Impact of COVID-19 on physical activity (N=1) Average activity (MET minutes) 2.5 Daily average (pre-exposure average) 2.0 (1.6)High-intensity activity (MET minutes) 1500 1000 (337 0 Steps (in thousands) 20 15 10 (7)0 Energy expended (Calories) 5000 4000 (3211)-21 -35 -28 -14 28 -42 14 21

(Code: https://github.com/mkiang/covid_self)

Days from suspected SARS-CoV-2 exposure