$\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ - \uparrow Σ - \downarrow Σ 1. running+↑ 2. dancing+↓ 3. watching tv/movies-↑ 4. sitting-↑ 5. hiking+ 6. ice skating+↑ ☐7. getting my hair done-↓ Activity rank 8. eating-1 9. walking+1 10. snowboarding+ \downarrow 11. reading-↑ 12. fishing+↑ 13. biking+↓ 14. swimming+↑ 15. sledding+↑ 16. skiing $+\downarrow$ 17. talking on phone-18. boxing+ $\downarrow \parallel$ 19. jogging+↓ 20. cleaning+ $\downarrow \parallel$ 21. playing handball+↑ 23. cleaning vehicles+↑ -1 Per activity phrase caloric expenditure shift

Why Missouri expends fewer calories on average:

Missouri caloric expenditure = 176.53 (Rank 28 out of 49)

Average US caloric expenditure = 176.60