

Table A-2. 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 on weekdays and weekends, 2012 annual averages

Total

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	
	Weekdays	Weekends and holidays ²	Weekdays	Weekends and holidays ²	Weekdays	Weekends and holidays ²
Total, all activities	24.00	24.00	100.0	100.0	–	–
Personal care activities	9.21	10.13	100.0	99.9	9.21	10.13
Sleeping	8.45	9.39	99.9	99.9	8.45	9.41
Grooming69	.63	81.1	70.6	.85	.89
Health-related self care06	.08	5.7	5.4	1.07	1.42
Personal activities01	~0	.5	.3	1.19	1.55
Travel related to personal care01	.02	2.4	2.4	.57	1.00
Eating and drinking	1.19	1.39	96.0	95.8	1.24	1.45
Eating and drinking	1.09	1.22	96.0	95.8	1.13	1.27
Travel related to eating and drinking10	.17	21.5	27.2	.47	.61
Household activities	1.59	2.08	73.0	75.3	2.19	2.77
Housework54	.74	33.4	37.5	1.62	1.96
Food preparation and cleanup51	.56	53.4	50.5	.96	1.11
Lawn and garden care16	.23	9.5	10.5	1.71	2.19
Household management12	.15	16.2	16.5	.72	.91
Interior maintenance, repair, and decoration04	.09	2.0	3.6	2.06	2.60
Exterior maintenance, repair, and decoration05	.07	2.3	3.0	2.09	2.36
Animals and pets10	.10	15.8	13.6	.61	.76
Vehicles02	.06	1.6	2.9	1.53	2.17
Appliances, tools, and toys01	.01	1.3	1.3	1.02	1.15
Travel related to household activities04	.06	8.0	8.9	.47	.62
Purchasing goods and services68	.81	40.9	42.5	1.67	1.91
Consumer goods purchases30	.48	36.0	41.2	.83	1.16
Grocery shopping08	.12	11.5	14.5	.70	.83
Professional and personal care services10	.03	9.1	3.3	1.13	.92
Financial services and banking01	.01	2.8	1.3	.32	.37
Medical and care services07	.01	4.5	.5	1.54	1.76
Personal care services02	.01	1.3	1.1	1.17	1.16
Household services01	.01	2.2	1.2	.65	.65
Home maintenance, repair, decoration, and construction (not done by self)	~0	~0	.3	.2	.85	1.35
Vehicle maintenance and repair services (not done by self)01	~0	1.2	.6	.78	.58
Government services01	~0	.6	~0	1.51	(³)
Travel related to purchasing goods and services26	.29	39.6	41.2	.65	.71
Caring for and helping household members54	.44	26.3	20.4	2.06	2.15
Caring for and helping household children42	.37	21.7	17.3	1.93	2.12

See footnotes at end of table.

Table A-2. Time spent in detailed primary activities¹ and percent of the civilian population engaging in each detailed primary activity category, averages per day by sex on weekdays and weekends, 2012 annual averages — Continued

Total

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	
	Weekdays	Weekends and holidays ²	Weekdays	Weekends and holidays ²	Weekdays	Weekends and holidays ²
Caring for and helping household children (except activities related to education and health)36	.35	21.0	16.9	1.70	2.07
Activities related to household children's education05	.01	4.6	1.0	1.09	1.24
Activities related to household children's health01	.01	1.1	.4	1.14	(³)
Caring for and helping household adults03	.03	5.7	3.9	.58	.75
Caring for household adults02	.02	2.3	1.6	.98	1.22
Helping household adults01	.01	3.7	2.5	.28	.40
Travel related to caring for and helping household members09	.04	14.7	6.7	.61	.64
Caring for and helping nonhousehold members17	.21	10.9	11.8	1.55	1.76
Caring for and helping nonhousehold children06	.08	4.3	4.7	1.32	1.67
Caring for and helping nonhousehold adults05	.07	7.1	7.8	.75	.90
Caring for nonhousehold adults01	.01	.7	.3	1.21	(³)
Helping nonhousehold adults04	.06	6.6	7.6	.66	.84
Travel related to caring for and helping nonhousehold members06	.06	9.1	9.2	.65	.65
Working and work-related activities	4.49	1.29	53.3	21.9	8.43	5.91
Working	4.06	1.15	51.1	20.2	7.95	5.69
Work-related activities01	~0	.4	.2	1.24	.87
Other income-generating activities02	.03	.8	1.0	2.67	3.15
Job search and interviewing05	.02	2.0	.9	2.42	2.14
Travel related to work36	.09	45.4	13.7	.79	.66
Educational activities63	.20	9.9	5.3	6.36	3.72
Attending class39	.02	7.5	.6	5.24	2.81
Homework and research17	.16	6.8	4.7	2.54	3.47
Travel related to education05	.01	7.0	1.0	.71	.50
Organizational, civic, and religious activities22	.55	11.3	19.7	1.98	2.79
Religious and spiritual activities07	.33	6.1	15.9	1.23	2.05
Volunteering (organizational and civic activities)12	.15	6.0	6.1	1.97	2.50
Volunteer activities11	.15	5.6	6.1	2.03	2.51
Administrative and support activities04	.03	2.4	2.1	1.65	1.57
Social service and care activities (except medical)03	.04	1.5	1.8	1.83	1.95
Indoor and outdoor maintenance, building, and cleanup activities01	.01	.4	.3	1.55	1.92
Participating in performance and cultural activities01	.01	.4	.6	2.35	2.39
Attending meetings, conferences, and training02	.02	1.0	.7	1.85	2.35
Civic obligations and participation	~0	~0	.4	~0	.90	(³)
Travel related to organizational, civic, and religious activities03	.07	5.6	14.8	.55	.48
Leisure and sports	4.85	6.57	96.0	96.9	5.06	6.78
Socializing, relaxing, and leisure	4.34	5.83	94.8	96.2	4.58	6.06

