



- 3. using treadmill+↑
- 4. walking+↑
- 6. sledding+↑
- 8. skiing+↑
- 9. ice skating+↑
- 12. cleaning+↑
- 20. bowling+↑
- 21. cheerleading+↑
- 22. biking+↑
- 24. doing laundry+↑
- 27. boxing+↑
- 28. picking fruit+↑
- 30. kayaking+↑
- 31. playing football+↑
- 32. shoveling+↑
- 34. moving furniture+↑
- 36. rock climbing+↑
- 39. country dancing+↑
- 40. elliptical+↑
- 41. playing football flag+↑
- 43. playing dodgeball+↑
- 46. deep sea diving+↑
- 47. circuit training+↑

-1 0 1

Per activity phrase caloric expenditure shift