

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, 2009 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	9.20	10.04	100.0	100.0	9.20	10.04
Sleeping	8.39	9.33	99.9	99.9	8.40	9.34
Grooming69	.61	81.2	72.0	.85	.85
Health-related self care08	.07	6.4	5.3	1.33	1.26
Personal activities01	.01	.8	.9	(³)	(³)
Travel related to personal care02	.01	2.3	2.3	.73	.64
Eating and drinking	1.18	1.33	96.7	95.9	1.22	1.39
Eating and drinking	1.08	1.18	96.6	95.8	1.11	1.23
Travel related to eating and drinking10	.15	24.4	27.0	.41	.56
Household activities	1.70	2.04	76.0	76.4	2.23	2.67
Housework55	.71	35.5	38.1	1.55	1.87
Food preparation and cleanup52	.59	55.8	51.6	.93	1.15
Lawn and garden care18	.24	9.0	10.3	2.02	2.30
Household management13	.14	19.4	18.3	.68	.76
Interior maintenance, repair, and decoration07	.09	2.9	4.0	2.56	2.25
Exterior maintenance, repair, and decoration05	.07	2.8	3.5	1.80	1.91
Animals and pets10	.08	15.8	12.8	.61	.66
Vehicles03	.05	2.3	3.0	1.41	1.65
Appliances, tools, and toys02	.02	1.5	1.7	1.18	1.12
Travel related to household activities05	.05	10.1	9.5	.45	.52
Purchasing goods and services72	.87	43.7	46.0	1.64	1.88
Consumer goods purchases33	.50	38.7	43.9	.84	1.15
Grocery shopping09	.14	13.4	16.0	.70	.86
Professional and personal care services11	.04	10.4	4.4	1.01	.90
Financial services and banking01	.01	3.8	1.9	.33	.27
Medical and care services07	.01	4.8	.6	1.50	(³)
Personal care services01	.02	1.5	1.4	.94	1.08
Household services02	.01	2.1	1.7	.73	.62
Home maintenance, repair, decoration, and construction (not done by self)01	.00	.5	.3	(³)	(³)
Vehicle maintenance and repair services (not done by self)01	.01	1.0	.9	.71	.69
Government services01	.00	.7	.1	(³)	(³)
Travel related to purchasing goods and services26	.31	42.0	44.5	.62	.70
Caring for and helping household members57	.46	26.6	21.9	2.15	2.10
Caring for and helping household children44	.39	22.8	18.8	1.94	2.10

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, 2009 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)39	.37	22.2	18.5	1.75	2.02
Activities related to household children's education04	.01	4.7	1.1	.94	1.05
Activities related to household children's health01	.01	1.1	.4	1.04	(³)
Caring for and helping household adults04	.03	5.3	4.3	.68	.59
Caring for household adults02	.01	2.3	1.4	.96	.85
Helping household adults01	.01	3.3	2.9	.42	.44
Travel related to caring for and helping household members09	.04	14.7	7.4	.62	.55
Caring for and helping nonhousehold members19	.26	12.7	15.0	1.48	1.70
Caring for and helping nonhousehold children07	.08	5.2	5.8	1.29	1.36
Caring for and helping nonhousehold adults06	.10	8.1	10.1	.71	1.04
Caring for nonhousehold adults01	.01	.8	.6	(³)	(³)
Helping nonhousehold adults05	.10	7.8	9.7	.60	1.02
Travel related to caring for and helping nonhousehold members06	.07	10.6	11.8	.59	.61
Working and work-related activities	4.50	1.24	54.5	23.9	8.27	5.19
Working	4.06	1.09	51.5	21.9	7.88	5.00
Work-related activities01	.00	.5	.3	(³)	(³)
Other income-generating activities03	.04	1.1	1.4	(³)	2.68
Job search and interviewing06	.01	2.7	.9	2.08	(³)
Travel related to work35	.09	46.0	14.2	.77	.65
Educational activities58	.21	9.4	5.3	6.12	3.85
Attending class36	.03	7.1	.9	5.08	(³)
Homework and research16	.15	6.2	4.4	2.66	3.35
Travel related to education04	.01	6.7	1.1	.56	(³)
Organizational, civic, and religious activities23	.58	11.9	20.8	1.96	2.81
Religious and spiritual activities07	.32	5.8	16.5	1.24	1.94
Volunteering (organizational and civic activities)13	.19	7.1	7.5	1.91	2.57
Volunteer activities13	.19	6.9	7.5	1.94	2.57
Administrative and support activities04	.05	3.1	2.6	1.33	2.04
Social service and care activities (except medical)03	.05	1.8	2.4	1.66	2.18
Indoor and outdoor maintenance, building, and cleanup activities01	.01	.5	.7	(³)	(³)
Participating in performance and cultural activities01	.01	.3	.8	(³)	(³)
Attending meetings, conferences, and training02	.02	1.1	.7	1.89	(³)
Civic obligations and participation00	.00	.2	.0	(³)	(³)
Travel related to organizational, civic, and religious activities03	.07	6.0	15.7	.45	.47
Leisure and sports	4.71	6.53	95.6	97.2	4.93	6.71
Socializing, relaxing, and leisure	4.22	5.80	94.5	96.7	4.47	6.00

