



- 3. watching tv/movies-↓
- 8. laying down-↓
- 11. sitting-↓
- 14. getting my hair done-↓
- 22. talking on phone-↓
- 24. attending church-↓
- 42. playing video games-↓
- 43. writing-↓
- 52. reading-↓
- 63. boating-↓
- 86. watching tv or movie...-↓
- 104. sitting and listening-↓
- 115. showering-↓
- 133. taking medicine-↓
- 134. snuggling or petting...-↓
- 144. wrapping presents-↓
- 151. washing dishes-↓
- 161. bird watching-↓
- 181. attending a family r...-↓
- 184. playing video games-↓

-4 -2 0 2 4

Per activity phrase caloric expenditure shift