

Exercise										Behavior Changes				Symptoms Improvements									
Month 1			Month 2			Month 3			Anxiety	Depression	Personality changes	Impulsive or compulsive behaviors	Tremor	Rigidity	Clumsy Leg	Slowness of Movement	Loss of Facial Expression	Decreased Blinking	Speech Abnormalities	Impaired balance & coordination	Patients Fall when Standing	Freezes and Stumbles when walking	
Code	W2	W4	AVE	W2	W4	AVE	W2	W4	AVE														
<b>1st group</b>																							
1	2	4	3	3	5	4	3	1	2	minimal anxiety	Minimal depression	Yes	No	3 - Moderate Improvement	2- Limited Improvement	4 - Good Improvement	4 - Good Improvement	4 - Good Improvement	4 - Good Improvement	3 - Moderate Improvement		5- Excellent Improvement	
2	3	2	3	2	4	3	2	1	2	mild anxiety	Mild depression	Yes	No	4 - Good Improvement	3 - Moderate Improvement	3 - Moderate Improvement							
3	4	2	3	2	1	2	2	5	4	minimal anxiety	Moderate depression	No	No	3 - Moderate Improvement	4 - Good Improvement	2- Limited Improvement	5- Excellent Improvement	3 - Moderate Improvement			3 - Moderate Improvement	3 - Moderate Improvement	
4	5	2	4	3	5	4	4	3	4	mild anxiety	Mild depression	No	No	4 - Good Improvement	5- Excellent Improvement	3 - Moderate Improvement	3 - Moderate Improvement	2- Limited Improvement	3 - Moderate Improvement	2- Limited Improvement	3 - Moderate Improvement		
5	4	2	3	5	4	5	5	4	5	minimal anxiety	Mild depression	Yes	No	5- Excellent Improvement	4 - Good Improvement	3 - Moderate Improvement							
6	3	3	3	3	3	3	1	5	3	mild anxiety	Minimal depression	Yes	Yes	2- Limited Improvement	2- Limited Improvement	3 - Moderate Improvement	3 - Moderate Improvement	3 - Moderate Improvement	2- Limited Improvement	3 - Moderate Improvement	1 -No Improvement	3 - Moderate Improvement	1 -No Improvement
7	4	3	4	1	4	3	4	5	5	moderate anxiety	Moderate depression	Yes	No	5- Excellent Improvement	3 - Moderate Improvement	4 - Good Improvement	4 - Good Improvement		3 - Moderate Improvement				
8	3	5	4	3	4	4	2	4	3	minimal anxiety	Mild depression	Yes	No	5- Excellent Improvement	2- Limited Improvement	2- Limited Improvement	2- Limited Improvement	3 - Moderate Improvement	2- Limited Improvement	3 - Moderate Improvement	4 - Good Improvement	1 -No Improvement	
9	2	2	2	3	5	4	4	4	4	mild anxiety	Minimal depression	No	Yes	3 - Moderate Improvement	2- Limited Improvement	2- Limited Improvement	2- Limited Improvement		2- Limited Improvement		4 - Good Improvement		
10	2	2	2	1	2	2	1	2	2	moderate anxiety	Mild depression	No	Yes	3 - Moderate Improvement	4 - Good Improvement	4 - Good Improvement						1 -No Improvement	
11	4	2	3	1	4	3	3	3	3	moderate anxiety	Minimal depression	Yes	No	2- Limited Improvement	4 - Good Improvement	3 - Moderate Improvement	1 -No Improvement	3 - Moderate Improvement	2- Limited Improvement	3 - Moderate Improvement	1 -No Improvement	3 - Moderate Improvement	1 -No Improvement
