



- 15. cooking+↑
- 20. jogging+↑
- 28. roller skating+↑
- 37. kayaking+↑
- 40. running uphill+↑
- 42. doing laundry+↑
- 44. playing football+↑
- 47. doing the cooking da...+↑
- 50. slow dancing+↑
- 53. getting dressed+↑
- 56. using stair master+↑
- 57. square dancing+↑
- 58. doing my hair+↑
- 60. praise dancing+↑
- 61. doing pushups+↑
- 64. playing basketball+↑
- 67. walking down stairs+↑
- 71. sailing+↑
- 80. taking out trash+↑
- 84. swag dancing+↑
- 85. digging holes+↑
- 90. contemporary dancing+↑
- 92. robot dancing+↑

-2 0 2

Per activity phrase caloric expenditure shift