

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, 2004 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	9.04	10.02	100.0	100.0	9.05	10.02
Sleeping	8.25	9.25	99.9	99.9	8.25	9.26
Grooming68	.65	82.2	73.7	.82	.88
Health-related self care10	.09	6.6	5.2	1.48	1.69
Personal activities01	.01	.5	.7	(³)	(³)
Travel related to personal care01	.02	2.6	1.9	.53	.90
Eating and drinking	1.18	1.39	97.3	96.3	1.21	1.45
Eating and drinking	1.07	1.21	97.3	96.3	1.10	1.25
Travel related to eating and drinking11	.18	24.6	29.4	.44	.61
Household activities	1.67	2.14	73.2	75.5	2.28	2.83
Housework54	.70	35.9	40.1	1.52	1.75
Food preparation and cleanup50	.54	52.2	48.8	.97	1.11
Lawn and garden care17	.26	9.4	11.7	1.79	2.25
Household management14	.15	16.9	15.7	.80	.95
Interior maintenance, repair, and decoration10	.14	3.8	5.3	2.55	2.55
Exterior maintenance, repair, and decoration05	.10	2.6	4.2	1.77	2.30
Animals and pets07	.07	13.4	11.6	.55	.62
Vehicles04	.09	2.8	4.4	1.50	1.93
Appliances, tools, and toys02	.03	1.2	1.7	1.35	1.71
Travel related to household activities04	.05	9.6	9.6	.41	.56
Purchasing goods and services76	.95	45.6	46.1	1.67	2.07
Consumer goods purchases34	.56	40.1	44.1	.85	1.27
Grocery shopping09	.13	13.8	16.7	.68	.76
Professional and personal care services11	.04	11.3	4.7	.98	.91
Financial services and banking01	.00	4.5	1.8	.27	.20
Medical and care services06	.01	4.6	.6	1.39	(³)
Personal care services03	.02	2.1	1.4	1.24	1.17
Household services02	.01	2.7	1.7	.67	.73
Home maintenance, repair, decoration, and construction (not done by self)01	.00	.6	.3	1.46	(³)
Vehicle maintenance and repair services (not done by self)01	.01	1.2	.7	.57	.78
Government services00	.00	.6	.1	(³)	(³)
Travel related to purchasing goods and services29	.34	44.3	45.1	.64	.74
Caring for and helping household members60	.47	28.6	22.8	2.11	2.05
Caring for and helping household children45	.38	23.6	18.7	1.90	2.06

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, 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
Total						
Caring for and helping household children (except activities related to education and health)39	.36	23.0	18.2	1.68	1.99
Activities related to household children's education05	.01	4.7	1.1	.99	1.29
Activities related to household children's health01	.01	1.1	.6	1.22	1.33
Caring for and helping household adults06	.04	6.9	5.4	.81	.68
Caring for household adults04	.02	2.6	1.7	1.42	1.19
Helping household adults02	.02	4.8	3.9	.39	.42
Travel related to caring for and helping household members10	.05	16.7	7.4	.60	.63
Caring for and helping nonhousehold members26	.32	14.7	16.5	1.74	1.91
Caring for and helping nonhousehold children08	.09	5.8	5.9	1.42	1.45
Caring for and helping nonhousehold adults09	.14	9.5	11.3	.96	1.23
Caring for nonhousehold adults03	.03	1.4	1.5	1.85	2.22
Helping nonhousehold adults07	.11	8.7	10.3	.75	1.03
Travel related to caring for and helping nonhousehold members08	.09	12.4	13.4	.65	.66
Working and work-related activities	4.63	1.35	55.4	22.9	8.36	5.91
Working	4.22	1.22	53.3	21.4	7.91	5.69
Work-related activities01	.00	.6	.2	(³)	(³)
Other income-generating activities02	.03	1.0	.9	2.37	2.99
Job search and interviewing03	.01	1.6	.6	1.58	(³)
Travel related to work36	.10	48.0	16.0	.74	.62
Educational activities60	.19	10.0	6.5	6.02	2.92
Attending class40	.04	8.2	2.3	4.86	1.92
Homework and research15	.13	5.8	4.3	2.50	2.99
Travel related to education05	.01	7.8	2.0	.64	.34
Organizational, civic, and religious activities21	.54	10.9	19.7	1.97	2.72
Religious and spiritual activities05	.30	4.3	15.5	1.05	1.93
Volunteering (organizational and civic activities)14	.16	7.2	6.8	1.96	2.40
Volunteer activities14	.16	6.9	6.7	1.99	2.41
Administrative and support activities04	.04	3.2	2.6	1.30	1.56
Social service and care activities (except medical)04	.04	1.9	2.2	1.94	1.77
Indoor and outdoor maintenance, building, and cleanup activities01	.01	.4	1.0	(³)	1.50
Participating in performance and cultural activities00	.02	.3	.8	(³)	2.07
Attending meetings, conferences, and training02	.02	.9	.7	2.16	2.23
Civic obligations and participation00	.00	.4	.0	(³)	(³)
Travel related to organizational, civic, and religious activities03	.07	6.2	15.6	.44	.47
Leisure and sports	4.72	6.30	95.9	97.3	4.92	6.47
Socializing, relaxing, and leisure	4.24	5.58	94.9	96.8	4.46	5.77

