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Figure 1 is a line graph showing the percentage of total energy expenditure (TEE) for various activities over a 24-hour period. The Y-axis is labeled 'Percentage of TEE' and ranges from 0 to 100 in increments of 10. The X-axis is labeled 'Time of Day' and ranges from 0 to 24 in increments of 2. The graph includes six data series: Sleeping (blue line), Resting (green line), Sitting (yellow line), Standing (orange line), Walking (red line), and Running (purple line). Sleeping is the most frequent activity, peaking at approximately 80% TEE between 22:00 and 06:00. Resting is the second most frequent activity, peaking at approximately 20% TEE between 08:00 and 18:00. Sitting is the third most frequent activity, peaking at approximately 10% TEE between 08:00 and 18:00. Standing is the fourth most frequent activity, peaking at approximately 5% TEE between 08:00 and 18:00. Walking is the fifth most frequent activity, peaking at approximately 5% TEE between 08:00 and 18:00. Running is the least frequent activity, peaking at approximately 10% TEE between 08:00 and 18:00.

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