VISITF.		
3	NEWID	Num	8			ACT PARTICIPANT ID NUMBER

Data Set Name: *pww.sas7bdat*

Num	Variable	Type	Len	Format	Label
1	MONTH	Num	8	MONTHF.	VISIT
2	GRADE	Num	8	GRADEF.	Best Scan Quality
3	N	Num	8		BEST QUAL: Number of Reps
4	PWVMN	Num	8		BEST QUAL: Mean of PWVs
5	TIMEMN	Num	8		BEST QUAL: Mean of Delta Times
6	PWVSD	Num	8		BEST QUAL: SD of PWVs
7	TIMESD	Num	8		BEST QUAL: SD of Delta Times
8	NEWID	Num	8		ACT PARTICIPANT ID NUMBER

Data Set Name: rand.sas7bdat

Num	Variable	Type	Len	Format	Label
1	ARM	Char	1	\$ARMF.	RAND: ARM
2	NEWID	Num	8		ACT PARTICIPANT ID NUMBER

Data Set Name: selfeval.sas7bdat

Num	Variable	Type	Len	Format	Informat	Label
1	VISIT	Char	3	\$VISITF.		Visit
2	PLEASANT	Num	8	FEELF.	1.	Pleasant
3	NERVOUS	Num	8	FEELF.	1.	Nervous
4	SATISFY	Num	8	FEELF.	1.	Satisfied with self
5	ASHAPPY	Num	8	FEELF.	1.	Happy as others
6	FAILURE	Num	8	FEELF.	1.	Failure
7	RESTED	Num	8	FEELF.	1.	Rested
8	CALM	Num	8	FEELF.	1.	Calm, cool, collected
9	DIFFICUL	Num	8	FEELF.	1.	Can not overcome difficulties
10	WORRY	Num	8	FEELF.	1.	Worry too much
11	HAPPY	Num	8	FEELF.	1.	Happy
12	DISTURB	Num	8	FEELF.	1.	Disturbing thoughts
13	SELFCOND	Num	8	FEELF.	1.	Lack self-confidence
14	SECURE	Num	8	FEELF.	1.	Feel secure
15	DECISION	Num	8	FEELF.	1.	Make decisions easily
16	INADEQ	Num	8	FEELF.	1.	Feel inadequate
17	CONTENT	Num	8	FEELF.	1.	Content
18	UNIMPORT	Num	8	FEELF.	1.	Unimportant thoughts
19	DISAPP	Num	8	FEELF.	1.	Disappointments stay in mind
20	STEADY	Num	8	FEELF.	1.	Steady person
21	TENSION	Num	8	FEELF.	1.	State of tension over concerns
22	VIGOROUS	Num	8	LIMITF.	1.	Vigorous activities
23	MODERATE	Num	8	LIMITF.	1.	Moderate activities
24	LIFTING	Num	8	LIMITF.	1.	Lifting groceries
25	CLIMBSEV	Num	8	LIMITF.	1.	Climbing several stairs
26	CLIMBONE	Num	8	LIMITF.	1.	Climbing one flight of stairs
27	BENDING	Num	8	LIMITF.	1.	Bending, kneeling, stooping
28	WALKMILE	Num	8	LIMITF.	1.	Walk more than a mile
29	WALKSEV	Num	8	LIMITF.	1.	Walk several blocks
30	WALKONE	Num	8	LIMITF.	1.	Walk one block
31	BATHING	Num	8	LIMITF.	1.	Bathing/Dressing self
32	NEWID	Num	8			ACT PARTICIPANT ID NUMBER