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, 2009 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 communicating52	1.10	36.4	45.6	1.44	2.42
Socializing and communicating (except social events)49	.94	35.6	42.9	1.38	2.19
Attending or hosting social events03	.16	1.3	4.9	2.50	3.35
Relaxing and leisure	3.65	4.53	91.3	92.2	4.00	4.91
Watching TV	2.61	3.32	81.3	83.1	3.21	4.00
Arts and entertainment (other than sports)04	.16	1.8	6.2	2.44	2.61
Sports, exercise, and recreation31	.39	19.2	18.0	1.61	2.16
Participating in sports, exercise, and recreation29	.34	18.8	16.8	1.56	2.03
Attending sporting or recreational events02	.05	.8	1.5	(³)	3.07
Travel related to leisure and sports18	.34	32.3	42.5	.55	.79
Telephone calls, mail, and e-mail20	.19	27.0	22.6	.74	.84
Telephone calls (to or from)11	.12	15.5	14.9	.73	.78
Household and personal messages08	.07	15.9	10.3	.52	.66
Household and personal mail and messages02	.02	7.3	3.3	.31	.49
Household and personal e-mail and messages06	.05	10.2	7.5	.59	.70
Travel related to telephone calls00	.00	.7	.9	(³)	(³)
Other activities, not elsewhere classified23	.27	15.5	16.3	1.51	1.63

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, 2009 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	8.98	9.90	100.0	99.9	8.98	9.91
Sleeping	8.31	9.33	99.8	99.8	8.33	9.34
Grooming57	.48	77.9	66.7	.73	.72
Health-related self care08	.06	4.9	4.2	1.59	1.39
Personal activities01	.02	.9	1.2	(³)	(³)
Travel related to personal care01	.02	2.6	2.7	.52	.70
Eating and drinking	1.22	1.33	96.5	95.2	1.27	1.40
Eating and drinking	1.12	1.17	96.5	95.1	1.16	1.23
Travel related to eating and drinking10	.16	25.4	26.9	.41	.59
Household activities	1.20	1.62	66.1	67.9	1.82	2.39
Housework21	.36	19.0	23.1	1.11	1.56
Food preparation and cleanup27	.34	40.8	37.9	.66	.91
Lawn and garden care26	.33	11.0	12.5	2.32	2.64
Household management10	.12	16.4	16.2	.63	.77
Interior maintenance, repair, and decoration08	.10	3.1	4.4	2.69	2.27
Exterior maintenance, repair, and decoration08	.10	3.9	4.7	2.07	2.13
Animals and pets08	.08	12.9	11.2	.59	.71
Vehicles06	.09	3.8	5.2	1.63	1.77
Appliances, tools, and toys02	.03	1.8	2.4	(³)	1.46
Travel related to household activities04	.06	8.2	9.1	.46	.65
Purchasing goods and services59	.74	38.0	42.1	1.56	1.76
Consumer goods purchases25	.40	33.9	40.1	.74	1.00
Grocery shopping07	.11	10.2	13.4	.66	.81
Professional and personal care services08	.03	7.7	3.4	.99	.93
Financial services and banking01	.00	3.1	1.5	.40	(³)
Medical and care services05	.02	3.0	.5	1.63	(³)
Personal care services01	.01	1.2	1.0	(³)	(³)
Household services01	.01	1.8	1.9	(³)	(³)
Home maintenance, repair, decoration, and construction (not done by self)00	.00	.4	.4	(³)	(³)
Vehicle maintenance and repair services (not done by self)01	.01	1.1	.9	(³)	(³)
Government services01	.00	.8	.1	(³)	(³)
Travel related to purchasing goods and services24	.30	36.6	40.6	.66	.73
Caring for and helping household members37	.36	21.3	17.7	1.73	2.05
Caring for and helping household children27	.30	17.3	14.3	1.57	2.09

