(a) Work day
- Sedentary: 76%
- Light: 20%
- Mod/vig: 4%

(b) Non-work day
- Sedentary: 70%
- Light: 27%
- Mod/vig: 3%

(c) Work hours on work day
- Sedentary: 82%
- Light: 15%
- Mod/vig: 3%

(d) Non-work hours on work day
- Sedentary: 67%
- Light: 26%
- Mod/vig: 7%

(e) Total Non-work
- Sedentary: 69%
- Light: 27%
- Mod/vig: 4%