Dataset 1 – SEM Variables

ID1 – Participant identifier created for this submission.

Condition –

       0 = Mindfulness meditation

       1 = Lovingkindness meditation

Week – Week of intensive reporting from which the SEM data were drawn

PrevDayPSI – Daily perceived social integration

Social – Sociality of the focal bout of physical activity

PosEmo – Positive affect experienced during the focal bout of physical activity

PST – Positivity of spontaneous thoughts about physical activity

VMTime = Minutes of moderate and vigorous physical activity in the 48 hours following the measure of PST

Dataset 2 - Growth Model Variables

ID2 – Participant identifier created for this submission; does not correspond to ID in dataset 1

Condition –

       0 = Mindfulness meditation

       1 = Lovingkindness meditation

Time – Day of intensive reporting from which the growth model variables were drawn, scaled in weeks (i.e., Time 1 = Week 1, Day 7)

SocialInteg – Daily social integration

PApos – Positive affect experienced during physical activity in the past 24 hours

VMTime – Minutes of moderate and vigorous physical activity in the past 24 hours