

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, 2008 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	9.10	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 by sex 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
Total						
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 activities01	.01	.3	.6	(³)	(³)
Attending meetings, conferences, and training01	.01	.8	.6	(³)	(³)
Civic obligations and participation01	.00	.5	.0	(³)	(³)
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

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, 2008 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 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

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, 2008 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	8.95	9.87	100.0	99.9	8.95	9.89
Sleeping	8.27	9.25	99.9	99.8	8.28	9.26
Grooming58	.51	80.1	68.5	.72	.75
Health-related self care06	.07	5.3	3.6	1.20	2.04
Personal activities02	.02	.9	1.2	(³)	(³)
Travel related to personal care01	.02	3.2	2.8	.44	.62
Eating and drinking	1.23	1.39	97.1	95.2	1.27	1.46
Eating and drinking	1.12	1.23	97.1	95.2	1.15	1.29
Travel related to eating and drinking11	.16	26.5	29.3	.43	.56
Household activities	1.12	1.72	63.1	66.7	1.77	2.58
Housework20	.34	18.4	22.7	1.09	1.51
Food preparation and cleanup27	.38	38.7	37.8	.69	1.00
Lawn and garden care22	.34	10.0	13.3	2.23	2.55
Household management08	.14	14.0	15.7	.57	.91
Interior maintenance, repair, and decoration09	.12	3.6	4.5	2.43	2.65
Exterior maintenance, repair, and decoration07	.11	3.3	4.9	2.14	2.34
Animals and pets08	.09	12.5	11.2	.64	.82
Vehicles06	.11	3.8	6.1	1.53	1.83
Appliances, tools, and toys02	.03	1.6	2.3	(³)	1.13
Travel related to household activities03	.05	8.3	8.9	.41	.57
Purchasing goods and services53	.77	37.4	43.4	1.41	1.77
Consumer goods purchases22	.42	33.0	41.5	.67	1.02
Grocery shopping05	.09	8.5	12.2	.62	.77
Professional and personal care services07	.03	8.0	3.6	.85	.80
Financial services and banking01	.00	3.7	1.8	.26	(³)
Medical and care services05	.01	3.2	.7	1.53	(³)
Personal care services01	.01	1.1	.8	(³)	(³)
Household services01	.02	2.2	1.8	(³)	(³)
Home maintenance, repair, decoration, and construction (not done by self)00	.01	.4	.4	(³)	(³)
Vehicle maintenance and repair services (not done by self)01	.01	1.0	.8	(³)	(³)
Government services00	.00	.4	.2	(³)	(³)
Travel related to purchasing goods and services22	.30	36.1	41.8	.62	.71
Caring for and helping household members36	.34	21.8	18.2	1.67	1.87
Caring for and helping household children28	.27	18.1	15.2	1.53	1.77

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, 2008 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)24	.26	17.5	15.0	1.40	1.73
Activities related to household children's education03	.01	2.8	.8	.98	(³)
Activities related to household children's health00	.00	.5	.3	(³)	(³)
Caring for and helping household adults02	.03	4.8	4.0	.47	.87
Caring for household adults01	.02	1.1	1.4	(³)	(³)
Helping household adults01	.01	3.9	2.6	.37	.51
Travel related to caring for and helping household members07	.04	11.4	6.4	.58	.56
Caring for and helping nonhousehold members17	.22	10.2	12.9	1.63	1.69
Caring for and helping nonhousehold children04	.06	3.4	4.3	1.28	1.37
Caring for and helping nonhousehold adults07	.09	7.3	9.1	.95	1.03
Caring for nonhousehold adults01	.01	.5	.5	(³)	(³)
Helping nonhousehold adults06	.09	6.9	8.7	.93	.99
Travel related to caring for and helping nonhousehold members05	.07	8.9	10.2	.59	.65
Working and work-related activities	5.73	1.68	64.6	27.5	8.87	6.10
Working	5.15	1.50	62.0	25.5	8.32	5.89
Work-related activities02	.00	1.5	.3	(³)	(³)
Other income-generating activities03	.03	1.0	1.1	(³)	(³)
Job search and interviewing07	.02	2.4	.8	(³)	(³)
Travel related to work46	.13	55.8	17.8	.82	.72
Educational activities56	.10	8.3	3.4	6.71	3.00
Attending class38	.00	7.1	.1	5.38	(³)
Homework and research12	.09	5.2	3.3	2.40	2.81
Travel related to education04	.00	6.4	.5	.60	(³)
Organizational, civic, and religious activities23	.47	10.4	17.1	2.18	2.76
Religious and spiritual activities06	.25	5.2	13.5	1.16	1.88
Volunteering (organizational and civic activities)14	.16	6.0	6.1	2.30	2.57
Volunteer activities13	.16	5.6	6.1	2.33	2.58
Administrative and support activities03	.02	2.0	1.8	(³)	(³)
Social service and care activities (except medical)03	.04	1.3	1.9	(³)	(³)
Indoor and outdoor maintenance, building, and cleanup activities01	.02	.5	1.0	(³)	(³)
Participating in performance and cultural activities00	.01	.2	.5	(³)	(³)
Attending meetings, conferences, and training01	.01	.7	.7	(³)	(³)
Civic obligations and participation01	.00	.5	.0	(³)	(³)
Travel related to organizational, civic, and religious activities03	.06	5.8	13.2	.47	.45
Leisure and sports	4.84	7.11	96.0	97.1	5.04	7.32
Socializing, relaxing, and leisure	4.27	6.17	95.1	96.0	4.49	6.42

