Σ+↓	Σ-↑ Σ	Σ + \uparrow
		□4. eating-↓ □23. getting my nails done-↓ □24. showering-↓ □25. talking on phone-↓ □27. getting my hair done-↓ □53. knitting-↓ □57. boating-↓ □69. online shopping-↓ □78. watching tv or movie↓ □84. washing dishes-↓ □97. walking leisurely-↓ □119. brushing my teeth-↓ □137. sitting and listening-↓ □144. attending a family r↓ □147. drawing-↓ □148. taking medicine-↓ □179. crocheting-↓ □180. playing video games-↓ □197. watching sports in p↓

Why Kentucky expends fewer calories on average: