

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, 2006 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 | 9.41 | 9.21 | 9.59 | 100.0 | 100.0 | 100.0 | 9.41 | 9.22 | 9.59 |
| Sleeping | 8.63 | 8.56 | 8.69 | 99.9 | 99.9 | 100.0 | 8.63 | 8.57 | 8.69 |
| Grooming | .67 | .55 | .78 | 80.3 | 77.4 | 83.0 | .83 | .70 | .94 |
| Health-related self care | .09 | .08 | .10 | 6.2 | 5.0 | 7.4 | 1.48 | 1.60 | 1.41 |
| Personal activities | .01 | .01 | .01 | .6 | .6 | .6 | 1.58 | (²) | (²) |
| Travel related to personal care | .01 | .01 | .01 | 2.4 | 2.4 | 2.3 | .55 | .58 | .52 |
| Eating and drinking | 1.23 | 1.25 | 1.22 | 96.0 | 96.0 | 96.1 | 1.29 | 1.31 | 1.27 |
| Eating and drinking | 1.11 | 1.12 | 1.10 | 96.0 | 95.9 | 96.1 | 1.16 | 1.17 | 1.14 |
| Travel related to eating and drinking | .12 | .13 | .12 | 25.9 | 27.0 | 24.9 | .47 | .47 | .47 |
| Household activities | 1.79 | 1.33 | 2.23 | 74.0 | 63.7 | 83.6 | 2.42 | 2.09 | 2.66 |
| Housework | .61 | .25 | .95 | 36.1 | 19.5 | 51.8 | 1.69 | 1.27 | 1.83 |
| Food preparation and cleanup | .53 | .29 | .75 | 51.6 | 37.1 | 65.2 | 1.02 | .79 | 1.15 |
| Lawn and garden care | .20 | .26 | .14 | 10.3 | 11.8 | 8.9 | 1.92 | 2.22 | 1.55 |
| Household management | .13 | .11 | .14 | 18.5 | 15.4 | 21.4 | .68 | .70 | .67 |
| Interior maintenance, repair, and decoration | .08 | .10 | .06 | 3.7 | 4.4 | 3.1 | 2.18 | 2.24 | 2.10 |
| Exterior maintenance, repair, and decoration | .05 | .09 | .02 | 2.9 | 4.2 | 1.7 | 1.80 | 2.04 | 1.23 |
| Animals and pets | .09 | .07 | .10 | 13.4 | 11.2 | 15.4 | .65 | .64 | .65 |
| Vehicles | .05 | .09 | .01 | 3.0 | 4.9 | 1.2 | 1.59 | 1.80 | .78 |
| Appliances, tools, and toys | .02 | .03 | .01 | 1.5 | 2.4 | .7 | 1.30 | 1.43 | .87 |
| Travel related to household activities | .04 | .04 | .04 | 9.1 | 8.5 | 9.7 | .44 | .44 | .44 |
| Purchasing goods and services | .81 | .64 | .96 | 45.5 | 40.3 | 50.3 | 1.78 | 1.60 | 1.91 |
| Consumer goods purchases | .40 | .29 | .51 | 41.1 | 36.3 | 45.6 | .98 | .80 | 1.12 |
| Grocery shopping | .10 | .07 | .13 | 14.1 | 10.2 | 17.7 | .71 | .67 | .74 |
| Professional and personal care services | .09 | .06 | .11 | 8.8 | 6.4 | 11.0 | .98 | .98 | .99 |
| Financial services and banking | .01 | .00 | .01 | 3.0 | 2.1 | 3.8 | .24 | .24 | .25 |
| Medical and care services | .05 | .05 | .05 | 3.6 | 3.1 | 4.0 | 1.37 | 1.49 | 1.27 |
| Personal care services | .02 | .01 | .03 | 1.7 | .8 | 2.5 | 1.11 | (²) | 1.25 |
| Household services | .02 | .02 | .01 | 2.0 | 1.9 | 2.1 | .90 | 1.25 | .61 |
| Home maintenance, repair, decoration, and construction (not done by self) | .01 | .01 | .00 | .5 | .5 | .5 | (²) | (²) | (²) |
| Vehicle maintenance and repair services (not done by self) | .01 | .01 | .01 | .9 | 1.0 | .7 | .82 | (²) | (²) |
| Government services | .01 | .01 | .01 | .6 | .5 | .6 | (²) | (²) | (²) |
| Travel related to purchasing goods and services | .29 | .26 | .32 | 44.1 | 38.9 | 49.0 | .66 | .66 | .66 |
| Caring for and helping household members | .53 | .33 | .71 | 25.2 | 19.9 | 30.2 | 2.09 | 1.64 | 2.37 |
| Caring for and helping household children | .41 | .24 | .57 | 21.6 | 16.5 | 26.4 | 1.90 | 1.48 | 2.15 |
| Caring for and helping household children (except activities related to education and health) | .36 | .22 | .50 | 21.0 | 15.8 | 25.8 | 1.73 | 1.38 | 1.93 |
| Activities related to household children's education | .04 | .02 | .05 | 3.7 | 2.2 | 5.1 | .98 | .95 | .99 |
| Activities related to household children's health | .01 | .00 | .02 | 1.0 | .4 | 1.6 | 1.23 | (²) | 1.26 |
| Caring for and helping household adults | .04 | .03 | .05 | 5.1 | 4.6 | 5.5 | .76 | .65 | .85 |

