



- 3. eating-↓
- 19. getting my nails done-↓
- 22. getting my hair done-↓
- 25. boating-↓
- 27. talking on phone-↓
- 50. attending church-↓
- 55. meditating-↓
- 60. standing-↓
- 111. washing dishes-↓
- 124. knitting-↓
- 125. watching child-↓
- 133. snuggling or petting...-↓
- 136. sitting on a toilet-↓
- 137. ironing-↓
- 138. crocheting-↓
- 150. walking leisurely-↓
- 152. brushing my teeth-↓
- 158. parasailing-↓
- 161. bird watching-↓
- 184. playing video games-↓
- 189. feeding family-↓

-2 -1 0 1 2

Per activity phrase caloric expenditure shift