Colorado caloric expenditure = 203.48 (Rank 2 out of 49) $\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ $\blacksquare 6.$ eating- \downarrow 8. laving down-1 11. watching tv/movies-↓ 12. talking on phone-↓ 16. playing video games-↓ 18. showering-↓ 22. getting my hair done-↓ Activity rank 30. getting my nails done-↓ 34. attending church-↓ 40. boating-↓ 50. typing-↓ 68. watching tv or movie...-↓ 177. wrapping presents-↓ 188. washing dishes-↓ 1106. walking leisurely-↓ 133. getting my hair and...-↓ 140. taking medicine-↓ 145. sitting and listening-147. sitting on a toilet-↓ 1151. watching child-↓ 153. brushing my teeth-↓ 1160. parasailing-↓ 162. bird watching--5 Per activity phrase caloric expenditure shift

Why Colorado expends more calories on average:

Average US caloric expenditure = 176.60