See footnotes at end of table.

Table A-2. 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 on weekdays and weekends, 2012 annual averages — Continued

Total

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	
	Weekdays	Weekends and holidays ²	Weekdays	Weekends and holidays ²	Weekdays	Weekends and holidays ²
Socializing and communicating61	1.05	35.8	40.4	1.71	2.61
Socializing and communicating (except social events)56	.86	34.5	37.2	1.62	2.32
Attending or hosting social events05	.19	2.1	5.2	2.42	3.66
Relaxing and leisure	3.67	4.64	90.8	91.7	4.05	5.06
Watching TV	2.58	3.42	79.3	81.8	3.26	4.18
Arts and entertainment (other than sports)06	.14	2.2	5.2	2.63	2.62
Sports, exercise, and recreation32	.42	20.5	18.8	1.55	2.22
Participating in sports, exercise, and recreation30	.37	20.0	17.6	1.50	2.11
Attending sporting or recreational events02	.04	.7	1.5	2.51	2.93
Travel related to leisure and sports19	.32	30.5	38.2	.63	.84
Telephone calls, mail, and e-mail16	.13	21.2	16.5	.78	.81
Telephone calls (to or from)11	.09	13.3	11.5	.82	.79
Household and personal messages05	.04	10.5	6.8	.50	.60
Household and personal mail and messages02	.01	5.6	3.0	.35	.47
Household and personal e-mail and messages03	.03	5.9	4.2	.58	.64
Travel related to telephone calls	~0	~0	.6	.4	.36	.36
Other activities, not elsewhere classified25	.21	14.7	12.7	1.71	1.64

See footnotes at end of table.

Table A-2. Time spent in detailed primary activities¹ and percent of the civilian population engaging in each detailed primary activity category, averages per day by sex on weekdays and weekends, 2012 annual averages — Continued

Men

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	
	Weekdays	Weekends and holidays ²	Weekdays	Weekends and holidays ²	Weekdays	Weekends and holidays ²
Total, all activities	24.00	24.00	100.0	100.0	—	—
Personal care activities	8.91	9.94	100.0	99.9	8.91	9.95
Sleeping	8.28	9.33	99.9	99.8	8.29	9.35
Grooming57	.51	78.8	64.8	.72	.78
Health-related self care03	.08	4.4	4.6	.71	1.68
Personal activities01	~0	.6	.3	1.07	1.36
Travel related to personal care01	.03	2.7	2.5	.54	1.01
Eating and drinking	1.26	1.39	96.2	95.4	1.31	1.46
Eating and drinking	1.15	1.21	96.2	95.4	1.19	1.27
Travel related to eating and drinking11	.18	23.0	27.2	.49	.66
Household activities	1.11	1.69	62.9	68.1	1.77	2.49
Housework23	.38	18.0	24.2	1.31	1.56
Food preparation and cleanup26	.33	39.4	38.8	.67	.85
Lawn and garden care22	.32	11.3	12.6	1.90	2.56
Household management09	.14	13.3	14.1	.66	1.00
Interior maintenance, repair, and decoration05	.12	2.6	4.4	2.05	2.68
Exterior maintenance, repair, and decoration07	.11	3.1	4.2	2.38	2.61
Animals and pets08	.10	13.7	11.9	.60	.80
Vehicles05	.11	2.5	4.9	1.79	2.31
Appliances, tools, and toys02	.02	1.9	1.8	1.06	1.30
Travel related to household activities03	.05	6.9	8.8	.50	.60
Purchasing goods and services55	.70	36.2	39.4	1.52	1.79
Consumer goods purchases22	.40	32.2	38.3	.68	1.04
Grocery shopping05	.09	8.4	12.5	.65	.75
Professional and personal care services08	.02	7.0	2.4	1.09	.73
Financial services and banking01	~0	2.2	.9	.29	(³)
Medical and care services06	~0	3.7	.2	1.58	(³)
Personal care services01	.01	.8	1.0	.93	.74
Household services01	.01	1.9	1.4	.56	.71
Home maintenance, repair, decoration, and construction (not done by self)	~0	~0	.2	.2	(³)	(³)
Vehicle maintenance and repair services (not done by self)01	~0	1.0	.6	.63	.62
Government services	~0	~0	.5	~0	(³)	(³)
Travel related to purchasing goods and services23	.28	35.1	38.4	.66	.72
Caring for and helping household members36	.34	21.0	16.9	1.72	2.02
Caring for and helping household children26	.28	16.5	13.7	1.58	2.07

