

Table A-1. Time spent in detailed primary activities ¹ and percent of the civilian population engaging in each detailed primary activity category, averages per day by sex, 2010 annual averages

Activity	Average hours per day, civilian population			Average percent engaged in the activity per day			Average hours per day for persons who engaged in the activity		
	Total	Men	Women	Total	Men	Women	Total	Men	Women
Total, all activities	24.00	24.00	24.00	100.0	100.0	100.0	-	-	-
Personal care activities	9.47	9.25	9.67	99.9	99.9	100.0	9.48	9.26	9.68
Sleeping	8.67	8.56	8.76	99.9	99.9	99.9	8.68	8.58	8.77
Grooming69	.58	.79	80.3	77.0	83.4	.85	.75	.95
Health-related self care09	.08	.10	6.3	5.2	7.2	1.45	1.50	1.42
Personal activities01	.02	.01	.6	.7	.4	2.26	2.49	1.87
Travel related to personal care02	.02	.01	2.7	2.9	2.5	.58	.62	.54
Eating and drinking	1.25	1.29	1.21	95.9	96.1	95.7	1.30	1.34	1.26
Eating and drinking	1.13	1.16	1.09	95.9	96.1	95.7	1.17	1.21	1.14
Travel related to eating and drinking12	.12	.11	23.7	24.9	22.6	.49	.48	.51
Household activities	1.79	1.42	2.14	75.5	66.8	83.7	2.38	2.13	2.56
Housework57	.26	.87	34.7	20.0	48.5	1.65	1.30	1.79
Food preparation and cleanup56	.32	.79	54.8	41.3	67.5	1.02	.77	1.16
Lawn and garden care21	.31	.12	9.9	12.3	7.6	2.14	2.51	1.57
Household management12	.10	.15	17.7	14.0	21.3	.70	.71	.69
Interior maintenance, repair, and decoration07	.09	.04	3.0	4.2	1.9	2.18	2.24	2.06
Exterior maintenance, repair, and decoration06	.09	.02	3.1	4.5	1.7	1.84	2.04	1.37
Animals and pets10	.08	.11	14.4	12.1	16.5	.66	.67	.66
Vehicles04	.08	.01	2.5	4.1	.9	1.74	1.95	.86
Appliances, tools, and toys02	.04	~0	1.6	2.5	.8	1.38	1.71	.37
Travel related to household activities04	.05	.04	9.2	8.3	10.0	.48	.55	.42
Purchasing goods and services75	.62	.86	43.9	40.2	47.4	1.70	1.55	1.81
Consumer goods purchases37	.30	.44	39.8	36.6	42.9	.94	.83	1.03
Grocery shopping10	.08	.13	13.8	10.9	16.6	.75	.73	.77
Professional and personal care services08	.06	.10	8.1	6.2	9.8	.99	.97	1.00
Financial services and banking01	.01	.01	2.7	2.6	2.9	.25	.32	.20
Medical and care services05	.04	.06	3.4	2.3	4.5	1.43	1.65	1.32
Personal care services02	.01	.02	1.5	1.0	1.9	1.09	.78	1.24
Household services02	.01	.02	1.8	1.7	1.9	.83	.78	.87
Home maintenance, repair, decoration, and construction (not done by self)01	~0	.01	.5	.5	.5	1.33	1.03	1.58
Vehicle maintenance and repair services (not done by self)01	.01	.01	.9	1.0	.9	.83	.81	.84
Government services01	.01	.01	.5	.4	.6	1.29	2.16	.81
Travel related to purchasing goods and services27	.24	.30	42.5	39.3	45.5	.64	.61	.66
Caring for and helping household members51	.33	.67	25.0	19.6	30.1	2.03	1.70	2.24
Caring for and helping household children40	.26	.54	21.3	16.3	26.0	1.90	1.57	2.09
Caring for and helping household children (except activities related to education and health)36	.23	.48	20.9	15.9	25.5	1.73	1.47	1.88
Activities related to household children's education03	.02	.05	3.4	2.0	4.8	1.02	.95	1.04
Activities related to household children's health01	~0	.01	.8	.3	1.3	.99	.71	1.06
Caring for and helping household adults03	.02	.03	5.1	4.5	5.7	.52	.46	.56
Caring for household adults01	.01	.02	1.8	1.3	2.4	.80	.74	.84
Helping household adults01	.01	.01	3.5	3.5	3.6	.33	.33	.34

See footnotes at end of table.

