Σ 10. watching tv/movies-1 22. reading-1 26. writing-↓ 27. eating- \downarrow 29. standing-↓ 51. meditating-↓ 52. boating-↓ Activity rank 85. watching tv or movie...-↓ 102. drawing-↓ 120. wrapping presents-↓ 127. walking leisurely-↓ 130. getting my hair and...-↓ 134. taking medicine-↓ 137. ironing-↓ 138. crocheting-139. washing dishes-1 150. playing guitar-↓ 154. parasailing-↓ 159. pumping gas-↓ 161. bird watching-↓ 190. playing video games-↓ 195. feeding family--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-↑

Average US caloric expenditure = 176.60

 $\Sigma + \downarrow$