

## Linking Activity to Energy

Activity	Physical?	Cognitive?	Emotional?	Spiritual?	Homeostatic?
Walking	✓	✓			✓
Hoovering	✓	✓			✓
Making a cup of tea	✓	✓			✓
Laughing	✓		✓		✓
Eating	✓				✓
Sneezing	✓				✓
Sat at the computer	✓	✓			✓
Watching TV		✓	✓		✓
Reading a newspaper/ magazine		✓	✓		✓
Talking face to face	✓	✓	✓		✓
Texting	✓	✓			✓
Painting	✓	✓			✓
Talking on the telephone	✓	✓			✓
Sleeping	✓				✓
Getting dressed	✓	✓			✓
Driving	✓	✓			✓
Knitting	✓	✓			✓
Hearing the post arrive		✓	✓		✓
Cycling	✓	✓			✓
Crying		✓	✓	✓	✓
Changing a fuse in a plug	✓	✓			✓
Sudoku/ word search	✓	✓			✓
Thinking about the future			✓	✓	✓