

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, 2005 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	9.17	10.04	100.0	100.0	9.17	10.04
Sleeping	8.35	9.28	100.0	99.9	8.35	9.30
Grooming68	.63	81.6	72.6	.84	.86
Health-related self care11	.09	6.4	5.3	1.72	1.75
Personal activities02	.02	.6	.8	(³)	(³)
Travel related to personal care01	.02	2.6	2.7	.57	.70
Eating and drinking	1.20	1.36	97.2	96.8	1.23	1.40
Eating and drinking	1.09	1.19	97.2	96.8	1.12	1.23
Travel related to eating and drinking11	.16	25.6	29.3	.42	.56
Household activities	1.67	2.20	74.5	75.3	2.25	2.92
Housework56	.73	35.5	40.4	1.59	1.80
Food preparation and cleanup49	.56	53.1	49.9	.92	1.13
Lawn and garden care16	.30	9.5	12.3	1.68	2.44
Household management14	.17	18.2	17.6	.76	.96
Interior maintenance, repair, and decoration08	.12	3.5	4.5	2.20	2.62
Exterior maintenance, repair, and decoration06	.09	3.0	3.7	2.11	2.39
Animals and pets09	.08	14.4	11.8	.61	.71
Vehicles04	.06	2.1	3.9	1.73	1.61
Appliances, tools, and toys02	.03	1.6	2.2	1.24	1.29
Travel related to household activities04	.06	8.6	9.5	.43	.59
Purchasing goods and services75	.92	45.6	47.1	1.64	1.95
Consumer goods purchases35	.55	40.0	45.3	.87	1.22
Grocery shopping09	.13	14.0	16.1	.67	.84
Professional and personal care services10	.04	11.0	4.2	.94	.90
Financial services and banking01	.00	4.4	1.6	.25	.26
Medical and care services06	.01	4.4	.5	1.41	(³)
Personal care services02	.01	1.9	1.1	1.03	1.22
Household services02	.01	2.5	1.3	.76	.63
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	.6	.61	(³)
Government services01	.00	.7	.2	(³)	(³)
Travel related to purchasing goods and services27	.32	43.9	45.5	.62	.71
Caring for and helping household members59	.44	28.2	22.6	2.07	1.94
Caring for and helping household children45	.36	24.0	18.8	1.86	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, 2005 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	.34	23.5	18.3	1.64	1.85
Activities related to household children's education05	.02	4.8	1.4	1.00	1.07
Activities related to household children's health01	.01	1.4	.6	.95	1.39
Caring for and helping household adults03	.03	5.8	4.6	.57	.61
Caring for household adults02	.01	2.3	1.4	.88	.78
Helping household adults01	.02	3.9	3.4	.33	.52
Travel related to caring for and helping household members10	.05	16.1	7.2	.65	.65
Caring for and helping nonhousehold members22	.28	13.2	15.1	1.64	1.86
Caring for and helping nonhousehold children08	.09	5.7	5.7	1.41	1.56
Caring for and helping nonhousehold adults07	.11	8.7	10.0	.78	1.11
Caring for nonhousehold adults01	.01	.9	.8	1.52	(³)
Helping nonhousehold adults05	.10	8.3	9.4	.66	1.04
Travel related to caring for and helping nonhousehold members07	.08	11.1	11.9	.62	.66
Working and work-related activities	4.71	1.29	56.4	21.9	8.35	5.87
Working	4.29	1.14	54.6	20.7	7.85	5.49
Work-related activities01	.01	.8	.4	1.23	(³)
Other income-generating activities02	.03	.9	.8	2.04	3.70
Job search and interviewing02	.01	1.2	.5	1.68	(³)
Travel related to work37	.10	49.5	14.2	.75	.71
Educational activities54	.19	9.5	5.7	5.64	3.32
Attending class35	.04	7.4	2.2	4.73	1.84
Homework and research14	.13	5.8	3.6	2.46	3.66
Travel related to education04	.01	7.1	1.9	.54	.57
Organizational, civic, and religious activities22	.53	10.8	19.8	2.03	2.70
Religious and spiritual activities05	.30	4.2	15.2	1.25	1.97
Volunteering (organizational and civic activities)14	.16	7.4	7.4	1.87	2.21
Volunteer activities13	.16	7.0	7.3	1.88	2.22
Administrative and support activities04	.03	3.1	2.5	1.37	1.29
Social service and care activities (except medical)03	.04	1.8	2.5	1.71	1.63
Indoor and outdoor maintenance, building, and cleanup activities01	.01	.3	.5	(³)	(³)
Participating in performance and cultural activities01	.02	.5	1.0	(³)	2.17
Attending meetings, conferences, and training02	.02	.9	.8	2.04	2.18
Civic obligations and participation00	.00	.3	.0	(³)	(³)
Travel related to organizational, civic, and religious activities03	.07	6.5	16.0	.45	.44
Leisure and sports	4.59	6.42	95.9	97.4	4.79	6.59
Socializing, relaxing, and leisure	4.09	5.67	94.9	96.7	4.31	5.86

