



- 6. watching tv/movies-↓
- 19. reading-↓
- 24. getting my nails done-↓
- 25. playing video games-↓
- 34. boating-↓
- 45. writing-↓
- 51. standing-↓
- 52. meditating-↓
- 62. wrapping presents-↓
- 69. knitting-↓
- 131. sitting on a toilet-↓
- 132. watching child-↓
- 134. brushing my teeth-↓
- 144. walking leisurely-↓
- 145. bird watching-↓
- 149. playing games-↓
- 152. drawing-↓
- 167. arts and crafts-↓
- 177. shaving-↓
- 187. getting my hair and...-↓

-2 -1 0 1 2

Per activity phrase caloric expenditure shift