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, 2009 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	.29	16.6	14.1	1.47	2.04
Activities related to household children's education02	.01	2.6	.7	.87	(³)
Activities related to household children's health01	.01	.5	.1	(³)	(³)
Caring for and helping household adults04	.03	5.3	4.5	.68	.57
Caring for household adults02	.01	2.0	1.5	(³)	(³)
Helping household adults01	.02	3.5	3.1	.37	.48
Travel related to caring for and helping household members06	.04	10.4	6.5	.58	.59
Caring for and helping nonhousehold members16	.26	10.6	13.5	1.55	1.96
Caring for and helping nonhousehold children05	.06	3.9	4.6	1.17	1.35
Caring for and helping nonhousehold adults06	.13	7.0	9.7	.82	1.37
Caring for nonhousehold adults01	.00	.4	.2	(³)	(³)
Helping nonhousehold adults05	.13	6.9	9.5	.71	1.38
Travel related to caring for and helping nonhousehold members06	.07	9.2	11.3	.66	.62
Working and work-related activities	5.43	1.51	62.5	27.0	8.68	5.60
Working	4.86	1.33	58.7	24.4	8.29	5.44
Work-related activities01	.01	.5	.4	(³)	(³)
Other income-generating activities03	.03	1.4	1.5	(³)	(³)
Job search and interviewing07	.02	3.5	1.3	2.04	(³)
Travel related to work45	.12	52.8	16.5	.86	.74
Educational activities54	.18	8.5	4.7	6.34	3.74
Attending class36	.02	7.0	.8	5.11	(³)
Homework and research14	.14	5.4	3.9	2.65	3.45
Travel related to education04	.01	6.8	.9	.53	(³)
Organizational, civic, and religious activities21	.57	10.3	17.8	2.04	3.19
Religious and spiritual activities06	.28	4.2	13.5	1.39	2.06
Volunteering (organizational and civic activities)13	.22	6.9	7.7	1.84	2.85
Volunteer activities13	.22	6.7	7.7	1.88	2.84
Administrative and support activities04	.05	3.0	2.6	1.36	1.96
Social service and care activities (except medical)03	.06	1.5	2.4	(³)	2.66
Indoor and outdoor maintenance, building, and cleanup activities01	.02	.7	1.0	(³)	(³)
Participating in performance and cultural activities01	.01	.3	.7	(³)	(³)
Attending meetings, conferences, and training02	.02	1.1	.8	(³)	(³)
Civic obligations and participation00	.00	.2	.0	(³)	(³)
Travel related to organizational, civic, and religious activities03	.07	6.0	14.3	.44	.50
Leisure and sports	4.95	7.09	95.3	97.5	5.20	7.27
Socializing, relaxing, and leisure	4.35	6.24	93.7	96.8	4.64	6.44

