



- 3. watching tv/movies-↓
- 15. reading-↓
- 22. playing video games-↓
- 25. writing-↓
- 35. boating-↓
- 50. standing-↓
- 54. getting my nails done-↓
- 61. wrapping presents-↓
- 69. knitting-↓
- 112. watching child-↓
- 113. shaving-↓
- 123. walking leisurely-↓
- 130. playing guitar-↓
- 133. drawing-↓
- 135. sitting on a toilet-↓
- 141. snuggling or petting...-↓
- 143. meditating-↓
- 148. arts and crafts-↓
- 149. typing-↓
- 155. bird watching-↓
- 167. playing games-↓
- 181. playing video games-↓
- 184. crocheting-↓

-4 -2 0 2 4

Per activity phrase caloric expenditure shift