DATE CREATED: Jun28,2025  
Number of Observations: 224  
Number of Variables: 28

| **FileName** | **Variable\_label** | **Variable\_Name** | **Category** | **N\_\_Percent** | **Mean\_\_SD** | **Median\_Q1\_Q3** | **Range** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| fbit | Blind\_id | Blind\_id |  | 98(100) |  |  |  |
| fbit | Blinded\_SiteID | Blinded\_SiteID |  | 224(100) |  |  |  |
| fbit | A1b. If No, specify the reason(s): | FBDNOREAS |  | 224(100) |  |  |  |
| fbit | Visit Name | VISNAME | 1 Month Follow Up | 88(39.3) |  |  |  |
| fbit | Visit Name | VISNAME | 12 Month Follow Up | 46(20.5) |  |  |  |
| fbit | Visit Name | VISNAME | 24 Month Follow Up | 29(12.9) |  |  |  |
| fbit | Visit Name | VISNAME | 6 Month Follow Up | 61(27.2) |  |  |  |
| fbit | A1. Was the Fitbit worn for at least 7 days (5 weekdays, 2 weekend days) prior to visit? | FBITYN | No | 28(12.5) |  |  |  |
| fbit | A1. Was the Fitbit worn for at least 7 days (5 weekdays, 2 weekend days) prior to visit? | FBITYN | Yes | 196(87.5) |  |  |  |
| fbit | A5. Number of days of exercise /7 | FBEXDAYS | 0 | 42(23.1) |  |  |  |
| fbit | A5. Number of days of exercise /7 | FBEXDAYS | 1 | 27(14.8) |  |  |  |
| fbit | A5. Number of days of exercise /7 | FBEXDAYS | 2 | 30(16.5) |  |  |  |
| fbit | A5. Number of days of exercise /7 | FBEXDAYS | 3 | 24(13.2) |  |  |  |
| fbit | A5. Number of days of exercise /7 | FBEXDAYS | 4 | 17(9.3) |  |  |  |
| fbit | A5. Number of days of exercise /7 | FBEXDAYS | 5 | 8(4.4) |  |  |  |
| fbit | A5. Number of days of exercise /7 | FBEXDAYS | 6 | 10(5.5) |  |  |  |
| fbit | A5. Number of days of exercise /7 | FBEXDAYS | 7 | 24(13.2) |  |  |  |
| fbit | A5. Number of days of exercise /7 | FBEXDAYS | <NA> | 42(NA) |  |  |  |
| fbit | A6b. Daily time of cardio, Hours | FBCARDHRS | 0 | 169(94.9) |  |  |  |
| fbit | A6b. Daily time of cardio, Hours | FBCARDHRS | 1 | 4(2.2) |  |  |  |
| fbit | A6b. Daily time of cardio, Hours | FBCARDHRS | 2 | 2(1.1) |  |  |  |
| fbit | A6b. Daily time of cardio, Hours | FBCARDHRS | 4 | 1(0.6) |  |  |  |
| fbit | A6b. Daily time of cardio, Hours | FBCARDHRS | 9 | 1(0.6) |  |  |  |
| fbit | A6b. Daily time of cardio, Hours | FBCARDHRS | 99 | 1(0.6) |  |  |  |
| fbit | A6b. Daily time of cardio, Hours | FBCARDHRS | <NA> | 46(NA) |  |  |  |
| fbit | A6c. Daily time of peak, Hours | FBPEAKHRS | 0 | 171(96.1) |  |  |  |
| fbit | A6c. Daily time of peak, Hours | FBPEAKHRS | 1 | 1(0.6) |  |  |  |
| fbit | A6c. Daily time of peak, Hours | FBPEAKHRS | 2 | 1(0.6) |  |  |  |
| fbit | A6c. Daily time of peak, Hours | FBPEAKHRS | 3 | 1(0.6) |  |  |  |