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, 2004 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 communicating60	1.13	37.9	45.0	1.57	2.52
Socializing and communicating (except social events)54	.92	36.5	41.5	1.49	2.22
Attending or hosting social events05	.21	2.4	6.3	2.17	3.30
Relaxing and leisure	3.57	4.25	91.4	91.9	3.91	4.63
Watching TV	2.49	3.01	80.4	81.2	3.10	3.71
Arts and entertainment (other than sports)07	.19	2.8	7.4	2.49	2.58
Sports, exercise, and recreation29	.40	18.7	17.6	1.56	2.27
Participating in sports, exercise, and recreation27	.34	18.0	16.4	1.50	2.10
Attending sporting or recreational events02	.05	1.0	1.6	2.24	3.26
Travel related to leisure and sports19	.32	32.9	42.0	.57	.76
Telephone calls, mail, and e-mail18	.18	26.3	20.8	.69	.85
Telephone calls (to or from)11	.12	16.3	15.0	.69	.80
Household and personal messages07	.05	13.9	8.1	.47	.64
Household and personal mail and messages03	.02	9.1	4.4	.35	.49
Household and personal e-mail and messages03	.03	6.0	4.3	.56	.70
Travel related to telephone calls00	.00	.6	.6	(³)	(³)
Other activities, not elsewhere classified14	.16	10.8	11.5	1.28	1.38

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, 2004 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	8.83	9.85	99.9	99.9	8.84	9.85
Sleeping	8.16	9.23	99.9	99.9	8.17	9.24
Grooming57	.51	80.6	68.8	.71	.75
Health-related self care08	.07	4.4	4.1	1.72	1.69
Personal activities01	.02	.6	.8	(³)	(³)
Travel related to personal care02	.02	2.7	2.0	.57	.76
Eating and drinking	1.26	1.43	97.5	95.7	1.29	1.49
Eating and drinking	1.13	1.25	97.5	95.7	1.16	1.30
Travel related to eating and drinking13	.17	27.2	29.8	.46	.58
Household activities	1.15	1.73	61.9	65.9	1.87	2.63
Housework19	.32	16.7	24.0	1.12	1.33
Food preparation and cleanup23	.30	35.7	33.6	.66	.91
Lawn and garden care22	.34	10.6	13.7	2.07	2.47
Household management11	.12	13.8	12.4	.77	.93
Interior maintenance, repair, and decoration13	.17	4.7	6.0	2.81	2.81
Exterior maintenance, repair, and decoration08	.15	3.6	5.6	2.07	2.66
Animals and pets06	.07	11.9	10.3	.49	.67
Vehicles07	.16	4.4	7.0	1.62	2.25
Appliances, tools, and toys03	.05	1.9	2.7	1.61	1.87
Travel related to household activities03	.05	8.5	9.3	.40	.56
Purchasing goods and services57	.86	39.6	43.0	1.44	1.99
Consumer goods purchases22	.48	35.4	41.0	.64	1.17
Grocery shopping05	.11	9.1	14.1	.58	.74
Professional and personal care services08	.04	8.2	3.9	1.02	.95
Financial services and banking01	.00	3.5	1.3	.35	(³)
Medical and care services06	.01	3.6	.4	1.53	(³)
Personal care services01	.01	.8	1.2	(³)	(³)
Household services01	.01	1.8	1.6	.74	.89
Home maintenance, repair, decoration, and construction (not done by self)01	.00	.3	.2	(³)	(³)
Vehicle maintenance and repair services (not done by self)01	.01	.9	.9	.55	(³)
Government services00	.00	.5	.0	(³)	(³)
Travel related to purchasing goods and services25	.33	38.6	42.0	.64	.78
Caring for and helping household members36	.36	22.6	18.5	1.58	1.95
Caring for and helping household children24	.28	17.7	14.0	1.36	1.98

