

大公報

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 legend indicates: Sleeping (hatched), Sedentary (white), Light (diagonal lines), Moderate (cross-hatch), and Vigorous (solid black). Sleeping is highest at night (~30-40%). Sedentary is highest in the morning (~20-30%). Light activity is highest in the afternoon (~10-20%). Moderate and Vigorous activities are highest in the afternoon/evening (~10-20%).



(continued)