

The header area features a dark grey background with the text 'H2GH33B - S3Q33B WEIGHT GAIN METHOD-EXERCISE-W2' in white. A small icon of three overlapping colored squares (yellow, blue, red) is positioned to the left of the text.

Type	Code
Measurement Unit	numeric
H2GH33B	33B. During the past seven days, which of the following things did you do in order to gain weight or to build muscle? Read list and code all that apply. exercised
0	not marked
1	marked