

Name	Label	Value	Labels
gender	sex		1 male 2 female
age	age		
economic			
BMI	BMI		
MVPA_guidelines	meeting the PA guidelines		0 not meeting 1 meeting
sleep_guidelines	meeting the sleep guidelines		0 not meeting 1 meeting
SB_guidelines	meeting the SB guidelines		0 not meeting 1 meeting
nutri2	meeting the PA, SB, and sleep guidelines		0 not meeting 1 meeting
			1 never 2 sometimes 3 frequently 4 always
nutri3	depression binary		1 never 2 sometimes 3 frequently 4 always