

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 on weekdays and weekends, 2008 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	
	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	9.10	10.07	100.0	99.9	9.11	10.07
Sleeping	8.30	9.31	99.9	99.9	8.31	9.32
Grooming69	.65	82.0	73.1	.84	.88
Health-related self care09	.08	6.8	5.3	1.35	1.48
Personal activities01	.02	.8	.9	(³)	(³)
Travel related to personal care01	.02	2.5	2.5	.48	.62
Eating and drinking	1.18	1.35	96.3	95.5	1.22	1.41
Eating and drinking	1.07	1.19	96.2	95.5	1.11	1.25
Travel related to eating and drinking10	.15	23.8	27.9	.44	.55
Household activities	1.57	2.08	73.3	74.6	2.15	2.80
Housework53	.70	34.4	38.0	1.53	1.86
Food preparation and cleanup50	.59	53.0	50.6	.93	1.16
Lawn and garden care16	.25	8.8	10.8	1.86	2.28
Household management12	.15	18.1	18.1	.65	.83
Interior maintenance, repair, and decoration05	.10	2.8	3.6	1.93	2.73
Exterior maintenance, repair, and decoration05	.08	2.4	3.6	1.97	2.16
Animals and pets09	.09	15.4	12.5	.59	.75
Vehicles03	.06	2.4	3.5	1.34	1.69
Appliances, tools, and toys01	.02	1.1	1.6	(³)	1.30
Travel related to household activities04	.05	9.6	9.0	.37	.52
Purchasing goods and services71	.91	43.8	47.0	1.61	1.93
Consumer goods purchases32	.53	38.9	44.8	.82	1.19
Grocery shopping09	.13	11.8	15.5	.72	.82
Professional and personal care services10	.04	10.8	4.4	.91	.97
Financial services and banking01	.00	3.9	1.7	.24	.21
Medical and care services06	.01	4.8	.9	1.33	(³)
Personal care services02	.02	1.8	1.4	1.05	1.32
Household services01	.01	2.3	1.7	.61	.80
Home maintenance, repair, decoration, and construction (not done by self)00	.01	.5	.3	(³)	(³)
Vehicle maintenance and repair services (not done by self)01	.01	1.0	.7	(³)	(³)
Government services00	.00	.6	.2	(³)	(³)
Travel related to purchasing goods and services27	.32	42.2	45.3	.64	.70
Caring for and helping household members57	.44	27.8	22.0	2.05	2.00
Caring for and helping household children44	.37	23.8	18.9	1.83	1.93

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 on weekdays and weekends, 2008 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	
	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)38	.35	23.3	18.7	1.62	1.86
Activities related to household children's education05	.01	5.0	.9	.93	.94
Activities related to household children's health01	.01	1.2	.6	1.04	(³)
Caring for and helping household adults04	.03	5.7	4.4	.63	.70
Caring for household adults02	.02	2.0	1.5	1.13	1.31
Helping household adults01	.01	3.9	2.9	.33	.37
Travel related to caring for and helping household members10	.05	16.2	7.5	.60	.60
Caring for and helping nonhousehold members22	.24	13.0	14.2	1.70	1.67
Caring for and helping nonhousehold children09	.08	5.8	5.3	1.61	1.49
Caring for and helping nonhousehold adults07	.09	8.0	9.6	.85	.91
Caring for nonhousehold adults01	.01	.9	.6	(³)	(³)
Helping nonhousehold adults06	.08	7.5	9.2	.74	.87
Travel related to caring for and helping nonhousehold members06	.07	10.4	10.6	.57	.67
Working and work-related activities	4.74	1.38	56.5	23.8	8.38	5.78
Working	4.29	1.24	54.3	22.1	7.89	5.60
Work-related activities01	.00	1.0	.3	(³)	(³)
Other income-generating activities03	.03	1.1	1.0	(³)	2.76
Job search and interviewing05	.01	1.7	.7	2.69	(³)
Travel related to work35	.09	48.0	15.2	.74	.62
Educational activities61	.14	9.5	4.3	6.46	3.24
Attending class38	.01	7.3	.3	5.25	(³)
Homework and research18	.12	6.6	4.0	2.65	3.00
Travel related to education04	.01	6.8	.8	.64	(³)
Organizational, civic, and religious activities25	.53	12.4	19.8	2.03	2.66
Religious and spiritual activities08	.30	6.4	15.9	1.18	1.90
Volunteering (organizational and civic activities)15	.16	7.1	6.9	2.08	2.32
Volunteer activities14	.16	6.6	6.9	2.13	2.33
Administrative and support activities04	.03	2.7	2.2	1.49	1.38
Social service and care activities (except medical) ..	.03	.05	1.5	2.4	1.98	2.06
Indoor and outdoor maintenance, building, and cleanup activities01	.01	.4	.8	(³)	(³)
Participating in performance and cultural activities ..	.01	.01	.3	.6	(³)	(³)
Attending meetings, conferences, and training01	.01	.8	.6	(³)	(³)
Civic obligations and participation01	.00	.5	.0	(³)	(³)

See footnotes at end of table.

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	Weekdays	Weekends and holidays ²	Weekdays	Weekends and holidays ²	Weekdays	Weekends and holidays ²
Travel related to organizational, civic, and religious activities03	.07	6.4	15.4	.46	.43
Leisure and sports	4.62	6.48	95.8	97.0	4.83	6.68
Socializing, relaxing, and leisure	4.15	5.74	95.0	96.3	4.36	5.96
Socializing and communicating54	1.12	36.2	45.4	1.49	2.46
Socializing and communicating (except social events)51	.94	35.6	42.4	1.43	2.21
Attending or hosting social events03	.18	1.3	4.7	2.17	3.82
Relaxing and leisure	3.55	4.47	91.1	91.8	3.90	4.87
Watching TV	2.55	3.29	80.2	82.6	3.18	3.98
Arts and entertainment (other than sports)06	.15	2.1	5.9	2.68	2.60
Sports, exercise, and recreation30	.40	19.3	18.0	1.57	2.24
Participating in sports, exercise, and recreation27	.35	18.4	16.8	1.47	2.08
Attending sporting or recreational events03	.05	1.2	1.4	(³)	3.72
Travel related to leisure and sports18	.33	31.7	42.0	.56	.78
Telephone calls, mail, and e-mail23	.18	28.0	22.2	.80	.81
Telephone calls (to or from)13	.11	15.8	14.4	.85	.79
Household and personal messages09	.06	16.9	10.9	.53	.58
Household and personal mail and messages03	.01	8.2	3.7	.32	.34
Household and personal e-mail and messages06	.05	10.1	8.0	.63	.64
Travel related to telephone calls00	.00	.5	.3	(³)	(³)
Other activities, not elsewhere classified20	.21	14.7	14.6	1.36	1.45

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.

Data were not collected about Christmas Day in 2008.

³ Data not shown where base is less than 1.2 million.

— Not applicable.

NOTE: Data refer to persons 15 years and over.

Source: American Time Use Survey, Bureau of Labor Statistics