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, 2009 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 communicating47	.98	31.8	41.3	1.49	2.38
Socializing and communicating (except social events)44	.85	31.0	38.9	1.41	2.19
Attending or hosting social events04	.13	1.3	4.1	(³)	3.24
Relaxing and leisure	3.84	5.07	91.3	93.3	4.21	5.44
Watching TV	2.80	3.81	81.4	85.9	3.44	4.43
Arts and entertainment (other than sports)04	.18	1.6	6.5	(³)	2.74
Sports, exercise, and recreation41	.51	21.8	21.4	1.90	2.40
Participating in sports, exercise, and recreation39	.45	21.3	20.1	1.84	2.25
Attending sporting or recreational events02	.06	1.2	1.8	(³)	(³)
Travel related to leisure and sports19	.34	32.5	43.6	.57	.78
Telephone calls, mail, and e-mail14	.15	20.2	18.0	.67	.83
Telephone calls (to or from)07	.09	10.2	10.8	.65	.79
Household and personal messages07	.06	12.6	9.0	.53	.67
Household and personal mail and messages01	.02	5.9	3.0	.25	.52
Household and personal e-mail and messages05	.04	8.1	6.5	.64	.69
Travel related to telephone calls00	.01	.5	.9	(³)	(³)
Other activities, not elsewhere classified21	.27	12.9	15.0	1.63	1.83

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, 2009 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	9.40	10.17	100.0	100.0	9.40	10.17
Sleeping	8.47	9.34	100.0	100.0	8.47	9.34
Grooming81	.74	84.2	77.0	.96	.96
Health-related self care09	.07	7.8	6.4	1.17	1.18
Personal activities01	.01	.7	.6	(³)	(³)
Travel related to personal care02	.01	2.1	1.9	.97	(³)
Eating and drinking	1.14	1.33	96.9	96.5	1.18	1.37
Eating and drinking	1.04	1.18	96.8	96.5	1.07	1.22
Travel related to eating and drinking10	.14	23.5	27.0	.42	.52
Household activities	2.16	2.43	85.2	84.4	2.53	2.88
Housework87	1.05	50.9	52.2	1.70	2.01
Food preparation and cleanup75	.83	69.9	64.5	1.07	1.28
Lawn and garden care11	.15	7.1	8.2	1.60	1.81
Household management16	.15	22.1	20.2	.71	.76
Interior maintenance, repair, and decoration06	.08	2.7	3.5	2.41	2.22
Exterior maintenance, repair, and decoration02	.04	1.8	2.4	1.27	1.50
Animals and pets11	.09	18.5	14.3	.62	.63
Vehicles00	.01	.9	.9	(³)	(³)
Appliances, tools, and toys01	.00	1.1	1.1	(³)	(³)
Travel related to household activities05	.04	11.9	9.9	.44	.41
Purchasing goods and services83	.98	49.1	49.7	1.70	1.98
Consumer goods purchases39	.60	43.1	47.4	.91	1.26
Grocery shopping12	.16	16.4	18.4	.72	.89
Professional and personal care services13	.05	13.0	5.4	1.03	.87
Financial services and banking01	.01	4.6	2.3	.28	.26
Medical and care services09	.01	6.5	.6	1.44	(³)
Personal care services02	.02	1.8	1.8	1.18	1.37
Household services02	.01	2.4	1.6	.71	.67
Home maintenance, repair, decoration, and construction (not done by self)01	.00	.7	.2	(³)	(³)
Vehicle maintenance and repair services (not done by self)01	.01	.9	.9	(³)	(³)
Government services01	.00	.6	.1	(³)	(³)
Travel related to purchasing goods and services28	.33	47.1	48.2	.60	.67
Caring for and helping household members76	.55	31.6	25.8	2.41	2.14
Caring for and helping household children60	.48	28.0	23.0	2.16	2.11