Data Set Name: subgxt.sas7bdat

Num	Variable	Type	Len	Format	Informat	Label
1	VISIT	Char	3	\$VISITF.		SUB: VISIT CODE
2	TSTSPD50	Num	8	4.1	4.1	SUB: 50% MAX TEST SPEED
3	TSTSPD75	Num	8	4.1	4.1	SUB: 75% MAX TEST SPEED
4	PAT_MEDS	Num	8	YESNOF.	1.	SUB: PATIENT ON MEDICATIONS?
5	STNDSBP	Num	8	3.	3.	SUB: STANDING SBP
6	STNDDBP	Num	8	3.	3.	SUB: STANDING DBP
7	STNDHR	Num	8	3.	3.	SUB: STANDING HR
8	GRADE1	Num	8	5.2	5.2	SUB: 50% VO2 MAX TIME 1 GRADE
9	GRADE6	Num	8	5.2	5.2	SUB: 75% VO2 MAX TIME 1 GRADE
10	HR1	Num	8	3.	3.	SUB: 50% VO2 MAX TIME 1 HR
11	HR2	Num	8	3.	3.	SUB: 50% VO2 MAX TIME 2 HR
12	HR3	Num	8	3.	3.	SUB: 50% VO2 MAX TIME 3 HR
13	HR4	Num	8	3.	3.	SUB: 50% VO2 MAX TIME 4 HR
14	HR5	Num	8	3.	3.	SUB: 50% VO2 MAX TIME 5 HR
15	HR6	Num	8	3.	3.	SUB: 75% VO2 MAX TIME 1 HR
16	HR7	Num	8	3.	3.	SUB: 75% VO2 MAX TIME 2 HR
17	HR8	Num	8	3.	3.	SUB: 75% VO2 MAX TIME 3 HR
18	HR9	Num	8	3.	3.	SUB: 75% VO2 MAX TIME 4 HR
19	HR10	Num	8	3.	3.	SUB: 75% VO2 MAX TIME 5 HR
20	SBP1	Num	8	3.	3.	SUB: 50% VO2 MAX TIME 1 SBP
21	SBP2	Num	8	3.	3.	SUB: 50% VO2 MAX TIME 2 SBP
22	SBP3	Num	8	3.	3.	SUB: 50% VO2 MAX TIME 3 SBP
23	SBP4	Num	8	3.	3.	SUB: 50% VO2 MAX TIME 4 SBP
24	SBP5	Num	8	3.	3.	SUB: 50% VO2 MAX TIME 5 SBP
25	SBP6	Num	8	3.	3.	SUB: 75% VO2 MAX TIME 1 SBP
26	SBP7	Num	8	3.	3.	SUB: 75% VO2 MAX TIME 2 SBP
27	SBP8	Num	8	3.	3.	SUB: 75% VO2 MAX TIME 3 SBP
28	SBP9	Num	8	3.	3.	SUB: 75% VO2 MAX TIME 4 SBP
29	SBP10	Num	8	3.	3.	SUB: 75% VO2 MAX TIME 5 SBP
30	DBP2	Num	8	3.	3.	SUB: 50% VO2 MAX TIME 2 DBP
31	DBP3	Num	8	3.	3.	SUB: 50% VO2 MAX TIME 3 DBP
32	DBP4	Num	8	3.	3.	SUB: 50% VO2 MAX TIME 4 DBP
33	DBP5	Num	8	3.	3.	SUB: 50% VO2 MAX TIME 5 DBP
34	DBP6	Num	8	3.	3.	SUB: 75% VO2 MAX TIME 1 DBP
35	DBP7	Num	8	3.	3.	SUB: 75% VO2 MAX TIME 2 DBP
36	DBP8	Num	8	3.	3.	SUB: 75% VO2 MAX TIME 3 DBP

Num	Variable	Type	Len	Format	Informat	Label
37	DBP9	Num	8	3.	3.	SUB: 75% VO2 MAX TIME 4 DBP
38	DBP10	Num	8	3.	3.	SUB: 75% VO2 MAX TIME 5 DBP
39	RPE3	Num	8	4.	4.	SUB: 50% VO2 MAX TIME 3 RPE
40	RPE4	Num	8	4.	4.	SUB: 50% VO2 MAX TIME 4 RPE
41	RPE5	Num	8	4.	4.	SUB: 50% VO2 MAX TIME 5 RPE
42	RPE6	Num	8	4.	4.	SUB: 75% VO2 MAX TIME 1 RPE
43	RPE7	Num	8	4.	4.	SUB: 75% VO2 MAX TIME 2 RPE
44	RPE8	Num	8	4.	4.	SUB: 75% VO2 MAX TIME 3 RPE
45	RPE9	Num	8	4.	4.	SUB: 75% VO2 MAX TIME 4 RPE
46	RPE10	Num	8	4.	4.	SUB: 75% VO2 MAX TIME 5 RPE
47	RECOV_HR	Num	8	3.	3.	SUB: RECOVERY MEASUREMENTS HR
48	GRADE2	Num	8			SUB: 50% VO2 MAX TIME 2 GRADE
49	GRADE3	Num	8			SUB: 50% VO2 MAX TIME 3 GRADE
50	GRADE4	Num	8			SUB: 50% VO2 MAX TIME 4 GRADE
51	GRADE5	Num	8			SUB: 50% VO2 MAX TIME 5 GRADE
52	GRADE7	Num	8			SUB: 75% VO2 MAX TIME 2 GRADE
53	GRADE8	Num	8			SUB: 75% VO2 MAX TIME 3 GRADE
54	GRADE9	Num	8			SUB: 75% VO2 MAX TIME 4 GRADE
55	GRADE10	Num	8			SUB: 75% VO2 MAX TIME 5 GRADE
56	NEWID	Num	8			ACT PARTICIPANT ID NUMBER