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, 2005 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 communicating58	1.15	37.7	46.5	1.53	2.47
Socializing and communicating (except social events)54	.96	36.7	43.5	1.46	2.20
Attending or hosting social events04	.19	1.8	5.5	2.24	3.51
Relaxing and leisure	3.45	4.36	91.1	91.6	3.78	4.77
Watching TV	2.38	3.06	79.2	81.3	3.00	3.76
Arts and entertainment (other than sports)07	.15	2.5	5.8	2.66	2.63
Sports, exercise, and recreation29	.39	18.5	17.7	1.58	2.23
Participating in sports, exercise, and recreation27	.33	17.9	16.2	1.51	2.06
Attending sporting or recreational events02	.06	.9	2.0	2.34	2.91
Travel related to leisure and sports21	.35	33.7	43.9	.61	.80
Telephone calls, mail, and e-mail18	.16	25.9	20.6	.71	.79
Telephone calls (to or from)11	.11	15.7	14.1	.70	.75
Household and personal messages07	.06	14.3	9.2	.50	.61
Household and personal mail and messages03	.02	8.9	4.3	.36	.43
Household and personal e-mail and messages04	.04	6.7	5.4	.58	.70
Travel related to telephone calls00	.00	.7	.3	(³)	(³)
Other activities, not elsewhere classified17	.17	12.5	12.2	1.34	1.43

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, 2005 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	8.97	9.81	100.0	100.0	8.97	9.81
Sleeping	8.25	9.22	100.0	99.8	8.25	9.24
Grooming57	.49	78.6	66.6	.73	.73
Health-related self care11	.06	5.4	3.9	2.07	1.41
Personal activities02	.03	.7	1.0	(³)	(³)
Travel related to personal care01	.02	2.6	2.9	.57	.69
Eating and drinking	1.27	1.38	97.8	96.6	1.29	1.43
Eating and drinking	1.14	1.21	97.8	96.6	1.16	1.26
Travel related to eating and drinking13	.16	28.6	30.4	.44	.54
Household activities	1.16	1.82	63.5	67.1	1.82	2.71
Housework18	.36	17.0	24.1	1.07	1.49
Food preparation and cleanup24	.32	37.2	36.9	.64	.87
Lawn and garden care21	.41	10.7	14.6	1.96	2.84
Household management12	.16	14.9	16.1	.77	.97
Interior maintenance, repair, and decoration10	.13	4.1	5.2	2.43	2.50
Exterior maintenance, repair, and decoration10	.13	4.2	4.9	2.41	2.69
Animals and pets08	.07	11.7	10.4	.64	.72
Vehicles07	.12	3.5	6.5	1.97	1.77
Appliances, tools, and toys03	.05	2.4	3.1	1.27	1.55
Travel related to household activities04	.07	7.4	10.0	.54	.66
Purchasing goods and services56	.79	38.4	44.5	1.45	1.78
Consumer goods purchases25	.44	33.4	42.8	.75	1.04
Grocery shopping06	.11	9.0	13.5	.63	.78
Professional and personal care services07	.03	8.3	3.2	.82	.90
Financial services and banking01	.00	3.9	1.4	.27	(³)
Medical and care services04	.01	3.0	.4	1.43	(³)
Personal care services01	.01	1.1	.8	(³)	(³)
Household services02	.01	2.0	1.6	.96	(³)
Home maintenance, repair, decoration, and construction (not done by self)00	.00	.5	.3	(³)	(³)
Vehicle maintenance and repair services (not done by self)00	.01	.7	.9	(³)	(³)
Government services00	.00	.4	.1	(³)	(³)
Travel related to purchasing goods and services22	.31	37.0	42.9	.59	.72
Caring for and helping household members34	.34	21.9	18.1	1.57	1.87
Caring for and helping household children25	.27	17.5	14.3	1.41	1.88