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, 2004 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)21	.26	17.2	13.7	1.23	1.91
Activities related to household children's education03	.01	2.4	.6	1.09	(³)
Activities related to household children's health00	.01	.4	.3	(³)	(³)
Caring for and helping household adults05	.04	6.4	5.6	.70	.74
Caring for household adults03	.02	1.9	1.4	1.57	(³)
Helping household adults01	.02	4.7	4.4	.31	.43
Travel related to caring for and helping household members07	.04	12.4	6.1	.56	.68
Caring for and helping nonhousehold members22	.32	12.2	15.6	1.80	2.05
Caring for and helping nonhousehold children04	.06	3.8	4.9	1.02	1.33
Caring for and helping nonhousehold adults09	.16	8.7	11.1	1.08	1.42
Caring for nonhousehold adults02	.03	.8	1.1	(³)	(³)
Helping nonhousehold adults08	.13	8.2	10.3	.95	1.28
Travel related to caring for and helping nonhousehold members09	.09	10.8	13.0	.79	.70
Working and work-related activities	5.58	1.65	63.5	27.0	8.79	6.12
Working	5.06	1.50	60.7	25.3	8.33	5.92
Work-related activities01	.00	.8	.2	(³)	(³)
Other income-generating activities02	.03	.9	.9	(³)	(³)
Job search and interviewing04	.01	2.2	.9	1.59	(³)
Travel related to work45	.12	55.4	18.6	.81	.65
Educational activities61	.17	9.6	5.6	6.32	3.01
Attending class42	.05	8.1	2.2	5.27	2.28
Homework and research13	.10	5.2	3.4	2.47	2.93
Travel related to education05	.01	7.8	1.6	.60	.43
Organizational, civic, and religious activities18	.50	9.1	17.4	1.93	2.86
Religious and spiritual activities04	.28	3.6	13.8	1.03	2.02
Volunteering (organizational and civic activities)11	.15	5.9	6.0	1.91	2.54
Volunteer activities11	.15	5.7	6.0	1.94	2.56
Administrative and support activities03	.03	2.3	2.0	1.26	1.39
Social service and care activities (except medical)03	.04	1.6	2.0	1.88	2.10
Indoor and outdoor maintenance, building, and cleanup activities01	.02	.5	1.2	(³)	(³)
Participating in performance and cultural activities01	.01	.3	1.0	(³)	(³)
Attending meetings, conferences, and training02	.02	.9	.7	(³)	(³)
Civic obligations and participation00	.00	.2	.0	(³)	(³)
Travel related to organizational, civic, and religious activities03	.07	5.6	14.1	.45	.48
Leisure and sports	5.01	6.86	96.1	97.4	5.21	7.05
Socializing, relaxing, and leisure	4.43	5.97	95.3	96.9	4.65	6.16