See footnotes at end of table.

Table A-2. Time spent in detailed primary activities¹ and percent of the civilian population engaging in each detailed primary activity category, averages per day by sex on weekdays and weekends, 2012 annual averages — Continued

Men

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	
	Weekdays	Weekends and holidays ²	Weekdays	Weekends and holidays ²	Weekdays	Weekends and holidays ²
Caring for and helping household children (except activities related to education and health)23	.27	15.8	13.3	1.43	2.06
Activities related to household children's education03	.01	2.6	.7	1.02	1.35
Activities related to household children's health01	~0	.6	.1	1.57	(³)
Caring for and helping household adults03	.02	5.5	4.0	.59	.49
Caring for household adults02	.01	1.9	1.4	1.10	.65
Helping household adults01	.01	4.0	2.8	.30	.38
Travel related to caring for and helping household members07	.04	11.3	5.5	.59	.68
Caring for and helping nonhousehold members13	.22	9.2	11.6	1.43	1.90
Caring for and helping nonhousehold children03	.07	3.1	3.8	.90	1.74
Caring for and helping nonhousehold adults05	.10	6.5	8.4	.78	1.14
Caring for nonhousehold adults	~0	~0	.1	.2	(³)	(³)
Helping nonhousehold adults05	.09	6.4	8.2	.78	1.11
Travel related to caring for and helping nonhousehold members05	.06	8.5	9.6	.63	.63
Working and work-related activities	5.32	1.49	59.3	24.4	8.97	6.11
Working	4.78	1.33	56.8	22.6	8.43	5.86
Work-related activities01	~0	.6	.3	1.51	(³)
Other income-generating activities02	.02	.8	.9	3.10	2.86
Job search and interviewing05	.02	2.2	1.1	2.43	2.02
Travel related to work45	.12	51.1	15.2	.88	.77
Educational activities68	.17	10.5	4.6	6.46	3.61
Attending class42	.01	8.1	.4	5.20	3.35
Homework and research19	.15	6.9	4.3	2.73	3.47
Travel related to education05	~0	7.4	.7	.65	.30
Organizational, civic, and religious activities17	.48	8.3	17.0	2.08	2.81
Religious and spiritual activities04	.28	3.8	13.5	1.16	2.09
Volunteering (organizational and civic activities)10	.13	4.8	5.3	2.09	2.47
Volunteer activities10	.13	4.4	5.2	2.19	2.51
Administrative and support activities03	.03	1.7	1.7	1.70	1.66
Social service and care activities (except medical)02	.03	1.0	1.4	1.78	1.94
Indoor and outdoor maintenance, building, and cleanup activities01	~0	.6	.3	1.45	(³)
Participating in performance and cultural activities	~0	.02	.4	.7	(³)	2.59
Attending meetings, conferences, and training02	.02	.8	.7	2.12	2.38
Civic obligations and participation	~0	~0	.5	.1	(³)	(³)
Travel related to organizational, civic, and religious activities03	.06	4.6	13.2	.57	.49
Leisure and sports	5.15	7.28	96.7	97.4	5.33	7.47
Socializing, relaxing, and leisure	4.56	6.34	95.6	96.8	4.77	6.55

See footnotes at end of table.