See footnotes at end of table.

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, 2006 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 |
| Caring for household adults | .03 | .02 | .03 | 2.0 | 1.4 | 2.5 | 1.31 | (²) | 1.31 |
| Helping household adults | .01 | .01 | .01 | 3.3 | 3.4 | 3.2 | .36 | .32 | .41 |
| Travel related to caring for and helping household members | .08 | .05 | .10 | 12.8 | 9.5 | 15.9 | .60 | .56 | .63 |
| Caring for and helping nonhousehold members | .21 | .18 | .24 | 13.1 | 11.3 | 14.8 | 1.63 | 1.63 | 1.62 |
| Caring for and helping nonhousehold children | .08 | .06 | .09 | 5.5 | 4.0 | 7.0 | 1.35 | 1.40 | 1.32 |
| Caring for and helping nonhousehold adults | .07 | .07 | .08 | 8.1 | 7.5 | 8.7 | .92 | .93 | .91 |
| Caring for nonhousehold adults | .01 | .00 | .02 | .7 | .3 | 1.1 | 1.48 | (²) | 1.53 |
| Helping nonhousehold adults | .06 | .07 | .06 | 7.8 | 7.4 | 8.1 | .82 | .89 | .76 |
| Travel related to caring for and helping nonhousehold members | .06 | .06 | .07 | 10.5 | 9.6 | 11.3 | .60 | .61 | .60 |
| Working and work-related activities | 3.75 | 4.53 | 3.02 | 46.5 | 52.6 | 40.8 | 8.06 | 8.60 | 7.40 |
| Working | 3.40 | 4.10 | 2.74 | 44.8 | 51.0 | 39.0 | 7.59 | 8.04 | 7.04 |
| Work-related activities | .01 | .01 | .00 | .5 | .6 | .4 | (²) | (²) | (²) |
| Other income-generating activities | .02 | .02 | .03 | .9 | .8 | 1.0 | 2.74 | (²) | (²) |
| Job search and interviewing | .02 | .03 | .02 | 1.3 | 1.4 | 1.1 | 1.78 | (²) | (²) |
| Travel related to work | .29 | .37 | .22 | 39.0 | 44.0 | 34.3 | .75 | .84 | .64 |
| Educational activities | .49 | .45 | .53 | 9.4 | 8.6 | 10.1 | 5.20 | 5.19 | 5.21 |
| Attending class | .30 | .29 | .32 | 6.8 | 6.4 | 7.1 | 4.51 | 4.55 | 4.47 |
| Homework and research | .15 | .12 | .17 | 6.0 | 5.2 | 6.8 | 2.42 | 2.35 | 2.46 |
| Travel related to education | .03 | .03 | .04 | 6.1 | 5.7 | 6.4 | .54 | .48 | .59 |
| Organizational, civic, and religious activities | .30 | .29 | .31 | 13.3 | 12.0 | 14.5 | 2.26 | 2.39 | 2.16 |
| Religious and spiritual activities | .12 | .11 | .13 | 7.7 | 6.5 | 8.8 | 1.57 | 1.62 | 1.54 |
| Volunteering (organizational and civic activities) | .13 | .13 | .13 | 6.7 | 6.2 | 7.1 | 2.00 | 2.14 | 1.88 |
| Volunteer activities | .13 | .13 | .13 | 6.4 | 5.9 | 6.9 | 2.02 | 2.19 | 1.89 |
| Administrative and support activities | .03 | .02 | .04 | 2.4 | 2.0 | 2.8 | 1.28 | 1.20 | 1.34 |
| Social service and care activities (except medical) .. | .03 | .03 | .03 | 1.6 | 1.5 | 1.6 | 1.74 | 1.76 | 1.71 |
| Indoor and outdoor maintenance, building, and cleanup activities | .01 | .01 | .00 | .4 | .7 | .2 | 1.95 | (²) | (²) |
| Participating in performance and cultural activities .. | .01 | .01 | .01 | .6 | .5 | .7 | 1.79 | (²) | (²) |
| Attending meetings, conferences, and training | .02 | .02 | .01 | .9 | 1.0 | .7 | 1.88 | (²) | (²) |
| Civic obligations and participation | .00 | .00 | .00 | .3 | .3 | .2 | (²) | (²) | (²) |
| Travel related to organizational, civic, and religious activities | .05 | .05 | .04 | 9.2 | 8.8 | 9.5 | .50 | .54 | .47 |
| Leisure and sports | 5.09 | 5.47 | 4.72 | 96.4 | 96.4 | 96.4 | 5.28 | 5.68 | 4.90 |
| Socializing, relaxing, and leisure | 4.53 | 4.78 | 4.29 | 95.4 | 95.4 | 95.4 | 4.75 | 5.02 | 4.50 |
| Socializing and communicating | .76 | .71 | .80 | 40.4 | 37.4 | 43.2 | 1.87 | 1.90 | 1.84 |
| Socializing and communicating (except social events) | .67 | .62 | .71 | 38.9 | 35.8 | 41.7 | 1.72 | 1.74 | 1.70 |
| Attending or hosting social events | .09 | .09 | .09 | 3.1 | 3.0 | 3.1 | 2.84 | 2.95 | 2.75 |
| Relaxing and leisure | 3.68 | 3.99 | 3.39 | 90.9 | 91.6 | 90.3 | 4.05 | 4.36 | 3.76 |
| Watching TV | 2.58 | 2.80 | 2.36 | 79.5 | 80.8 | 78.2 | 3.24 | 3.46 | 3.02 |
| Arts and entertainment (other than sports) | .09 | .08 | .10 | 3.6 | 3.2 | 4.0 | 2.49 | 2.47 | 2.50 |