12	1	1	1	2	2	2	3	1	2	minimal anxiety	Minimal depression	No	Yes	4 - Good Improvement	3 - Moderate Improvement	3 - Moderate Improvement	3 - Moderate Improvement		2- Limited Improvement	1 -No Improvement	2- Limited Improvement	3 - Moderate Improvement	1 -No Improvement
13	3	2	3	3	3	3	2	3	3	minimal anxiety	Minimal depression	Yes	No	3 - Moderate Improvement	3 - Moderate Improvement	4 - Good Improvement				2- Limited Improvement		2- Limited Improvement	
14	4	2	3	2	3	3	1	5	3	mild anxiety	Minimal depression	Yes	No	5- Excellent Improvement	4 - Good Improvement	4 - Good Improvement	4 - Good Improvement						
15	5	4	5	5	5	5	4	5	5	minimal anxiety	Mild depression	Yes	No	4 - Good Improvement	3 - Moderate Improvement	3 - Moderate Improvement	3 - Moderate Improvement	3 - Moderate Improvement	2- Limited Improvement	2- Limited Improvement	3 - Moderate Improvement	1 -No Improvement	
16	4	1	3	2	5	4	3	4	4	minimal anxiety	Moderate depression	Yes	Yes	3 - Moderate Improvement	3 - Moderate Improvement	3 - Moderate Improvement							
17	2	3	3	3	2	3	4	1	3	moderate anxiety	Minimal depression	Yes	Yes	3 - Moderate Improvement	4 - Good Improvement	3 - Moderate Improvement	2- Limited Improvement						
18	4	5	5	1	5	3	1	1	1	minimal anxiety	Mild depression	Yes	No	3 - Moderate Improvement	4 - Good Improvement	3 - Moderate Improvement	3 - Moderate Improvement	2- Limited Improvement	3 - Moderate Improvement	2- Limited Improvement			
19	4	2	3	3	1	2	4	2	3	mild anxiety	Minimal depression	Yes	Yes	5- Excellent Improvement	2- Limited Improvement	2- Limited Improvement			2- Limited Improvement				
20	5	3	4	3	3	3	5	2	4	minimal anxiety	Mild depression	No	No	3 - Moderate Improvement	4 - Good Improvement	3 - Moderate Improvement	4 - Good Improvement	3 - Moderate Improvement		1 -No Improvement	3 - Moderate Improvement		
21	5	5	5	2	2	2	2	3	3	minimal anxiety	Moderate depression	No	Yes	5- Excellent Improvement	4 - Good Improvement	2- Limited Improvement	3 - Moderate Improvement		5- Excellent Improvement				
22	4	1	3	2	4	3	4	3	4	mild anxiety	Minimal depression	No	Yes	3 - Moderate Improvement	2- Limited Improvement				3 - Moderate Improvement				
23	1	5	3	2	5	4	4	5	5	moderate anxiety	Mild depression	Yes	No	3 - Moderate Improvement	3 - Moderate Improvement	3 - Moderate Improvement							
24	5	5	5	5	2	4	5	2	4	minimal anxiety	Minimal depression	No	Yes	3 - Moderate Improvement	2- Limited Improvement	4 - Good Improvement	4 - Good Improvement	3 - Moderate Improvement	1 -No Improvement	3 - Moderate Improvement	3 - Moderate Improvement	1 -No Improvement	
25	1	2	2	2	3	3	4	4	4	mild anxiety	Mild depression	Yes	No	3 - Moderate Improvement	2- Limited Improvement	5- Excellent Improvement			4 - Good Improvement		4 - Good Improvement		
26	4	1	3	4	3	4	2	2	2	mild anxiety	Mild depression	Yes	No	3 - Moderate Improvement	3 - Moderate Improvement	4 - Good Improvement	3 - Moderate Improvement		3 - Moderate Improvement	4 - Good Improvement	4 - Good Improvement		

