Σ+↓   Σ+↑

Σ-↑   Σ-↓

Σ

5. watching tv/movies-↑
6. getting my hair done-↑
8. eating-↑
21. reading-↑
49. getting my nails done-↑
75. watching child-↑
99. boating-↑
130. sitting and listening-↑
152. playing video games-↑
153. knitting-↑
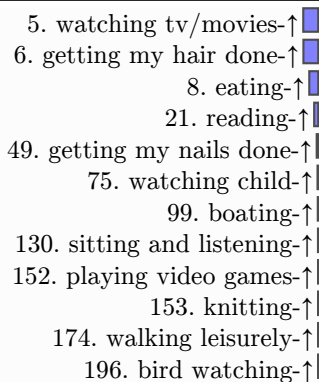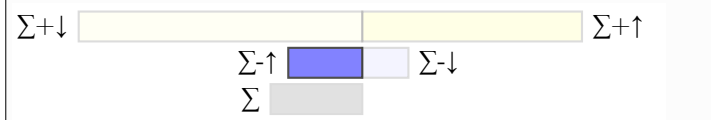174. walking leisurely-↑
196. bird watching-↑

Activity rank

-0.5 0.0 0.5

Per activity phrase caloric expenditure shift