Table A-1. Time spent in detailed primary activities¹ and percent of the civilian population engaging in each detailed primary activity category, averages per day by sex, 2010 annual averages — Continued

Activity	Average hours per day, civilian population			Average percent engaged in the activity per day			Average hours per day for persons who engaged in the activity		
	Total	Men	Women	Total	Men	Women	Total	Men	Women
Travel related to caring for and helping household members08	.06	.10	12.7	9.7	15.6	.61	.60	.62
Caring for and helping nonhousehold members21	.19	.23	12.3	11.3	13.3	1.72	1.73	1.72
Caring for and helping nonhousehold children07	.05	.08	4.9	3.8	6.0	1.41	1.39	1.41
Caring for and helping nonhousehold adults08	.08	.08	8.0	7.7	8.3	1.01	1.08	.95
Caring for nonhousehold adults01	~0	.02	.6	.3	.9	1.60	1.05	1.78
Helping nonhousehold adults07	.08	.06	7.6	7.5	7.8	.92	1.07	.79
Travel related to caring for and helping nonhousehold members06	.06	.07	10.0	9.4	10.6	.62	.62	.62
Working and work-related activities	3.50	4.09	2.94	44.7	50.1	39.6	7.82	8.15	7.44
Working	3.14	3.65	2.66	42.0	46.8	37.4	7.48	7.79	7.11
Work-related activities	~0	.01	~0	.6	.7	.4	.88	1.01	.69
Other income-generating activities03	.03	.03	1.1	1.2	1.1	2.97	2.70	3.24
Job search and interviewing05	.06	.03	2.0	2.6	1.4	2.32	2.43	2.12
Travel related to work28	.34	.22	36.3	41.3	31.5	.76	.81	.69
Educational activities47	.47	.48	8.4	7.8	9.0	5.61	5.96	5.32
Attending class28	.30	.26	5.6	5.8	5.5	4.92	5.20	4.65
Homework and research16	.13	.18	5.9	5.3	6.5	2.68	2.53	2.80
Travel related to education03	.03	.03	5.1	5.1	5.1	.56	.52	.60
Organizational, civic, and religious activities35	.30	.40	14.8	11.9	17.6	2.34	2.49	2.25
Religious and spiritual activities16	.13	.18	9.2	7.3	11.0	1.69	1.84	1.59
Volunteering (organizational and civic activities)15	.13	.18	7.0	5.7	8.2	2.19	2.23	2.16
Volunteer activities15	.12	.18	6.8	5.5	8.0	2.21	2.23	2.19
Administrative and support activities04	.02	.05	2.4	1.7	3.1	1.51	1.41	1.57
Social service and care activities (except medical)04	.03	.05	1.8	1.6	1.9	2.30	2.07	2.48
Indoor and outdoor maintenance, building, and cleanup activities01	.02	.01	.6	.7	.5	1.82	2.45	1.06
Participating in performance and cultural activities01	.01	.01	.4	.4	.5	2.09	2.27	1.97
Attending meetings, conferences, and training02	.02	.02	1.0	.8	1.1	1.83	2.18	1.58
Civic obligations and participation	~0	~0	~0	.2	.2	.2	1.20	(²)	.91
Travel related to organizational, civic, and religious activities04	.04	.04	8.9	7.8	9.9	.44	.46	.43
Leisure and sports	5.18	5.57	4.82	95.8	96.1	95.4	5.41	5.79	5.05
Socializing, relaxing, and leisure	4.63	4.88	4.39	94.8	95.1	94.5	4.88	5.13	4.65
Socializing and communicating70	.68	.73	37.0	34.4	39.5	1.90	1.97	1.85
Socializing and communicating (except social events)63	.61	.65	35.6	33.0	38.0	1.76	1.84	1.70
Attending or hosting social events08	.07	.08	2.6	2.0	3.1	3.02	3.54	2.71
Relaxing and leisure	3.84	4.11	3.59	90.4	91.0	89.9	4.25	4.52	3.99
Watching TV	2.73	2.94	2.53	79.4	80.4	78.4	3.44	3.66	3.22
Arts and entertainment (other than sports)08	.09	.08	3.0	2.9	3.1	2.75	2.99	2.53
Sports, exercise, and recreation33	.45	.23	19.3	22.3	16.4	1.73	2.00	1.40
Participating in sports, exercise, and recreation31	.42	.20	18.5	21.5	15.6	1.66	1.93	1.30
Attending sporting or recreational events03	.03	.03	1.1	1.2	1.0	2.55	2.45	2.67
Travel related to leisure and sports22	.25	.19	33.3	35.3	31.4	.66	.70	.62
Telephone calls, mail, and e-mail18	.13	.21	23.0	18.0	27.8	.76	.75	.77
Telephone calls (to or from)10	.07	.13	14.0	9.8	17.9	.74	.75	.74
Household and personal messages07	.06	.08	12.4	10.2	14.5	.55	.57	.54

See footnotes at end of table.

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Activity	Average hours per day, civilian population			Average percent engaged in the activity per day			Average hours per day for persons who engaged in the activity		
	Total	Men	Women	Total	Men	Women	Total	Men	Women
Household and personal mail and messages02	.01	.03	5.8	4.3	7.1	.35	.29	.38
Household and personal e-mail and messages05	.05	.05	7.6	6.6	8.5	.64	.69	.60
Travel related to telephone calls	~0	~0	~0	.7	.5	.9	.36	.48	.30
Other activities, not elsewhere classified35	.33	.36	18.8	18.1	19.6	1.84	1.84	1.85

¹ A primary activity refers to an individual's main activity. Other activities done simultaneously are not included.

² Estimate is suppressed because it does not meet the American Time Use Survey standard for quality and reliability.

~0 Estimate is approximately zero.

— Not applicable

NOTE: Data refer to persons 15 years and over.

Source: American Time Use Survey, Bureau of Labor Statistics