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, 2004 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 communicating57	1.06	35.2	40.6	1.63	2.60
Socializing and communicating (except social events)54	.86	34.5	37.2	1.56	2.32
Attending or hosting social events03	.20	1.5	5.6	(³)	3.47
Relaxing and leisure	3.80	4.74	92.6	93.4	4.10	5.07
Watching TV	2.63	3.43	82.2	84.0	3.19	4.08
Arts and entertainment (other than sports)06	.18	2.3	7.0	2.57	2.53
Sports, exercise, and recreation37	.54	20.5	21.4	1.82	2.55
Participating in sports, exercise, and recreation35	.50	19.7	20.4	1.77	2.43
Attending sporting or recreational events02	.05	1.1	1.5	(³)	(³)
Travel related to leisure and sports20	.35	33.1	43.1	.61	.81
Telephone calls, mail, and e-mail11	.12	19.5	16.0	.56	.76
Telephone calls (to or from)06	.08	9.9	10.2	.60	.76
Household and personal messages05	.04	11.8	7.2	.40	.59
Household and personal mail and messages02	.02	7.0	3.8	.31	.46
Household and personal e-mail and messages03	.02	5.6	3.8	.46	.66
Travel related to telephone calls00	.00	.4	.4	(³)	(³)
Other activities, not elsewhere classified13	.15	9.2	10.5	1.42	1.42

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, 2004 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	9.24	10.18	100.0	100.0	9.24	10.18
Sleeping	8.33	9.27	100.0	99.9	8.33	9.28
Grooming78	.77	83.6	78.3	.93	.99
Health-related self care12	.11	8.6	6.3	1.36	1.69
Personal activities01	.01	.4	.5	(³)	(³)
Travel related to personal care01	.02	2.5	1.9	.49	1.04
Eating and drinking	1.11	1.36	97.1	96.9	1.14	1.40
Eating and drinking	1.02	1.17	97.1	96.9	1.05	1.21
Travel related to eating and drinking09	.18	22.2	29.0	.41	.64
Household activities	2.15	2.52	83.8	84.6	2.57	2.98
Housework88	1.07	53.7	55.4	1.63	1.93
Food preparation and cleanup75	.77	67.5	63.2	1.12	1.21
Lawn and garden care12	.19	8.3	9.8	1.46	1.96
Household management16	.18	19.9	18.9	.81	.95
Interior maintenance, repair, and decoration07	.10	3.1	4.6	2.17	2.24
Exterior maintenance, repair, and decoration02	.05	1.6	3.0	1.13	1.67
Animals and pets09	.07	14.9	12.8	.60	.58
Vehicles01	.02	1.2	2.0	(³)	.90
Appliances, tools, and toys00	.01	.6	.8	(³)	(³)
Travel related to household activities04	.06	10.7	9.8	.41	.56
Purchasing goods and services93	1.04	51.1	48.9	1.83	2.13
Consumer goods purchases45	.64	44.5	47.1	1.01	1.36
Grocery shopping13	.15	18.2	19.1	.72	.78
Professional and personal care services13	.05	14.1	5.4	.95	.89
Financial services and banking01	.00	5.4	2.2	.23	.19
Medical and care services07	.01	5.5	.9	1.30	(³)
Personal care services04	.02	3.3	1.6	1.31	1.42
Household services02	.01	3.5	1.7	.63	.58
Home maintenance, repair, decoration, and construction (not done by self)01	.00	.8	.5	(³)	(³)
Vehicle maintenance and repair services (not done by self)01	.00	1.5	.6	.58	(³)
Government services01	.00	.6	.1	(³)	(³)
Travel related to purchasing goods and services32	.34	49.6	48.0	.65	.72
Caring for and helping household members83	.57	34.1	26.9	2.44	2.11
Caring for and helping household children64	.48	29.1	23.0	2.20	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, 2004 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)55	.46	28.5	22.4	1.93	2.03
Activities related to household children's education06	.02	6.8	1.6	.96	1.23
Activities related to household children's health02	.01	1.8	.9	1.30	(³)
Caring for and helping household adults07	.03	7.3	5.2	.89	.62
Caring for household adults04	.02	3.2	2.1	1.33	.90
Helping household adults02	.01	4.9	3.4	.47	.41
Travel related to caring for and helping household members13	.05	20.7	8.7	.63	.59
Caring for and helping nonhousehold members29	.31	17.1	17.4	1.70	1.80
Caring for and helping nonhousehold children12	.11	7.7	6.9	1.60	1.53
Caring for and helping nonhousehold adults09	.12	10.3	11.5	.86	1.05
Caring for nonhousehold adults03	.04	2.0	1.8	1.77	2.20
Helping nonhousehold adults05	.08	9.2	10.3	.58	.79
Travel related to caring for and helping nonhousehold members08	.09	14.0	13.8	.54	.62
Working and work-related activities	3.75	1.07	47.9	19.0	7.83	5.63
Working	3.44	.95	46.4	17.7	7.41	5.38
Work-related activities00	.00	.3	.2	(³)	(³)
Other income-generating activities03	.03	1.0	1.0	(³)	(³)
Job search and interviewing02	.00	1.0	.4	(³)	(³)
Travel related to work27	.08	41.0	13.5	.66	.58
Educational activities59	.21	10.3	7.4	5.77	2.86
Attending class37	.04	8.3	2.5	4.48	1.61
Homework and research16	.16	6.4	5.2	2.52	3.03
Travel related to education05	.01	7.8	2.4	.67	.28
Organizational, civic, and religious activities25	.57	12.5	21.8	2.00	2.61
Religious and spiritual activities05	.32	5.0	17.1	1.06	1.87
Volunteering (organizational and civic activities)17	.17	8.4	7.5	2.00	2.29
Volunteer activities16	.17	8.0	7.4	2.03	2.30
Administrative and support activities05	.05	4.0	3.1	1.32	1.66
Social service and care activities (except medical)04	.04	2.2	2.5	1.99	1.53
Indoor and outdoor maintenance, building, and cleanup activities01	.01	.4	.8	(³)	(³)
Participating in performance and cultural activities00	.02	.2	.6	(³)	(³)
Attending meetings, conferences, and training02	.01	.9	.7	(³)	(³)
Civic obligations and participation00	.00	.5	.1	(³)	(³)
Travel related to organizational, civic, and religious activities03	.08	6.8	16.9	.43	.47
Leisure and sports	4.45	5.77	95.7	97.2	4.65	5.93
Socializing, relaxing, and leisure	4.06	5.21	94.6	96.7	4.29	5.39

