



- 4. eating-↓
- 15. talking on phone-↓
- 19. showering-↓
- 20. getting my nails done-↓
- 29. laying down-↓
- 31. attending church-↓
- 47. getting my hair done-↓
- 53. standing-↓
- 66. sitting-↓
- 67. reading-↓
- 86. watching tv or movie...-↓
- 128. walking leisurely-↓
- 130. playing video games-↓
- 132. getting my hair and...-↓
- 142. attending a family r...-↓
- 152. ironing-↓
- 153. sitting and listening-↓
- 158. parasailing-↓
- 162. bird watching-↓
- 167. arts and crafts-↓
- 174. playing guitar-↓
- 180. snuggling or petting...-↓
- 181. washing dishes-↓

-2 -1 0 1 2

Per activity phrase caloric expenditure shift