



- 3. eating-↓
- 12. sitting-↓
- 15. attending church-↓
- 43. boating-↓
- 55. reading-↓
- 56. getting my hair done-↓
- 58. watching tv or movie...-↓
- 63. laying down-↓
- 95. online shopping-↓
- 105. brushing my teeth-↓
- 116. washing dishes-↓
- 124. typing-↓
- 137. bird watching-↓
- 138. sitting on a toilet-↓
- 150. taking medicine-↓
- 168. attending a family r...-↓
- 169. playing video games-↓
- 173. drawing-↓
- 174. shaving-↓
- 175. ironing-↓
- 184. watching sports in p...-↓
- 197. making copies-↓

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Per activity phrase caloric expenditure shift