



- 1. eating-↓
- 13. getting my hair done-↓
- 17. talking on phone-↓
- 25. attending church-↓
- 26. laying down-↓
- 35. typing-↓
- 56. meditating-↓
- 84. sitting-↓
- 88. playing video games-↓
- 106. knitting-↓
- 115. shaving-↓
- 116. sitting and listening-↓
- 138. taking medicine-↓
- 140. standing-↓
- 141. crocheting-↓
- 154. parasailing-↓
- 156. attending a family r...-↓
- 159. bird watching-↓
- 169. playing guitar-↓
- 189. feeding family-↓

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Per activity phrase caloric expenditure shift