4. watching tv/movies-↑ 12. reading-↑ 19. laying down-↑ 31. writing-↑ 36. online shopping-↑ 39. snuggling or petting...-↑ 48. boating-↑ Activity rank 53. sitting-↑ 62. wrapping presents-↑ 67. playing games-↑ 87. crocheting-↑ 105. sitting and listening-↑ 136. shaving-↑ 155. playing guitar-↑ 167. drawing-↑ 196. sitting on a toilet-↑ Per activity phrase caloric expenditure shift

Why Idaho expends more calories on average:

 $\Sigma + \uparrow$

 Σ - \downarrow Σ

Idaho caloric expenditure = 181.68 (Rank 19 out of 49)

Σ-↑

Average US caloric expenditure = 176.60

 $\Sigma + \downarrow$