Table A-2. 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 on weekdays and weekends, 2012 annual averages — Continued

Men

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	
	Weekdays	Weekends and holidays ²	Weekdays	Weekends and holidays ²	Weekdays	Weekends and holidays ²
Socializing and communicating60	1.00	34.1	38.4	1.77	2.60
Socializing and communicating (except social events)56	.84	32.5	35.7	1.72	2.36
Attending or hosting social events04	.16	2.1	4.4	2.05	3.58
Relaxing and leisure	3.91	5.19	91.8	92.9	4.26	5.58
Watching TV	2.71	3.93	79.2	84.7	3.42	4.64
Arts and entertainment (other than sports)05	.15	2.0	5.7	2.44	2.70
Sports, exercise, and recreation38	.59	22.2	23.2	1.69	2.54
Participating in sports, exercise, and recreation36	.54	21.6	22.0	1.65	2.47
Attending sporting or recreational events02	.04	.8	1.5	2.43	2.92
Travel related to leisure and sports22	.34	32.0	40.3	.67	.85
Telephone calls, mail, and e-mail12	.10	16.8	13.3	.69	.73
Telephone calls (to or from)07	.06	8.9	8.1	.74	.69
Household and personal messages05	.04	9.5	6.5	.50	.62
Household and personal mail and messages01	.01	4.7	3.0	.32	.42
Household and personal e-mail and messages03	.03	5.5	3.9	.61	.72
Travel related to telephone calls	~0	~0	.4	.4	.41	(³)
Other activities, not elsewhere classified25	.20	13.4	11.4	1.83	1.73

See footnotes at end of table.

Table A-2. 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 on weekdays and weekends, 2012 annual averages — Continued

Women

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	
	Weekdays	Weekends and holidays ²	Weekdays	Weekends and holidays ²	Weekdays	Weekends and holidays ²
Total, all activities	24.00	24.00	100.0	100.0	—	—
Personal care activities	9.50	10.30	100.0	100.0	9.50	10.30
Sleeping	8.60	9.46	99.9	100.0	8.60	9.46
Grooming79	.74	83.2	76.1	.95	.97
Health-related self care09	.08	7.0	6.2	1.28	1.24
Personal activities	~0	~0	.3	.3	1.39	1.78
Travel related to personal care01	.02	2.1	2.4	.61	.99
Eating and drinking	1.12	1.38	95.9	96.1	1.17	1.43
Eating and drinking	1.03	1.22	95.9	96.1	1.07	1.27
Travel related to eating and drinking09	.15	20.2	27.2	.44	.57
Household activities	2.04	2.45	82.3	82.2	2.48	2.98
Housework83	1.07	47.7	50.0	1.74	2.15
Food preparation and cleanup74	.78	66.5	61.4	1.12	1.27
Lawn and garden care11	.14	7.7	8.6	1.46	1.68
Household management14	.16	18.9	18.6	.76	.85
Interior maintenance, repair, and decoration03	.07	1.6	2.8	2.07	2.49
Exterior maintenance, repair, and decoration02	.04	1.5	1.9	1.54	1.86
Animals and pets11	.11	17.8	15.2	.62	.73
Vehicles	~0	.01	.6	1.0	.54	(³)
Appliances, tools, and toys01	.01	.8	.7	.93	(³)
Travel related to household activities04	.06	9.0	9.0	.45	.65
Purchasing goods and services81	.91	45.2	45.5	1.78	2.00
Consumer goods purchases37	.55	39.5	44.0	.95	1.26
Grocery shopping10	.15	14.4	16.5	.72	.89
Professional and personal care services13	.04	11.1	4.2	1.14	1.03
Financial services and banking01	.01	3.4	1.8	.34	(³)
Medical and care services08	.01	5.3	.7	1.51	1.84
Personal care services02	.02	1.9	1.1	1.26	1.51
Household services02	.01	2.5	1.1	.71	.59
Home maintenance, repair, decoration, and construction (not done by self)	~0	~0	.4	.2	.68	(³)
Vehicle maintenance and repair services (not done by self)01	~0	1.4	.5	.89	.53
Government services01	~0	.7	~0	1.19	(³)
Travel related to purchasing goods and services28	.31	43.8	43.9	.64	.70
Caring for and helping household members71	.53	31.2	23.6	2.28	2.24
Caring for and helping household children57	.44	26.6	20.7	2.14	2.15

See footnotes at end of table.