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, 2008 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 communicating49	1.06	33.3	42.6	1.46	2.49
Socializing and communicating (except social events)47	.89	32.8	39.8	1.43	2.23
Attending or hosting social events02	.18	.9	4.5	(³)	3.94
Relaxing and leisure	3.72	4.94	92.2	91.8	4.03	5.38
Watching TV	2.72	3.70	81.9	83.4	3.32	4.43
Arts and entertainment (other than sports)06	.16	2.2	5.9	(³)	2.67
Sports, exercise, and recreation39	.57	22.0	22.2	1.78	2.56
Participating in sports, exercise, and recreation36	.50	21.1	20.8	1.69	2.40
Attending sporting or recreational events03	.06	1.3	1.6	(³)	(³)
Travel related to leisure and sports18	.37	31.9	43.5	.57	.86
Telephone calls, mail, and e-mail14	.12	21.9	16.5	.64	.75
Telephone calls (to or from)07	.07	10.3	9.3	.70	.75
Household and personal messages07	.05	13.7	8.9	.49	.60
Household and personal mail and messages02	.01	6.6	2.9	.29	.33
Household and personal e-mail and messages05	.04	7.9	6.4	.60	.69
Travel related to telephone calls00	.00	.3	.3	(³)	(³)
Other activities, not elsewhere classified15	.20	12.2	13.6	1.25	1.46

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, 2008 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	9.25	10.25	99.9	100.0	9.25	10.25
Sleeping	8.33	9.36	99.9	100.0	8.34	9.37
Grooming78	.77	83.8	77.3	.94	.99
Health-related self care12	.08	8.2	6.9	1.44	1.20
Personal activities01	.02	.7	.7	(³)	(³)
Travel related to personal care01	.01	1.9	2.3	.54	.63
Eating and drinking	1.13	1.31	95.5	95.8	1.18	1.36
Eating and drinking	1.03	1.16	95.5	95.8	1.08	1.21
Travel related to eating and drinking09	.14	21.2	26.6	.45	.53
Household activities	2.00	2.43	82.9	82.0	2.41	2.96
Housework84	1.05	49.4	52.3	1.69	2.00
Food preparation and cleanup71	.78	66.5	62.7	1.07	1.25
Lawn and garden care11	.16	7.7	8.4	1.41	1.88
Household management15	.16	21.9	20.4	.69	.76
Interior maintenance, repair, and decoration02	.08	2.0	2.7	(³)	2.86
Exterior maintenance, repair, and decoration02	.04	1.5	2.4	(³)	1.80
Animals and pets10	.09	18.0	13.7	.56	.69
Vehicles01	.01	1.0	1.0	(³)	(³)
Appliances, tools, and toys00	.02	.6	.9	(³)	(³)
Travel related to household activities04	.04	10.8	9.0	.34	.48
Purchasing goods and services87	1.04	49.9	50.4	1.75	2.07
Consumer goods purchases41	.64	44.3	48.0	.92	1.33
Grocery shopping12	.16	15.0	18.6	.78	.86
Professional and personal care services13	.06	13.5	5.2	.95	1.09
Financial services and banking01	.00	4.1	1.6	.23	(³)
Medical and care services08	.02	6.3	1.0	1.23	(³)
Personal care services03	.03	2.5	2.0	1.20	1.48
Household services02	.01	2.3	1.6	.66	(³)
Home maintenance, repair, decoration, and construction (not done by self)01	.00	.6	.3	(³)	(³)
Vehicle maintenance and repair services (not done by self)01	.00	1.0	.7	(³)	(³)
Government services01	.00	.8	.1	(³)	(³)
Travel related to purchasing goods and services32	.34	48.0	48.6	.66	.69
Caring for and helping household members77	.54	33.5	25.7	2.29	2.09
Caring for and helping household children59	.46	29.3	22.5	2.01	2.03

