## Activity rank 7. cooking+↓ 8. fishina+↑ 9. white water rafting+ 10. snowboarding+↑ 11. using treadmill+ 12. shoveling+↑ 13. biking+↑ 14. writing-↑ 15. square dancing+↑ 16. cleaning+10 17. jumping jacks+↑ 18. talking on phone-↓ 19. chopping wood+↑ 20. mowing grass+↑ 21. swimming+↓□ 22. bowling+↑ visualization by 23. aettina mv hair done-

Why Montana expends more calories on average:

Σ-↑

Σ-1

 $\Sigma + 1$ 

Σ 1. skiina+↑ 2. running+↑

4. hiking+↑ 5. mountain biking+↑  $\blacksquare$ 6. laying down- $\downarrow$ 

Average US caloric expenditure = 176.60 Montana caloric expenditure = 193.89

Σ+↓

3. dancing+1

Per activity phrase caloric expenditure shi