| fbit | A6c. Daily time of peak, Hours | FBPEAKHRS | 4 | 1(0.6) |  |  |  |
| fbit | A6c. Daily time of peak, Hours | FBPEAKHRS | 6 | 1(0.6) |  |  |  |
| fbit | A6c. Daily time of peak, Hours | FBPEAKHRS | 15 | 1(0.6) |  |  |  |
| fbit | A6c. Daily time of peak, Hours | FBPEAKHRS | 99 | 1(0.6) |  |  |  |
| fbit | A6c. Daily time of peak, Hours | FBPEAKHRS | <NA> | 46(NA) |  |  |  |
| fbit | A1a. Was adequate data able to be obtained from the Fitbit? | FBDATAYN | (Empty string) | 28(12.5) |  |  |  |
| fbit | A1a. Was adequate data able to be obtained from the Fitbit? | FBDATAYN | No | 11(4.9) |  |  |  |
| fbit | A1a. Was adequate data able to be obtained from the Fitbit? | FBDATAYN | Yes | 185(82.6) |  |  |  |
| fbit | A2. Resting heart rate (bpm) | FBHR |  | 182(81) | 73.71(8.7) | 73(68,79) | 51,97 |
| fbit | A3. Fitness score | FBFITSCR |  | 20(8) | 39.32(11.5) | 37(32,48.5) | 21,65 |
| fbit | A4. Daily steps | FBSTEPS |  | 184(82) | 8787.2(13519.2) | 6534.5(4727.25,9231.25) | 53,170003 |
| fbit | A6a. Daily time of fat burn, Hours | FBFATHRS |  | 178(41) | 8.67(12.7) | 3(2,7.25) | 1,59 |
| fbit | A6a. Daily time of fat burn, Minutes | FBFATMIN |  | 178(67) | 26.46(15.8) | 25(15,39) | 1,87 |
| fbit | A6b. Daily time of cardio, Minutes | FBCARDMIN |  | 179(51) | 10.39(13.7) | 5(2,13) | 1,99 |
| fbit | A6c. Daily time of peak, Minutes | FBPEAKMIN |  | 177(11) | 13.84(23.4) | 3(1,16) | 1,99 |
| fbit | A7a. Average sleep time, Hours | FBSLPHRS |  | 165(66) | 6.77(1.1) | 7(6,7) | 3,11 |
| fbit | A7b. Average sleep time, Minutes | FBSLPMIN |  | 165(60) | 29.81(17.1) | 30(15.25,45) | 1,74 |
| fbit | A8. Average bedtime (week, weekend) | FBBEDTIM |  | 23(9) | 49773(35567.9) | 59400(7650,82800) | 480,84900 |
| fbit | A3a. Fitness Score 1 | FBFITSCR1 |  | 54(22) | 33.04(9.2) | 33(25,37) | 21,61 |
| fbit | A3b. Fitness Score 2 | FBFITSCR2 |  | 53(21) | 36.96(9.2) | 36(29,41) | 25,65 |
| fbit | A8a. Monday Bedtime | BEDMON |  | 43(17) | 55345.26(35547.6) | 80340(9300,83235) | 1620,86280 |
| fbit | A8b. Tuesday Bedtime | BEDTUES |  | 45(19) | 51519.07(35570.5) | 76560(10320,82710) | 240,86280 |
| fbit | A8c. Wednesday Bedtime | BEDWED |  | 45(18) | 58996.1(33710.8) | 79020(19020,82320) | 540,86220 |
| fbit | A8d. Thursday Bedtime | BEDTHURS |  | 45(19) | 56968.57(33881.1) | 77640(19290,82830) | 660,86220 |
| fbit | A8e. Friday Bedtime | BEDFRI |  | 44(17) | 49056.92(36022.9) | 76020(8160,82290) | 300,85440 |
| fbit | A8f. Saturday Bedtime | BEDSAT |  | 44(17) | 44062.11(37607.6) | 31620(5895,84165) | 240,86340 |
| fbit | A8g. Sunday Bedtime | BEDSUN |  | 45(17) | 37266.15(35465.5) | 26880(3180,78690) | 120,84780 |