27	3	5	4	3	4	4	1	3	2	moderate anxiety	Minimal depression	No	No	3 - Moderate Improvement	2- Limited Improvement	2- Limited Improvement		5- Excellent Improvement	4 - Good Improvement		3 - Moderate Improvement		
28	2	3	3	3	4	4	3	5	4	minimal anxiety	Mild depression	Yes	Yes	2- Limited Improvement	2- Limited Improvement	3 - Moderate Improvement	2- Limited Improvement	2- Limited Improvement	4 - Good Improvement	3 - Moderate Improvement	2- Limited Improvement	1 -No Improvement	4 - Good Improvement
29	5	5	5	2	2	2	5	1	3	moderate anxiety	Minimal depression	Yes	No	3 - Moderate Improvement	4 - Good Improvement	4 - Good Improvement	4 - Good Improvement						
30	4	4	4	5	3	4	4	3	4	mild anxiety	Moderate depression	Yes	No	3 - Moderate Improvement	5- Excellent Improvement		3 - Moderate Improvement						
31	5	4	5	4	1	3	4	2	3	moderate anxiety	Mild depression	Yes	Yes	3 - Moderate Improvement	3 - Moderate Improvement	3 - Moderate Improvement		4 - Good Improvement	4 - Good Improvement				
32	2	3	3	2	1	2	4	1	3	mild anxiety	Minimal depression	Yes	No	2- Limited Improvement	2- Limited Improvement	4 - Good Improvement	4 - Good Improvement		3 - Moderate Improvement	2- Limited Improvement	1 -No Improvement		
33	1	4	3	4	1	3	5	4	5	minimal anxiety	Mild depression	No	Yes	1 -No Improvement	3 - Moderate Improvement	3 - Moderate Improvement	2- Limited Improvement	3 - Moderate Improvement	4 - Good Improvement	4 - Good Improvement	3 - Moderate Improvement	1 -No Improvement	1 -No Improvement
34	3	2	3	5	5	5	2	4	3	moderate anxiety	Mild depression	Yes	No	4 - Good Improvement	4 - Good Improvement		3 - Moderate Improvement		3 - Moderate Improvement	4 - Good Improvement			
35	3	1	2	5	2	4	4	2	3	moderate anxiety	Minimal depression	Yes	Yes	2- Limited Improvement	3 - Moderate Improvement	4 - Good Improvement	3 - Moderate Improvement	2- Limited Improvement	2- Limited Improvement	3 - Moderate Improvement	3 - Moderate Improvement	1 -No Improvement	
36	4	1	3	4	4	4	3	3	3	minimal anxiety	Moderate depression	Yes	No	2- Limited Improvement	4 - Good Improvement	3 - Moderate Improvement	3 - Moderate Improvement		4 - Good Improvement	4 - Good Improvement	4 - Good Improvement		
37	5	2	4	3	4	4	2	3	3	moderate anxiety	Mild depression	Yes	No	4 - Good Improvement	4 - Good Improvement	5- Excellent Improvement	3 - Moderate Improvement	5- Excellent Improvement	2- Limited Improvement	3 - Moderate Improvement	5- Excellent Improvement	3 - Moderate Improvement	
38	2	2	2	5	1	3	5	3	4	mild anxiety	Moderate depression	No	No	1 -No Improvement	3 - Moderate Improvement	3 - Moderate Improvement	2- Limited Improvement	4 - Good Improvement	3 - Moderate Improvement	3 - Moderate Improvement	3 - Moderate Improvement	1 -No Improvement	3 - Moderate Improvement
39	1	1	1	4	5	5	4	4	4	mild anxiety	Minimal depression	Yes	No	3 - Moderate Improvement	2- Limited Improvement	3 - Moderate Improvement	3 - Moderate Improvement	2- Limited Improvement	2- Limited Improvement	3 - Moderate Improvement	2- Limited Improvement		
40	4	3	4	3	2	3	1	2	2	minimal anxiety	Moderate depression	Yes	No	2- Limited Improvement	3 - Moderate Improvement	3 - Moderate Improvement	3 - Moderate Improvement	3 - Moderate Improvement	3 - Moderate Improvement	3 - Moderate Improvement	2- Limited Improvement		2- Limited Improvement
41	4	4	4	1	3	2	5	1	3	mild anxiety	Moderate depression	No	No	5- Excellent Improvement	2- Limited Improvement	3 - Moderate Improvement							
42	3	3	3	2	5	4	4	3	4	mild anxiety	Minimal depression	Yes	No	3 - Moderate Improvement	3 - Moderate Improvement	2- Limited Improvement	3 - Moderate Improvement		2- Limited Improvement	3 - Moderate Improvement	2- Limited Improvement		
43	5	2	4	3	4	4	4	5	5	mild anxiety	Moderate depression	Yes	No	4 - Good Improvement	2- Limited Improvement								
44	1	5	3	2	2	2	5	2	4	minimal anxiety	Mild depression	No	No	4 - Good Improvement	5- Excellent Improvement	5- Excellent Improvement	5- Excellent Improvement				2- Limited Improvement		
45	5	3	4	5	2	4	5	3	4	moderate anxiety	Mild depression	Yes	Yes	4 - Good Improvement	2- Limited Improvement		5- Excellent Improvement			2- Limited Improvement			
46	2	3	3	3	4	4	2	2	2	minimal anxiety	Moderate depression	No	No	3 - Moderate Improvement	3 - Moderate Improvement	3 - Moderate Improvement							
47	2	5	4	2	5	4	1	3	2	mild anxiety	Mild depression	Yes	No	3 - Moderate Improvement	2- Limited Improvement	2- Limited Improvement	3 - Moderate Improvement	1 -No Improvement	1 -No Improvement	4 - Good Improvement	2- Limited Improvement	3 - Moderate Improvement	1 -No Improvement
48	5	1	3	5	1	3	1	4	3	mild anxiety	Minimal depression	Yes	Yes	3 - Moderate Improvement	5- Excellent Improvement	4 - Good Improvement	1 -No Improvement	2- Limited Improvement				4 - Good Improvement	
49	4	3	4	1	4	3	4	3	4	moderate anxiety	Moderate depression	Yes	No	5- Excellent Improvement	3 - Moderate Improvement	1 -No Improvement	3 - Moderate Improvement	4 - Good Improvement	4 - Good Improvement	4 - Good Improvement			
50	2	4	3	4	4	4	3	3	3	mild anxiety	Minimal depression	Yes	No	4 - Good Improvement	2- Limited Improvement	4 - Good Improvement	2- Limited Improvement	3 - Moderate Improvement	2- Limited Improvement			4 - Good Improvement	

**Exercise : Exercises frequently 4 times a week one hour per session Home pista usage average 5 hours**

**Minimal Improvement (1/5):** The patient shows little to no interest or engagement in exercise activities. They may have difficulty

**Limited Improvement (2/5):** The patient occasionally engages in exercise activities but lacks consistency. They may need reminders and

**Regular Engagement (3/5):** The patient engages in exercise activities on a regular basis. They can follow simple exercise routines with

**Steady Improvement (4/5):** The patient consistently participates in exercise activities and demonstrates noticeable improvement in their

**Maintaining Abilities (5/5):** The patient maintains their current level of physical abilities and cognitive function through regular exercise.