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, 2009 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)52	.45	27.3	22.6	1.91	2.01
Activities related to household children's education06	.02	6.6	1.5	.97	1.11
Activities related to household children's health02	.01	1.8	.6	1.03	(³)
Caring for and helping household adults04	.02	5.3	4.1	.69	.61
Caring for household adults02	.01	2.6	1.4	.85	(³)
Helping household adults01	.01	3.0	2.7	.48	.39
Travel related to caring for and helping household members12	.04	18.8	8.2	.64	.53
Caring for and helping nonhousehold members21	.25	14.7	16.5	1.44	1.49
Caring for and helping nonhousehold children09	.09	6.5	6.9	1.36	1.37
Caring for and helping nonhousehold adults06	.08	9.2	10.4	.63	.75
Caring for nonhousehold adults01	.01	1.2	.9	(³)	(³)
Helping nonhousehold adults05	.07	8.6	9.9	.52	.70
Travel related to caring for and helping nonhousehold members06	.07	11.9	12.3	.54	.60
Working and work-related activities	3.64	.98	46.9	21.0	7.75	4.68
Working	3.31	.87	44.8	19.5	7.38	4.49
Work-related activities01	.00	.5	.2	(³)	(³)
Other income-generating activities02	.04	.7	1.2	(³)	(³)
Job search and interviewing04	.01	1.9	.6	2.15	(³)
Travel related to work26	.06	39.6	12.1	.66	.52
Educational activities61	.23	10.2	5.9	5.95	3.94
Attending class36	.05	7.2	1.0	5.06	(³)
Homework and research18	.16	6.9	4.8	2.67	3.28
Travel related to education04	.01	6.7	1.4	.59	(³)
Organizational, civic, and religious activities25	.60	13.3	23.6	1.90	2.54
Religious and spiritual activities08	.36	7.2	19.3	1.16	1.85
Volunteering (organizational and civic activities)14	.17	7.2	7.3	1.97	2.29
Volunteer activities14	.17	7.0	7.3	2.00	2.29
Administrative and support activities04	.06	3.2	2.7	1.30	2.10
Social service and care activities (except medical)03	.04	2.2	2.4	1.59	1.71
Indoor and outdoor maintenance, building, and cleanup activities00	.00	.3	.4	(³)	(³)
Participating in performance and cultural activities01	.02	.2	.8	(³)	(³)
Attending meetings, conferences, and training02	.01	1.1	.6	(³)	(³)
Civic obligations and participation00	.00	.2	.0	(³)	(³)
Travel related to organizational, civic, and religious activities03	.07	6.0	17.1	.46	.44
Leisure and sports	4.48	5.99	95.8	97.0	4.68	6.18
Socializing, relaxing, and leisure	4.10	5.39	95.2	96.6	4.30	5.58

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, 2009 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 communicating57	1.22	40.7	49.7	1.41	2.45
Socializing and communicating (except social events)54	1.02	39.8	46.6	1.37	2.19
Attending or hosting social events03	.19	1.3	5.7	(³)	3.43
Relaxing and leisure	3.47	4.02	91.3	91.2	3.80	4.41
Watching TV	2.43	2.87	81.2	80.5	3.00	3.56
Arts and entertainment (other than sports)05	.15	2.0	6.0	2.62	2.48
Sports, exercise, and recreation21	.27	16.9	14.9	1.27	1.82
Participating in sports, exercise, and recreation20	.24	16.5	13.8	1.23	1.73
Attending sporting or recreational events01	.03	.4	1.3	(³)	(³)
Travel related to leisure and sports17	.33	32.1	41.6	.53	.81
Telephone calls, mail, and e-mail26	.23	33.3	26.9	.78	.84
Telephone calls (to or from)16	.15	20.5	18.9	.76	.78
Household and personal messages10	.08	19.1	11.6	.52	.65
Household and personal mail and messages03	.02	8.7	3.7	.35	.46
Household and personal e-mail and messages07	.06	12.3	8.4	.56	.70
Travel related to telephone calls01	.00	1.0	.8	(³)	(³)
Other activities, not elsewhere classified26	.26	17.9	17.5	1.43	1.47

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.

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