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, 2005 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)22	.26	17.1	14.0	1.29	1.83
Activities related to household children's education03	.01	2.5	.8	1.02	(³)
Activities related to household children's health00	.00	.3	.2	(³)	(³)
Caring for and helping household adults03	.02	5.7	4.6	.56	.53
Caring for household adults02	.00	1.8	.9	(³)	(³)
Helping household adults01	.02	4.1	3.7	.34	.57
Travel related to caring for and helping household members06	.04	11.0	6.3	.58	.70
Caring for and helping nonhousehold members19	.29	11.6	13.5	1.62	2.18
Caring for and helping nonhousehold children06	.08	4.2	4.7	1.43	1.75
Caring for and helping nonhousehold adults06	.13	8.4	9.4	.75	1.41
Caring for nonhousehold adults00	.00	.3	.2	(³)	(³)
Helping nonhousehold adults06	.13	8.3	9.2	.71	1.39
Travel related to caring for and helping nonhousehold members07	.08	10.2	11.3	.64	.71
Working and work-related activities	5.64	1.60	63.8	26.0	8.83	6.14
Working	5.12	1.40	62.1	24.5	8.26	5.72
Work-related activities01	.01	.9	.4	(³)	(³)
Other income-generating activities02	.04	1.1	1.0	(³)	(³)
Job search and interviewing02	.01	1.4	.5	(³)	(³)
Travel related to work46	.14	56.6	17.2	.82	.78
Educational activities57	.17	9.6	4.3	5.90	4.01
Attending class37	.04	7.7	1.7	4.83	(³)
Homework and research15	.12	5.9	2.8	2.58	4.32
Travel related to education04	.01	7.5	1.2	.52	(³)
Organizational, civic, and religious activities20	.44	9.9	16.2	2.03	2.74
Religious and spiritual activities04	.23	3.2	11.6	1.41	1.96
Volunteering (organizational and civic activities)13	.16	7.2	6.5	1.83	2.40
Volunteer activities12	.16	6.6	6.5	1.85	2.40
Administrative and support activities04	.02	2.9	1.8	1.32	1.04
Social service and care activities (except medical)02	.04	1.2	2.2	(³)	1.77
Indoor and outdoor maintenance, building, and cleanup activities01	.01	.4	.6	(³)	(³)
Participating in performance and cultural activities01	.03	.5	.8	(³)	(³)
Attending meetings, conferences, and training02	.02	.9	.9	(³)	(³)
Civic obligations and participation01	.00	.6	.00	(³)	(³)
Travel related to organizational, civic, and religious activities02	.06	5.9	13.3	.42	.44
Leisure and sports	4.84	7.05	96.2	97.7	5.03	7.22
Socializing, relaxing, and leisure	4.25	6.09	94.9	96.7	4.48	6.30

