$\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ-↑ Σ - \downarrow Σ 15. reading-↑ 26. writing-↑ 36. sitting-↑ 46. knitting-↑ 89. online shopping-↑ 109. crocheting-↑ 111. snuggling or petting...-↑ Activity rank 114. arts and crafts-↑ 125. standing-↑ 138. meditating-↑ 152. attending a family $r...-\uparrow$ 155. finger painting-↑ 166. drawing-↑ 183. watching sports in p...-↑ 194. shaving-↑ -5 Per activity phrase caloric expenditure shift

Why Colorado expends more calories on average:

Colorado caloric expenditure = 203.48 (Rank 2 out of 49)

Average US caloric expenditure = 176.60