



- 3. eating-↓
- 7. getting my nails done-↓
- 12. talking on phone-↓
- 27. getting my hair done-↓
- 34. showering-↓
- 39. sitting-↓
- 40. standing-↓
- 41. watching tv or movie...-↓
- 43. attending church-↓
- 69. meditating-↓
- 77. boating-↓
- 86. washing dishes-↓
- 89. knitting-↓
- 90. attending a family r...-↓
- 98. wrapping presents-↓
- 117. sitting on a toilet-↓
- 125. drawing-↓
- 128. sitting and listening-↓
- 134. walking leisurely-↓
- 143. getting my hair and...-↓
- 146. taking medicine-↓
- 148. snuggling or petting...-↓
- 151. brushing my teeth-↓

-2 10 12

Per activity phrase caloric expenditure shift