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21. swimming+ $\downarrow$ 25. boxing+ $\downarrow$ 31. playing basketball+↓ Activity rank 39. doing laundry+↓ \| 40. ice skating+↓ 44. rock climbing+↓ 45. walking+↓ 51. pole dancing+↓ 54. elliptical+↓ 57. doing my hair+ $\downarrow$ 59. ultimate frisbee+1 64. roller skating+↓ 65. skateboarding+↓

66. playing active video...+↓|
67. hunting+↓|
72. doing situps+↓|
73. walking briskly+↓|
75. kayaking+↓|
76. line dancing+↓|
Per activity phrase caloric expenditure shift