

	MOMENT 1						MOMENT 2						MOMENT 3					
	TOTAL GROUP		MEN		WOMEN		TOTAL GROUP		MEN		WOMEN		TOTAL GROUP		MEN		WOMEN	
	AVG	SD	AVG	SD	AVG	SD	AVG	SD	AVG	SD	AVG	SD	AVG	SD	AVG	SD	AVG	SD
<b>MOTIVACIÓN</b>	<b>6.9</b>	± 2.5	<b>6.5</b>	± 2.7	<b>7.3</b>	± 2.2	<b>8.5</b>	± 1.4	<b>8.3</b>	± 1.6	<b>8.8</b>	± 1.1	<b>8.5</b>	± 1.1	<b>8.5</b>	± 1.1	<b>8.5</b>	± 1.1
<b>DIFICULTY</b>	<b>7.3</b>	± 1.8	<b>6.8</b>	± 1.7	<b>7.7</b>	± 1.8	<b>4.9</b>	± 2.7	<b>4.1</b>	± 2.8	<b>5.7</b>	± 2.3	<b>4.4</b>	± 2.3	<b>3.7</b>	± 2.3	<b>5.3</b>	± 2.0
<b>REWARD</b>	<b>7.5</b>	± 3.0	<b>6.8</b>	± 3.7	<b>8.4</b>	± 1.7	<b>8.8</b>	± 1.8	<b>8.8</b>	± 1.8	<b>8.8</b>	± 1.8	<b>8.9</b>	± 1.7	<b>8.9</b>	± 1.5	<b>8.8</b>	± 1.9
<b>SELF-CONTROL</b>	<b>6.2</b>	± 2.2	<b>6.9</b>	± 1.6	<b>5.3</b>	± 2.5	<b>7.5</b>	± 1.6	<b>7.8</b>	± 1.4	<b>7.2</b>	± 1.7	<b>7.6</b>	± 1.6	<b>7.9</b>	± 1.4	<b>7.2</b>	± 1.8
<b>CONSTANCY</b>	<b>6.6</b>	± 1.9	<b>6.6</b>	± 1.4	<b>6.6</b>	± 2.4	<b>7.5</b>	± 1.4	<b>7.4</b>	± 1.3	<b>7.5</b>	± 1.6	<b>7.5</b>	± 1.4	<b>7.5</b>	± 1.2	<b>7.5</b>	± 1.6
<b>SACRIFICE</b>	<b>7.0</b>	± 1.8	<b>7.7</b>	± 0.9	<b>6.2</b>	± 2.2	<b>7.8</b>	± 1.7	<b>8.3</b>	± 1.0	<b>7.3</b>	± 2.1	<b>8.0</b>	± 1.4	<b>8.3</b>	± 1.0	<b>7.6</b>	± 1.7
<b>OVERCOMING</b>	<b>7.0</b>	± 1.9	<b>7.6</b>	± 1.4	<b>6.4</b>	± 2.2	<b>8.1</b>	± 1.5	<b>8.2</b>	± 1.3	<b>7.9</b>	± 1.7	<b>8.2</b>	± 1.4	<b>8.3</b>	± 1.2	<b>8.0</b>	± 1.7
<b>RANDOM</b>	<b>4.9</b>	± 2.3	<b>5.0</b>	± 2.6	<b>4.8</b>	± 2.1	<b>4.5</b>	± 2.3	<b>4.3</b>	± 2.4	<b>4.7</b>	± 2.3	<b>4.4</b>	± 2.3	<b>4.1</b>	± 2.3	<b>4.7</b>	± 2.4
<b>VIGILANCIA</b>	<b>5.9</b>	± 2.7	<b>5.1</b>	± 2.7	<b>6.8</b>	± 2.5	<b>5.9</b>	± 3.0	<b>6.1</b>	± 3.2	<b>5.7</b>	± 2.8	<b>6.0</b>	± 3.0	<b>6.2</b>	± 3.3	<b>5.8</b>	± 2.8
<b>ENTORNO</b>	<b>4.3</b>	± 3.1	<b>3.9</b>	± 3.1	<b>4.8</b>	± 3.2	<b>4.4</b>	± 2.9	<b>3.8</b>	± 2.5	<b>5.0</b>	± 3.2	<b>4.4</b>	± 2.8	<b>3.9</b>	± 2.5	<b>4.9</b>	± 3.2

Table I. Scores of the “Bimbela Test” before the start (“Moment 1”), after the programme of slimming (“Moment 2”) and the programme of maintenance (“Moment 3”)