```
1. watching tv/movies-↑
       10. playing video games-↑
               11. laying down-↑
                     21. sitting-↑
                     30. reading-↑
                     40. writing-↑
           45. attending church-↑
Activity rank
                      47. typing-↑
                    51. standing-↑
              72. playing games-↑
              74. watching child-↑
          90. wrapping presents-↑
           96. sitting on a toilet-↑
                    132. shaving-↑
     138. snuggling or petting...-↑
             153. bird watching-↑
             185. playing guitar-↑
     Per activity phrase caloric expenditure shift
```

Why Kentucky expends fewer calories on average:

 $\Sigma$ - $\downarrow$ 

 $\Sigma + \uparrow$ 

Kentucky caloric expenditure = 173.77 (Rank 37 out of 49)

Average US caloric expenditure = 176.60

∑-↑

 $\Sigma + \downarrow$