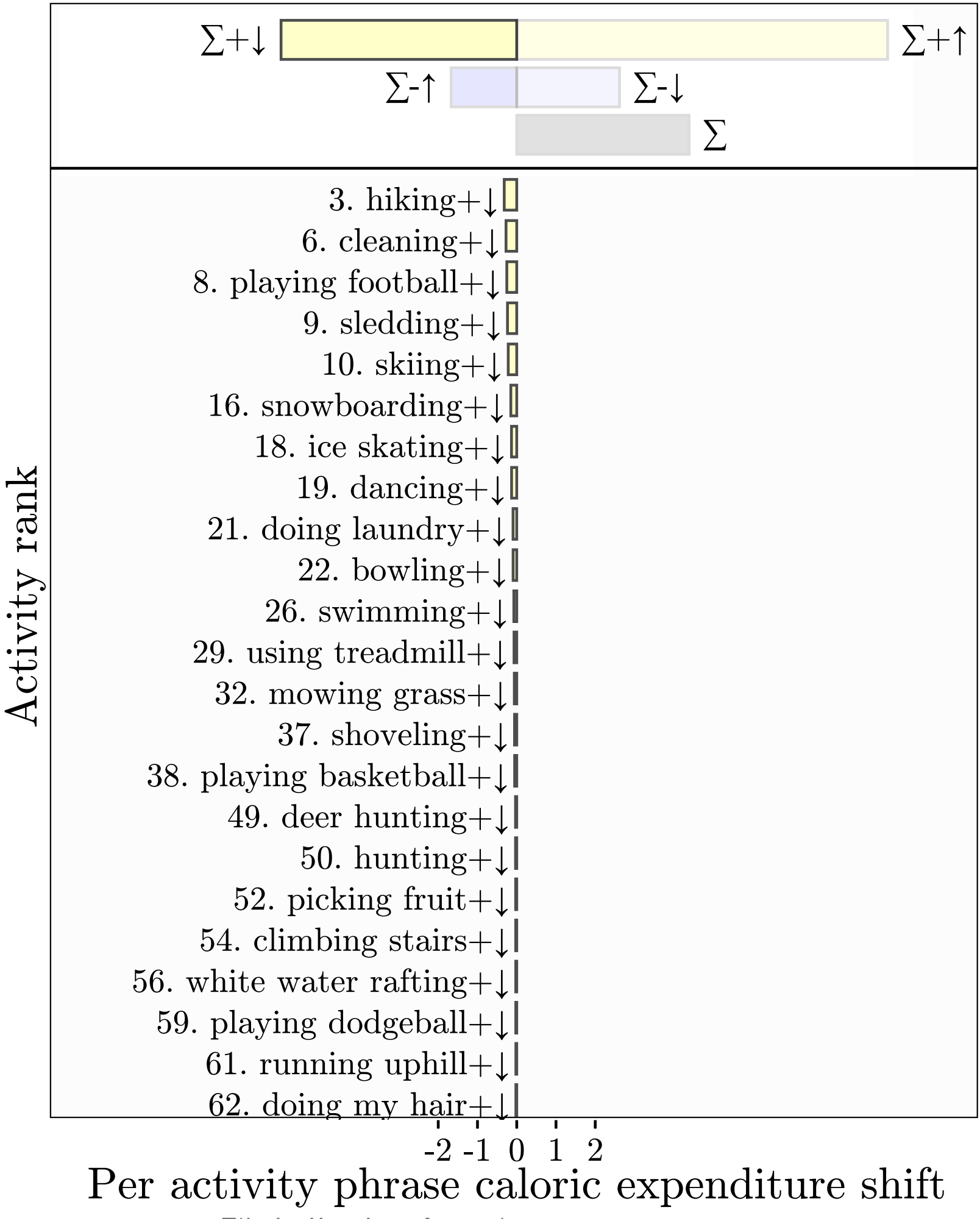
Σ+↓
Σ+↑
Σ-↑
Σ-↓
Σ
3. hiking+↓
6. cleaning+↓
8. playing football+↓
9. sledding+↓
10. skiing+↓
16. snowboarding+↓
18. ice skating+↓
19. dancing+↓
21. doing laundry+↓
22. bowling+↓
26. swimming+↓
29. using treadmill+↓
32. mowing grass+↓
37. shoveling+↓
38. playing basketball+↓
49. deer hunting+↓
50. hunting+↓
52. picking fruit+↓
54. climbing stairs+↓
56. white water rafting+↓
59. playing dodgeball+↓
61. running uphill+↓
62. doing my hair+↓
Activity rank
-2
-1
0
1
2
Per activity phrase caloric expenditure shift