$\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ - \downarrow ∑-↑ Σ 5. watching tv/movies-↑ 26. reading-↑ 34. standing-↑ 35. typing-↑ 41. writing-↑ 43. playing video games-↑ 45. wrapping presents-↑ Activity rank 60. playing games-↑ 73. online shopping-↑ 107. knitting-↑ 122. snuggling or petting...-↑ 131. drawing-↑ 144. shaving-↑ 179. sitting on a toilet-↑ 186. playing guitar-↑

Why Oregon expends more calories on average:

Oregon caloric expenditure = 189.76 (Rank 6 out of 49)

Average US caloric expenditure = 176.60

Per activity phrase caloric expenditure shift