Table A-2. Time spent in detailed primary activities¹ and percent of the civilian population engaging in each detailed primary activity category, averages per day by sex on weekdays and weekends, 2012 annual averages — Continued

Women

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	
	Weekdays	Weekends and holidays ²	Weekdays	Weekends and holidays ²	Weekdays	Weekends and holidays ²
Caring for and helping household children (except activities related to education and health)48	.42	25.9	20.3	1.86	2.07
Activities related to household children's education07	.02	6.4	1.3	1.12	1.18
Activities related to household children's health02	.01	1.5	.8	.99	(³)
Caring for and helping household adults03	.04	5.9	3.8	.58	1.00
Caring for household adults02	.03	2.7	1.7	.90	(³)
Helping household adults01	.01	3.5	2.3	.26	.42
Travel related to caring for and helping household members11	.05	17.8	7.8	.62	.61
Caring for and helping nonhousehold members20	.20	12.4	12.0	1.64	1.63
Caring for and helping nonhousehold children08	.09	5.5	5.5	1.53	1.62
Caring for and helping nonhousehold adults06	.05	7.7	7.2	.72	.65
Caring for nonhousehold adults02	.01	1.4	.5	1.26	(³)
Helping nonhousehold adults04	.04	6.8	7.0	.56	.55
Travel related to caring for and helping nonhousehold members06	.06	9.7	8.9	.66	.68
Working and work-related activities	3.72	1.11	47.7	19.5	7.80	5.68
Working	3.39	.99	45.7	18.0	7.41	5.48
Work-related activities	~0	~0	.3	.1	.77	(³)
Other income-generating activities02	.04	.9	1.1	2.31	3.36
Job search and interviewing04	.01	1.7	.6	2.40	2.34
Travel related to work27	.07	40.1	12.3	.67	.53
Educational activities58	.22	9.3	5.8	6.25	3.81
Attending class36	.02	6.9	.9	5.28	2.61
Homework and research16	.18	6.6	5.1	2.35	3.47
Travel related to education05	.01	6.6	1.3	.77	.60
Organizational, civic, and religious activities27	.62	14.1	22.3	1.93	2.77
Religious and spiritual activities10	.37	8.1	18.2	1.26	2.01
Volunteering (organizational and civic activities)14	.17	7.1	6.9	1.90	2.51
Volunteer activities13	.17	6.8	6.9	1.94	2.51
Administrative and support activities05	.04	3.0	2.5	1.63	1.50
Social service and care activities (except medical)04	.04	1.9	2.2	1.86	1.95
Indoor and outdoor maintenance, building, and cleanup activities	~0	.01	.2	.3	(³)	2.33
Participating in performance and cultural activities01	.01	.4	.5	2.61	2.16
Attending meetings, conferences, and training02	.02	1.2	.7	1.67	2.32
Civic obligations and participation	~0	~0	.4	~0	(³)	(³)
Travel related to organizational, civic, and religious activities04	.08	6.5	16.4	.54	.47
Leisure and sports	4.57	5.90	95.3	96.4	4.80	6.12
Socializing, relaxing, and leisure	4.14	5.35	94.0	95.7	4.41	5.59

See footnotes at end of table.

Table A-2. 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 on weekdays and weekends, 2012 annual averages — Continued

Women

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	
	Weekdays	Weekends and holidays ²	Weekdays	Weekends and holidays ²	Weekdays	Weekends and holidays ²
Socializing and communicating62	1.10	37.5	42.3	1.65	2.61
Socializing and communicating (except social events)56	.88	36.4	38.6	1.55	2.29
Attending or hosting social events06	.22	2.0	5.9	2.80	3.71
Relaxing and leisure	3.46	4.12	89.9	90.5	3.84	4.56
Watching TV	2.47	2.94	79.3	79.2	3.11	3.71
Arts and entertainment (other than sports)07	.12	2.4	4.6	2.78	2.54
Sports, exercise, and recreation26	.26	18.8	14.7	1.40	1.76
Participating in sports, exercise, and recreation25	.21	18.5	13.6	1.33	1.56
Attending sporting or recreational events02	.04	.6	1.5	2.61	2.93
Travel related to leisure and sports17	.29	29.2	36.1	.58	.82
Telephone calls, mail, and e-mail21	.17	25.3	19.5	.83	.86
Telephone calls (to or from)15	.12	17.4	14.7	.86	.84
Household and personal messages06	.04	11.5	7.1	.51	.58
Household and personal mail and messages02	.02	6.4	2.9	.37	.52
Household and personal e-mail and messages03	.03	6.2	4.5	.55	.58
Travel related to telephone calls	~0	~0	.7	.4	.33	.42
Other activities, not elsewhere classified26	.22	15.9	13.9	1.61	1.58

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

² Holidays are New Year's Day, Easter, Memorial Day, the Fourth of July, Labor Day, Thanksgiving Day, and Christmas Day. In 2012, data were not collected about New Year's Day.

³ Estimate is suppressed because it does not meet the American Time Use Survey publication standards.

~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