See footnotes at end of table.

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, 2006 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 |
| Sports, exercise, and recreation | .32 | .42 | .21 | 18.1 | 20.6 | 15.7 | 1.74 | 2.05 | 1.36 |
| Participating in sports, exercise, and recreation | .28 | .38 | .18 | 17.1 | 19.5 | 14.8 | 1.63 | 1.96 | 1.24 |
| Attending sporting or recreational events | .03 | .04 | .03 | 1.2 | 1.3 | 1.1 | 2.90 | 3.05 | 2.73 |
| Travel related to leisure and sports | .24 | .26 | .22 | 36.2 | 37.6 | 34.9 | .67 | .70 | .63 |
| Telephone calls, mail, and e-mail | .19 | .12 | .26 | 25.9 | 19.2 | 32.3 | .73 | .63 | .79 |
| Telephone calls (to or from) | .12 | .06 | .17 | 16.0 | 9.2 | 22.4 | .74 | .63 | .78 |
| Household and personal messages | .07 | .06 | .08 | 14.0 | 12.2 | 15.8 | .50 | .50 | .51 |
| Household and personal mail and messages | .02 | .02 | .03 | 7.4 | 6.0 | 8.7 | .31 | .26 | .34 |
| Household and personal e-mail and messages | .05 | .05 | .05 | 7.8 | 7.1 | 8.4 | .62 | .64 | .60 |
| Travel related to telephone calls | .00 | .00 | .00 | .5 | .3 | .7 | .27 | (²) | (²) |
| Other activities, not elsewhere classified | .21 | .20 | .22 | 13.9 | 12.2 | 15.5 | 1.50 | 1.64 | 1.39 |

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

² Data not shown where base is less than 1.2 million.

— Not applicable.

NOTE: Data refer to persons 15 years and over.