Σ - \downarrow Σ-↑ Σ 14. writing-↑ 36. playing video games-↑ 52. typing-↑ 56. boating-↑ 60. standing-↑ 62. crocheting-↑ 70. meditating-↑ Activity rank 78. knitting-↑ 79. playing games-↑ 84. attending a family r...-99. drawing-↑ 142. shaving-↑ 157. washing dishes-↑ Per activity phrase caloric expenditure shift

Why Montana expends more calories on average:

 $\Sigma + \uparrow$

Montana caloric expenditure = 193.89 (Rank 5 out of 49)

Average US caloric expenditure = 176.60

 $\Sigma + \downarrow$