



- 4. eating-↓
- 15. getting my hair done-↓
- 23. talking on phone-↓
- 25. showering-↓
- 27. getting my nails done-↓
- 42. boating-↓
- 44. standing-↓
- 50. laying down-↓
- 68. meditating-↓
- 72. watching tv or movie...-↓
- 77. washing dishes-↓
- 101. walking leisurely-↓
- 105. watching child-↓
- 132. snuggling or petting...-↓
- 149. parasailing-↓
- 155. ironing-↓
- 156. pumping gas-↓
- 157. bird watching-↓
- 182. arts and crafts-↓
- 183. playing video games-↓
- 186. taking medicine-↓
- 190. drawing-↓

-5 0 5

Per activity phrase caloric expenditure shift