|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **P#** | **Gender** | **Mean Registered Steps (± SD)** | **Number of Days Device Used**  | **Number of Days Device Unused** | **Device Usage (%)** | **Group** **(1: High usage****2: Low usage)** |
| 1 | Female | 6604 \*\*\* (**±** 328) | 224 (days) | 0 (day) | 100% | **1** |
| 2 | Male | 8679 \*\*\* (**±** 226) | 453 | 17 | 96.38% | **1** |
| 3 | Female | 4797 \*\*\* (**±** 325) | 137 | 91 | 60.08% | **2** |
| 4 | Female | 9723 \*\*\* (**±** 225) | 464 | 12 | 97.47% | **1** |
| 5 | Female | 10496 \*\*\* (**±** 416) | 136 | 3 | 97.84% | **1** |
| 6 | Female | 4297 \*\*\* (**±** 305) | 148 | 111 | 57.14% | **2** |
| 7 | Female | 2228 \*\*\* (**±** 290) | 106 | 180 | 37.06% | **2** |
| 8 | Female | 793 \*\*\* (**±** 220) | 65 | 430 | 13.13% | **2** |
| 9 | Female | 6493 \*\*\* (**±** 305) | 259 | 0 | 100% | **1** |
| 10 | Female | 2835 \*\*\* (**±** 226) | 235 | 236 | 49.89% | **2** |
| 11 | Male | 10640 \*\*\* (**±** 304) | 258 | 2 | 99.23% | **1** |
| 12 | Male | 7876 \*\*\* (**±** 225) | 439 | 38 | 92.03% | **1** |
| 13 | Male | 9987 \*\*\* (**±** 229) | 457 | 3 | 99.34% | **1** |
| 14 | Female | 1526 \*\*\* (**±** 391) | 80 | 78 | 50.63% | **2** |
| 15 | Male | 14595 \*\*\* (**±** 161) | 929 | 2 | 99.78% | **1** |
| 16 | Female | 2723 \*\*\* (**±** 239) | 172 | 248 | 40.95% | **2** |
| 17 | Male | 9428 \*\*\* (**±** 571) | 53 | 21 | 71.62% | **1** |
| 18 | Female | 6641 \*\*\* (**±** 591) | 46 | 23 | 66.66% | **2** |
| 19 | Female | 7961 \*\*\* (**±** 381) | 165 | 1 | 99.39% | **1** |
| 20 | Female | 2604 \*\*\* (**±** 344) | 128 | 75 | 63.05% | **2** |
| 21 | Female | 4188 \*\*\* (**±** 150) | 765 | 308 | 71.29% | **1** |
| 22 | Male | 8358 \*\*\* (**±** 160) | 932 | 8 | 99.14% | **1** |
| 23 | Female | 7894 \*\*\* (**±** 160) | 820 | 124 | 86.86% | **1** |

**Table 1.** Summary of Analysis of Participants’ Exercise Performance Data