Key

1. What is your gender?
Male=0
Female=1

2. What is your age?
Under 18=0
18-29=1
30-39=2
40-49=3
50 and above=4

3. In which region you are living now?
NA=0
SA=1
Europe=2
Asia=3
Africa=4
Mid East=5
Australia=6

4a. What is the highest level of education you have completed?
Less than HS=0
High School=1
2 or 4 years=2
Master's=3
Doctoral=4
Professional=5

4b. What year are you in college?
F=0
Soph=1
Jun=2
Sen=3
Grad=4
No college=5

5. What is your dietary pattern?
Eastern=0
Mediterr=1
Asian=2
Korean=3
Hindu=4

Western=5

6. On an average week, how many times do you exercise at least 20 minutes?
None= 0
1 time = 1
2 times= 2
3 times= 3
4 times= 4
More than 4 times = 5

7. In the past 7 days, how many times did you eat breakfast?
Never= 0
1 time = 1
2 times= 2
3 times= 3
4 times= 4
5 times = 5
6 or 7 times=6

8. On average week, how many times a day do you eat whole grain products?
None= 0
1 time = 1
2 times= 2
3 times= 3
4 times= 4
More than 4 = 5

9. On average week, how many times a day do you have dairy products?
None= 0
1 time = 1
2 times= 2
3 times= 3
4 times= 4
More than 4 = 5

10. On average week, how many times a day do you consume coffee or other sources of caffeine?
None= 0
1 time = 1
2 times= 2
3 times= 3
4 times= 4
More than 4 = 5

11. On average week, how many times a day do you consume fruits?
None= 0
1 time = 1
2 times= 2
3 times= 3
4 times= 4
More than 4 = 5

12. On average week, how many times a day do you consume flaxseed, and or nuts?
None= 0
1 time = 1
2 times= 2
3 times= 3
4 times= 4
More than 4 = 5

13. On average week, how many times do you eat rice, and or pasta?
None= 0
1 time = 1
2 times= 2
3 times= 3
4 times= 4
More than 4 = 5

14. On average week, how times do you eat meat, chicken, or turkey?
None= 0
1 time = 1
2 times= 2
3 times= 3
4 times= 4
More than 4 = 5

15. On average week, how many times do you eat dark green leafy vegetables?
None= 0
1 time = 1
2 times= 2
3 times= 3
4 times= 4
More than 4 = 5

16. On average week, how many times do you eat beans?
None= 0
1 time = 1
2 times= 2

3 times= 3
4 times= 4
More than 4 = 5

17. On average week, how many times do you eat fish and shellfish (including sardines and tuna)?
None= 0
1 time = 1
2 times= 2
3 times= 3
4 times= 4
More than 4 = 5

18. On average week, how many times do you eat fast foods or pre-made food?
None= 0
1 time = 1
2 times= 2
3 times= 3
4 times= 4
More than 4 = 5

19. On average week, how many times do you take multivitamin supplements?
None= 0
1 time = 1
2 times= 2
3 times= 3
4 times= 4
More than 4 = 5

20. On average week, how many times do you take fish oil supplements?
None= 0
1 time = 1
2 times= 2
3 times= 3
4 times= 4
More than 4 = 5

21A. During the past month, about how often did you feel NERVOUS?
None of the time = 0
A little of the time = 1
Some of the time = 2
Most of the time = 3
All the time = 4

21B. During the past month, about how often did you feel HOPELESS?
None of the time = 0
A little of the time = 1
Some of the time = 2
Most of the time = 3
All the time = 4

22. During the past month, about how often did you feel RESTLESS or FIDGETY?
None of the time = 0
A little of the time = 1
Some of the time = 2
Most of the time = 3
All the time = 4

23. During the past month, about how often did you feel SO DEPRESSED THAT NOTHING COULD CHEER YOU UP?
None of the time = 0
A little of the time = 1
Some of the time = 2
Most of the time = 3
All the time = 4

24. During the past month, about how often did you feel THAT EVERYTHING WAS AN EFFORT?
None of the time = 0
A little of the time = 1
Some of the time = 2
Most of the time = 3
All the time = 4

25. During the past month, about how often did you feel WORTHLESS?
None of the time = 0
A little of the time = 1
Some of the time = 2
Most of the time = 3
All the time = 4

26. How close are you to the gym?
WD (under 15) = 0
DD (under 15) = 1
WD (over 15) = 2
DD (over 15) = 3

27. Are you currently in Greek Life?
No = 0
Yes = 1

28. How many hours a week do you exercise?
Under an hour = 0
1-2 hours = 1
3-4 hours = 2
5-6 hours = 3
6+ hours = 4

29. Are you on an Athletics team? If so what level?
None = 0
Intra = 1
Club = 2
D1 = 3

30. What time of day do you usually exercise?
Morning = 0
Noon = 1
Afternoon = 2
Evening = 3
Night = 4

31. How many hours of sleep do you usually get?
6 or less = 0
7 = 1
8 = 2
9 = 3
10+ = 4

32. Do you usually go to the gym with someone?
No = 0
Yes = 1
Don’t go to the gym = 2

33. What kind of exercise do you usually do.
Neither = 0
Weight training = 1
Cardio = 2
Both = 3

34. Do you usually exercise inside or outside?
Inside = 1

Outside = 2