Data Set Name: telephon.sas7bdat

Num	Variable	Type	Len	Format	Informat	Label
1	AGE	Num	8	3.	3.	TEL: AGE
2	SEX	Num	8	SEXF.	1.	TEL: GENDER
3	SPORIGIN	Num	8	1.	1.	TEL: SPANISH OR HISPANIC ORIGIN/DESCENT
4	RACE	Num	8	RACEPF.	1.	TEL: RACE
5	REGLPART	Num	8	YESNOF.	1.	TEL: REGUL. PARTICIPATE PHYS. ACTIVITY
6	JOBLABOR	Num	8	YESNOF.	1.	TEL: HEAVY MANUAL LABOR/EXERCISE ON JOB
7	HEARTPRB	Num	8	YESNOF.	1.	TEL: HEART PROBLEMS
8	STROKE	Num	8	YESNOF.	1.	TEL: STROKE
9	SKINCNCR	Num	8	YESNOF.	1.	TEL: SKIN CANCER
10	MELANOMA	Num	8	YESNOF.	1.	TEL: MELANOMA
11	MELANOM5	Num	8	YESNOF.	1.	TEL: MELANOMA LAST 5 YEARS
12	OTHCNCR	Num	8	YESNOF.	1.	TEL: CANCER OTHER THAN SKIN CANCER
13	OTHCNCR5	Num	8	YESNOF.	1.	TEL: OTHER CANCER LAST 5 YEARS
14	DIABETES	Num	8	YESNOF.	1.	TEL: DIABETES THAT REQUIRES INSULIN
15	ASTHMA	Num	8	YESNOF.	1.	TEL: ASTHMA
16	ASTHMEDS	Num	8	YESNOF.	1.	TEL: ASTHMA MEDICATIONS LAST 6 MONTHS
17	PREGNANT	Num	8	YESNOF.	1.	TEL: PREGNANT OR TRYING TO GET PREGNANT
18	WALKCLIM	Num	8	YESNOF.	1.	TEL: WALK 1/4 MILE OR CLIMB TEN STAIRS
19	INCRACT	Num	8	YESNOF.	1.	TEL: WILLING TO INCREASE PHYS. ACTIVITY
20	PARTOTH	Num	8	YESNOF.	1.	TEL: PARTICIPATING IN ANOTHER STUDY
21	OTHTX	Num	8	YESNOF.	1.	TEL: MEDICAL TREATMENTS IN OTHER STUDY
22	PARTACT	Num	8	YESNOF.	1.	TEL: HOUSEHOLD MEMBERS ALREADY IN ACT
23	LIVE50MI	Num	8	YESNOF.	1.	TEL: LIVE WITHIN 50 MILES OF DR. OFFICE
24	STAY2YR	Num	8	YESNOF.	1.	TEL: STAY IN AREA FOR NEXT 2 YEARS
25	STATUS	Num	8	STATUSF.	1.	TEL: ELIGIBILITY STAUS
26	LEARNMOR	Num	8	YESNOF.	1.	TEL: LEARN MORE ABOUT STUDY
27	NEWID	Num	8			ACT PARTICIPANT ID NUMBER

