



- 4. eating-↓
- 23. getting my nails done-↓
- 24. showering-↓
- 25. talking on phone-↓
- 27. getting my hair done-↓
- 53. knitting-↓
- 57. boating-↓
- 69. online shopping-↓
- 78. watching tv or movie...-↓
- 84. washing dishes-↓
- 97. walking leisurely-↓
- 119. brushing my teeth-↓
- 137. sitting and listening-↓
- 144. attending a family r...-↓
- 147. drawing-↓
- 148. taking medicine-↓
- 179. crocheting-↓
- 180. playing video games-↓
- 197. watching sports in p...-↓

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Per activity phrase caloric expenditure shift