



1. running+↑
7. fishing+↑
11. jet skiing+↑
12. cooking+↑
14. biking+↑
23. kayaking+↑
24. snorkeling+↑
25. paddleboarding+↑
28. scuba diving+↑
30. deep sea fishing+↑
31. mountain biking+↑
33. boxing+↑
35. aerobics+↑
36. cleaning vehicles+↑
39. shopping+↑
40. mini golfing+↑
42. golfing+↑
45. elliptical+↑
51. salsa dancing+↑
55. walking quickly+↑
57. booty dancing+↑
58. jumping jacks+↑
60. ultimate frisbee+↑

-2 -1 0 1 2

Per activity phrase caloric expenditure shift