

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, 2004 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	9.04	10.05	100.0	100.0	9.05	10.06
Sleeping	8.25	9.29	100.0	99.9	8.25	9.30
Grooming67	.64	81.9	73.5	.82	.88
Health-related self care10	.08	6.7	4.9	1.44	1.72
Personal activities01	.01	.5	.8	(³)	(³)
Travel related to personal care01	.02	2.5	2.4	.53	.75
Eating and drinking	1.19	1.38	97.3	96.3	1.22	1.43
Eating and drinking	1.08	1.19	97.3	96.3	1.11	1.24
Travel related to eating and drinking11	.18	24.7	29.6	.43	.61
Household activities	1.69	2.08	73.8	74.7	2.29	2.79
Housework55	.69	36.4	39.8	1.51	1.74
Food preparation and cleanup51	.53	52.8	47.5	.96	1.11
Lawn and garden care17	.25	9.5	11.1	1.81	2.26
Household management14	.15	17.1	15.5	.79	.95
Interior maintenance, repair, and decoration10	.13	4.0	5.0	2.56	2.62
Exterior maintenance, repair, and decoration05	.09	2.6	4.0	1.77	2.31
Animals and pets08	.07	13.8	11.1	.54	.61
Vehicles04	.08	2.6	4.3	1.51	1.95
Appliances, tools, and toys02	.03	1.3	1.7	1.39	1.78
Travel related to household activities04	.05	9.6	9.2	.39	.56
Purchasing goods and services76	.95	45.6	46.0	1.66	2.06
Consumer goods purchases34	.56	40.0	44.2	.85	1.27
Grocery shopping10	.13	14.1	16.8	.68	.76
Professional and personal care services11	.04	11.5	4.4	.98	.87
Financial services and banking01	.00	4.6	1.6	.27	.20
Medical and care services06	.01	4.5	.5	1.39	(³)
Personal care services03	.02	2.2	1.4	1.26	1.14
Household services02	.01	2.8	1.7	.68	.70
Home maintenance, repair, decoration, and construction (not done by self)01	.00	.6	.3	1.53	(³)
Vehicle maintenance and repair services (not done by self)01	.01	1.3	.8	.58	.78
Government services00	.00	.6	.1	(³)	(³)
Travel related to purchasing goods and services28	.33	44.3	45.1	.63	.74
Caring for and helping household members59	.49	28.1	23.1	2.10	2.11
Caring for and helping household children44	.40	23.2	19.1	1.89	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 on weekdays and weekends, 2004 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	.38	22.7	18.6	1.67	2.04
Activities related to household children's education05	.02	4.6	1.2	.98	1.33
Activities related to household children's health02	.01	1.2	.6	1.31	1.29
Caring for and helping household adults05	.04	6.7	5.5	.77	.68
Caring for household adults03	.02	2.6	1.7	1.31	1.19
Helping household adults02	.02	4.6	3.9	.38	.43
Travel related to caring for and helping household members10	.05	16.5	7.5	.61	.61
Caring for and helping nonhousehold members26	.31	14.9	16.2	1.72	1.94
Caring for and helping nonhousehold children08	.09	6.1	5.7	1.38	1.56
Caring for and helping nonhousehold adults09	.13	9.6	11.1	.96	1.21
Caring for nonhousehold adults03	.03	1.5	1.3	1.81	2.14
Helping nonhousehold adults07	.11	8.7	10.2	.75	1.04
Travel related to caring for and helping nonhousehold members08	.09	12.6	13.2	.63	.65
Working and work-related activities	4.60	1.40	55.1	23.3	8.34	6.00
Working	4.19	1.24	52.9	21.4	7.91	5.81
Work-related activities01	.00	.6	.2	(³)	(³)
Other income-generating activities03	.04	1.0	1.2	2.46	3.48
Job search and interviewing03	.01	1.7	.9	1.66	(³)
Travel related to work35	.11	47.6	16.4	.74	.64
Educational activities62	.19	10.2	6.5	6.13	2.97
Attending class42	.04	8.4	2.2	5.02	1.91
Homework and research15	.13	6.0	4.5	2.43	2.99
Travel related to education05	.01	8.1	2.0	.61	.36
Organizational, civic, and religious activities22	.54	11.0	19.6	2.00	2.77
Religious and spiritual activities05	.31	4.3	15.4	1.07	2.00
Volunteering (organizational and civic activities)14	.16	7.3	6.6	1.98	2.41
Volunteer activities14	.16	7.0	6.5	2.01	2.42
Administrative and support activities04	.04	3.3	2.4	1.29	1.54
Social service and care activities (except medical) ..	.04	.04	1.9	2.0	2.01	1.77
Indoor and outdoor maintenance, building, and cleanup activities01	.01	.5	.9	(³)	1.62
Participating in performance and cultural activities ..	.00	.02	.2	.7	(³)	2.14
Attending meetings, conferences, and training02	.01	.9	.7	2.14	2.15
Civic obligations and participation00	.00	.4	.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	.08	6.4	15.6	.44	.48
Leisure and sports	4.71	6.28	96.0	97.2	4.91	6.46
Socializing, relaxing, and leisure	4.24	5.55	95.1	96.7	4.46	5.74
Socializing and communicating59	1.13	38.1	44.7	1.54	2.52
Socializing and communicating (except social events)54	.93	36.7	41.4	1.46	2.23
Attending or hosting social events05	.20	2.4	6.0	2.12	3.34
Relaxing and leisure	3.58	4.23	91.5	91.8	3.91	4.61
Watching TV	2.48	3.02	80.2	81.2	3.09	3.72
Arts and entertainment (other than sports)07	.19	2.8	7.4	2.47	2.59
Sports, exercise, and recreation29	.41	18.8	17.9	1.55	2.28
Participating in sports, exercise, and recreation27	.35	18.1	16.7	1.49	2.12
Attending sporting or recreational events02	.05	.9	1.6	2.27	3.24
Travel related to leisure and sports19	.32	32.9	42.7	.57	.75
Telephone calls, mail, and e-mail19	.18	26.7	20.6	.69	.88
Telephone calls (to or from)12	.13	16.6	15.2	.70	.82
Household and personal messages07	.05	14.1	7.5	.47	.66
Household and personal mail and messages03	.02	9.3	4.1	.34	.49
Household and personal e-mail and messages03	.03	6.0	4.0	.58	.72
Travel related to telephone calls00	.00	.5	.6	(³)	(³)
Other activities, not elsewhere classified14	.15	10.7	11.1	1.27	1.36

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 2004, data were not collected about Thanksgiving Day.

³ Data not shown where base is less than 800,000.

— Not applicable.

NOTE: Data refer to persons 15 years and over.

Source: American Time Use Survey, Bureau of Labor Statistics