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, 2008 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)50	.43	28.7	22.1	1.75	1.95
Activities related to household children's education07	.01	7.2	1.1	.91	(³)
Activities related to household children's health02	.01	1.8	.9	1.08	(³)
Caring for and helping household adults05	.03	6.5	4.7	.75	.58
Caring for household adults04	.02	2.8	1.7	1.29	(³)
Helping household adults01	.01	4.0	3.1	.30	.26
Travel related to caring for and helping household members13	.05	20.7	8.6	.62	.63
Caring for and helping nonhousehold members27	.26	15.6	15.4	1.74	1.65
Caring for and helping nonhousehold children14	.10	8.0	6.2	1.74	1.57
Caring for and helping nonhousehold adults07	.08	8.7	10.1	.77	.82
Caring for nonhousehold adults02	.01	1.2	.6	(³)	(³)
Helping nonhousehold adults05	.07	8.1	9.6	.58	.77
Travel related to caring for and helping nonhousehold members07	.08	11.9	11.0	.56	.69
Working and work-related activities	3.80	1.09	48.8	20.3	7.78	5.37
Working	3.47	.99	47.1	18.9	7.38	5.25
Work-related activities00	.01	.4	.3	(³)	(³)
Other income-generating activities04	.02	1.2	1.0	(³)	(³)
Job search and interviewing03	.01	1.1	.7	(³)	(³)
Travel related to work26	.06	40.5	12.8	.63	.50
Educational activities67	.17	10.6	5.0	6.27	3.40
Attending class38	.01	7.4	.4	5.13	(³)
Homework and research22	.15	8.0	4.7	2.80	3.13
Travel related to education05	.01	7.2	1.0	.67	(³)
Organizational, civic, and religious activities28	.58	14.3	22.5	1.93	2.59
Religious and spiritual activities09	.35	7.5	18.2	1.19	1.90
Volunteering (organizational and civic activities)16	.16	8.1	7.6	1.93	2.14
Volunteer activities15	.16	7.6	7.6	1.99	2.14
Administrative and support activities05	.04	3.3	2.5	1.42	1.52
Social service and care activities (except medical)03	.05	1.8	2.9	1.75	1.88
Indoor and outdoor maintenance, building, and cleanup activities01	.01	.3	.6	(³)	(³)
Participating in performance and cultural activities01	.02	.5	.8	(³)	(³)
Attending meetings, conferences, and training02	.01	1.0	.6	(³)	(³)
Civic obligations and participation00	.00	.5	.0	(³)	(³)
Travel related to organizational, civic, and religious activities03	.07	7.0	17.4	.45	.42
Leisure and sports	4.42	5.88	95.6	96.9	4.63	6.07
Socializing, relaxing, and leisure	4.03	5.34	95.0	96.6	4.24	5.53

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, 2008 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 communicating59	1.17	38.9	48.0	1.51	2.43
Socializing and communicating (except social events)55	.98	38.1	44.8	1.43	2.19
Attending or hosting social events04	.18	1.7	4.9	(³)	3.73
Relaxing and leisure	3.40	4.02	90.1	91.7	3.77	4.39
Watching TV	2.39	2.90	78.6	81.9	3.04	3.55
Arts and entertainment (other than sports)05	.15	1.9	6.0	2.62	2.53
Sports, exercise, and recreation22	.25	16.7	14.1	1.30	1.78
Participating in sports, exercise, and recreation19	.21	15.9	13.0	1.20	1.59
Attending sporting or recreational events03	.04	1.1	1.2	(³)	(³)
Travel related to leisure and sports17	.29	31.6	40.6	.55	.71
Telephone calls, mail, and e-mail31	.23	33.8	27.5	.90	.84
Telephone calls (to or from)19	.15	21.0	19.1	.92	.81
Household and personal messages11	.07	19.9	12.8	.56	.57
Household and personal mail and messages03	.02	9.7	4.5	.34	.35
Household and personal e-mail and messages08	.06	12.1	9.5	.65	.61
Travel related to telephone calls00	.00	.6	.4	(³)	(³)
Other activities, not elsewhere classified24	.22	16.9	15.5	1.43	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