

500 PATRIMON

Figure 1 is a line graph showing the percentage of total energy expenditure (TEE) for different activities over a 24-hour period. The Y-axis is 'Percentage of TEE' (0-100) and the X-axis is 'Time of Day' (0-24). The activities and their approximate percentages are:

Time of Day	Sleeping	Resting	Sedentary	Light	Moderate	Vigorous
0	30	10	5	0	0	0
4	35	10	5	0	0	0
8	30	10	5	0	0	0
12	20	10	10	5	5	0
16	15	10	10	10	10	5
20	10	10	10	10	10	10
24	30	10	5	0	0	0