

ID	Name	Age	Gender	Programme	E?	Start	Week1	Week2	Week3	Week4	Week5	Total	Final
1	J. Smith	28	1	GI	Y	101	0.5	0.5	0.25	0.75	0.5	2.5	98.5
2	M. Ogilvie	23	2	Mediterranean	Y	108	1	0.75	1	0.5	1	4.25	103.75
3	R. Devine	56	2	Cal count	N	133	0.25	-0.75	0.25	0.5	-0.25	0	133
4	C. Markham	27	2	GI	Y	139	1.25	-0.5	0	0.5	0	1.25	137.75
5	A. Whiting	34	2	Mediterranean	Y	136	1	1	0.5	0.75	0.75	4	132
6	J. Seymour	45	1	Mediterranean	N	125	-0.5	0	0.25	-0.25	0.25	-0.25	125.25
7	Charlie Alden	3	1	Low fat	0	127	0.8	0	0.6	0.2	0.6	2.2	124.8
8	J. Hammersmith	32	1	GI	Y	107	-0.75	0.25	0.5	0	0.25	0.25	106.75
9	P. Button	19	2	Cal count	Y	118	1.25	0.75	1	0.75	0.75	4.5	113.5
10	J. Hunt	54	2	Mediterranean	Y	130	0.5	0.5	0.75	0.5	0.25	2.5	127.5
11	J. White	41	2	Cal count	Y	104	1.5	1.25	1	1.25	1	6	98
12	P. Brown	3	2	Mediterranean	N	110	0.5	0.5	-0.5	0	0.5	1	109
13	C. Williams	38	1	GI	Y	138	-1	0.5	0.75	0.25	0.5	1	137
14	Alex Hart	3	2	Low fat	0	100	0.6	0.8	1	0	0.6	3	97
15	S. Tuck	47	2	Cal count		113	0	0.5	0.5	0.25	0.75	2	111
16	M. Aldershot	35	2	Mediterranean	Y	120	1	0.75	-1	0.5	0	1.25	118.75
17	C. Yarrow	34	1	Cal count	N	132	0.5	0.75	-0.5	0.5	-0.25	1	131
18	M. Beale	29	1	GI	Y	124	0.75	-0.25	0.5	1	0.25	2.25	121.75
19	E. Wainwright	59	1	Mediterranean	Y	106	0.25	-0.5	1	0.5	0.75	2	104
20	M. Arthur	63	1	Mediterranean	N	131	0	1	0.5	0.75	0	2.25	128.75
21	Chris Braithwaite	3	2	Low fat	0	135	0.6	0.6	0.8	-0.4	0.2	1.8	133.2
22	C. Little	33	1	GI	N	102	-0.5	1.25	0.75	0	0.5	2	100
23	J. Pershore	42	2	GI	Y	116	1.5	0.5	1	0.75	0.75	4.5	111.5
24	K. Zeitler	20	1	Cal count	Y	99	1.25	1.25	0.5	1	0.5	4.5	94.5
25	S. Shore	49	1	Mediterranean	Y	122	0.75	1.5	0	0.5	1	3.75	118.25
26	C. Henshaw	24	1	Cal count	Y	137	1.5	0.75	0.25	1	0.5	4	133