

Activity rank

$\Sigma+\downarrow$

$\Sigma+\uparrow$

$\Sigma-\uparrow$

$\Sigma-\downarrow$

Σ

2. watching tv/movies-↓

18. laying down-↓

22. eating-↓

29. boating-↓

40. getting my nails done-↓

41. watching tv or movie...-↓

53. reading-↓

90. playing games-↓

93. watching child-↓

99. wrapping presents-↓

108. snuggling or petting...-↓

123. sitting-↓

134. getting my hair and...-↓

161. ironing-↓

163. parasailing-↓

168. drawing-↓

176. knitting-↓

181. watching sports in p...-↓

194. feeding family-↓

-1.0 0.0 0.5 1.0

Per activity phrase caloric expenditure shift