Data Set Name: act_card.sas7bdat

Num	Variable	Type	Len	Format	Informat	Label
1	CARDNUM	Num	8	3.	3.	Card #
2	ACTTYPE	Char	25			Type of Activity
3	MOD_DAY	Num	8	1.	1.	Moderate Activity - # days
4	MOD_MIN	Num	8	1.	1.	Moderate Activity - # minutes
5	HARD_ACT	Num	8	1.	1.	Hard Activity - are you doing
6	HARD_DAY	Num	8	1.	1.	Hard Activity - # days
7	HARD_MIN	Num	8	1.	1.	Hard Activity - # minutes
8	ACTLEVEL	Num	8	1.	1.	Next Month activity level
9	PHYS_ACT	Num	8	2.	2.	How much enjoy physical activity
10	STEPDAY1	Num	8	5.	5.	Day 1 - # steps
11	STEPDAY2	Num	8	5.	5.	Day 2 - # steps
12	STEPDAY3	Num	8	5.	5.	Day 3 - # steps
13	STEPDAY4	Num	8	5.	5.	Day 4 - # steps
14	STEPDAY5	Num	8	5.	5.	Day 5 - # steps
15	STEPDAY6	Num	8	5.	5.	Day 6 - # steps
16	STEPDAY7	Num	8	5.	5.	Day 7 - # steps
17	CLUE	Num	8	1.	1.	Find Hidden clue
18	NO_TIME	Num	8	1.	1.	Not enough time
19	WEATHER	Num	8	1.	1.	Weather condition
20	BORED	Num	8	1.	1.	Bored with my activity
21	PAIN	Num	8	1.	1.	Pain or discomfort
22	FATIGUE	Num	8	1.	1.	Fatigue
23	ILLNESS	Num	8	1.	1.	Illness
24	INCONVEN	Num	8	1.	1.	Inconvenience
25	DEMANDS	Num	8	1.	1.	Family/ work demand
26	SUPPORT	Num	8	1.	1.	Lack of Support
27	OTHERBAR	Num	8	1.	1.	Other
28	NEWID	Num	8			ACT PARTICIPANT ID NUMBER

Data Set Name: actplan.sas7bdat

Num	Variable	Type	Len	Format	Informat	Label
1	PLAN_NO	Num	8	2.	2.	Action Plan #
2	GOALWK	Num	7	MMDDYY8.	8.	Goal for weeks ending
3	ACCUMMOD	Num	8	1.	1.	Accumulate 30 minutes moderate
4	CONTHARD	Num	8	1.	1.	30 continuous minutes hard
5	TYPEACT	Num	8	1.	1.	Type of Activity
6	FREQDAYS	Num	8	1.	1.	Frequency days/week
7	FREQSESS	Num	8	1.	1.	sessions/day
8	TIME_MIN	Num	8	1.	1.	Time min/session
9	TOTTIME	Num	8	3.	3.	Total time/week
10	INTENSTY	Num	8	2.	2.	Intensity - RPE
11	WHEN	Char	50			When do physical activity
12	NEWID	Num	8			ACT PARTICIPANT ID NUMBER

Data Set Name: *classes.sas7bdat*

Num	Variable	Type	Len	Label
1	CLASSNUM	Num	8	
2	CLASSNM	Char	30	Class Name
3	NEWID	Num	8	ACT PARTICIPANT ID NUMBER

Data Set Name: folphon.sas7bdat

Num	Variable	Type	Len	Format	Informat	Label
1	CON_ID	Num	8	3.	3.	Visit ID
2	SUBCONID	Num	8	2.	2.	Continued ID
3	SCHED	Char	2			Scheduled?
4	VISTYPE	Num	8	2.	2.	Type of Contact
5	INITBY	Num	8	2.	2.	Contact Initiated By
6	STATUS	Num	8	2.	2.	Contact Status
7	START	Char	10			Start Time
8	STOP	Char	10			Stop Time
9	ADJMIN	Num	8	3.	3.	Adjusted minutes
10	ADJSEC	Num	8	3.	3.	Adjusted seconds
11	FOMDTALK	Num	8	1.	1.	MD talk about physical activity
12	NEWID	Num	8			ACT PARTICIPANT ID NUMBER

Data Set Name: initvis.sas7bdat

Num	Variable	Type	Len	Format	Informat	Label
1	MDTALKED	Num	8	2.	2.	MD talked about physical activity
2	CPADIST	Num	8	2.	2.	CPA form given to patient
3	CPAMDSI	Num	8	2.	2.	CPA form MD initiated
4	CPAMGL	Num	8	2.	2.	CPA moderate goal
5	CPAHGL	Num	8	2.	2.	CPA hard goal
6	EXPECT	Num	8	2.	2.	Expectations forms signed
7	BGIVEN	Num	8	2.	2.	Brochures handed out
8	VIDVIEW	Num	8	2.	2.	Video Viewed
9	PMANGIV	Num	8	2.	2.	Participnt Manual Given
10	PEDINST	Num	8	2.	2.	Pedometer Instructions
11	COMRTALK	Num	8	2.	2.	Community Resource Talk
12	INCENT	Num	8	2.	2.	Incentives Reviewed
13	NEWID	Num	8			ACT PARTICIPANT ID NUMBER

Data Set Name: *newslet.sas7bdat*

Num	Variable	Type	Len	Format	Informat	Label
1	NEWS_NO	Num	8	3.	3.	Newsletter #
2	NEWID	Num	8			ACT PARTICIPANT ID NUMBER