$\Sigma + \downarrow$ $\Sigma + \uparrow$ ∑-↑ Σ - \downarrow Σ 3. watching tv/movies-↑ 4. sitting-↑ 11. reading-↑ 25. standing-↑ 65. laying down-↑ 85. attending a family $r...-\uparrow$ 91. wrapping presents-↑ Activity rank 92. crocheting-↑ 100. bird watching-↑ 121. sitting and listening-↑ 125. playing guitar-↑ 129. drawing-↑

136. shaving-↑ 151. watching child-↑

179. writing-↑ 191. feeding family-↑ 195. parasailing-↑

175. snuggling or petting...-↑

Why Missouri expends fewer calories on average:

Missouri caloric expenditure = 176.53 (Rank 28 out of 49)

Average US caloric expenditure = 176.60

Per activity phrase caloric expenditure shift