8. showering-↑ 15. laying down-↑ 18. playing video games-↑ 25. sitting-↑ 46. typing-↑ 48. getting my hair done-↑ Activity rank 60. getting my nails done-↑ 75. online shopping-↑ 77. sitting on a toilet-↑ 81. attending church-↑ 100. making copies-↑ 104. attending a family $r...-\uparrow$ 108. brushing my teeth-↑ 163. flossing teeth-↑ 166. shaving-↑ 169. sitting and listening-↑ 175. fidgeting-↑ 178. painting-↑ 193. snuggling or petting...-↑ 194. knitting-↑ -4 -2 0 2 4 Per activity phrase caloric expenditure shift

Why Delaware expends fewer calories on average:

 $\Sigma + \uparrow$

Delaware caloric expenditure = 164.98 (Rank 47 out of 49)

Σ-↑

3. talking on phone-↑

Average US caloric expenditure = 176.60

 $\Sigma + \downarrow$

Σ