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, 2004 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 communicating62	1.20	40.4	49.0	1.53	2.46
Socializing and communicating (except social events)55	.98	38.5	45.7	1.43	2.15
Attending or hosting social events07	.22	3.1	7.0	2.15	3.18
Relaxing and leisure	3.36	3.80	90.3	90.6	3.72	4.20
Watching TV	2.37	2.62	78.7	78.5	3.01	3.33
Arts and entertainment (other than sports)08	.20	3.2	7.7	2.44	2.63
Sports, exercise, and recreation22	.26	17.1	14.1	1.28	1.88
Participating in sports, exercise, and recreation20	.20	16.5	12.6	1.20	1.59
Attending sporting or recreational events02	.06	.9	1.8	(³)	3.48
Travel related to leisure and sports18	.29	32.6	41.0	.54	.71
Telephone calls, mail, and e-mail25	.23	32.6	25.3	.77	.91
Telephone calls (to or from)16	.16	22.2	19.6	.73	.81
Household and personal messages08	.06	15.9	9.0	.52	.68
Household and personal mail and messages04	.03	11.0	5.0	.38	.52
Household and personal e-mail and messages04	.04	6.4	4.9	.65	.73
Travel related to telephone calls00	.01	.7	.8	(³)	(³)
Other activities, not elsewhere classified14	.17	12.2	12.4	1.18	1.35

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 and over. In September 2009, this table was updated with estimates generated using the 2006 weighting method; use of this method facilitates greater comparability between years. For more information about the ATUS weighting method, see the ATUS User's Guide at www.bls.gov/tus/atususersguide.pdf.

Source: American Time Use Survey, Bureau of Labor Statistics