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, 2005 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 communicating56	1.08	36.0	41.3	1.57	2.61
Socializing and communicating (except social events)52	.90	35.0	38.6	1.48	2.34
Attending or hosting social events04	.17	1.8	4.8	(³)	3.66
Relaxing and leisure	3.62	4.86	91.0	92.0	3.97	5.28
Watching TV	2.51	3.45	79.8	82.4	3.15	4.19
Arts and entertainment (other than sports)07	.15	2.4	5.7	2.90	2.57
Sports, exercise, and recreation37	.58	19.8	22.1	1.85	2.62
Participating in sports, exercise, and recreation34	.50	19.1	20.3	1.77	2.44
Attending sporting or recreational events03	.08	1.1	2.5	(³)	3.17
Travel related to leisure and sports22	.39	34.1	44.2	.64	.89
Telephone calls, mail, and e-mail12	.12	18.8	15.9	.64	.78
Telephone calls (to or from)06	.07	9.8	9.3	.63	.75
Household and personal messages06	.05	11.6	8.0	.49	.65
Household and personal mail and messages02	.01	6.9	3.4	.33	.39
Household and personal e-mail and messages03	.04	5.6	5.0	.60	.78
Travel related to telephone calls00	.00	.4	.3	(³)	(³)
Other activities, not elsewhere classified15	.18	11.3	11.6	1.35	1.52

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, 2005 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	9.36	10.25	100.0	99.9	9.36	10.26
Sleeping	8.45	9.34	100.0	99.9	8.45	9.35
Grooming79	.76	84.5	78.1	.93	.97
Health-related self care11	.13	7.2	6.6	1.47	1.93
Personal activities01	.01	.4	.6	(³)	(³)
Travel related to personal care01	.02	2.6	2.5	.56	.71
Eating and drinking	1.13	1.33	96.7	97.0	1.17	1.38
Eating and drinking	1.04	1.16	96.7	97.0	1.07	1.20
Travel related to eating and drinking09	.16	22.8	28.3	.40	.58
Household activities	2.16	2.55	84.8	82.9	2.54	3.08
Housework92	1.07	52.9	55.5	1.74	1.93
Food preparation and cleanup73	.79	68.1	62.0	1.07	1.27
Lawn and garden care11	.19	8.4	10.1	1.35	1.91
Household management16	.18	21.3	19.1	.75	.94
Interior maintenance, repair, and decoration05	.11	2.8	3.8	1.89	2.77
Exterior maintenance, repair, and decoration03	.05	2.0	2.6	1.50	1.87
Animals and pets10	.09	17.0	13.1	.59	.71
Vehicles00	.01	.7	1.5	(³)	.96
Appliances, tools, and toys01	.01	.8	1.3	(³)	.74
Travel related to household activities03	.05	9.7	9.0	.36	.52
Purchasing goods and services93	1.04	52.3	49.6	1.78	2.10
Consumer goods purchases44	.65	46.2	47.6	.95	1.37
Grocery shopping13	.16	18.5	18.5	.69	.88
Professional and personal care services14	.05	13.5	5.1	1.01	.91
Financial services and banking01	.00	4.9	1.9	.24	.24
Medical and care services08	.01	5.8	.7	1.40	(³)
Personal care services03	.02	2.7	1.3	1.17	1.42
Household services02	.01	3.1	1.0	.64	(³)
Home maintenance, repair, decoration, and construction (not done by self)01	.00	.7	.3	(³)	(³)
Vehicle maintenance and repair services (not done by self)01	.00	1.3	.3	.62	(³)
Government services01	.00	.9	.4	(³)	(³)
Travel related to purchasing goods and services33	.34	50.2	47.9	.65	.70
Caring for and helping household members81	.53	34.2	26.7	2.38	1.99
Caring for and helping household children63	.45	30.2	23.0	2.10	1.96

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, 2005 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)54	.42	29.6	22.4	1.83	1.87
Activities related to household children's education07	.02	6.9	1.9	.99	.95
Activities related to household children's health02	.01	2.4	1.0	1.02	1.41
Caring for and helping household adults03	.03	5.9	4.7	.57	.68
Caring for household adults02	.02	2.8	1.8	.81	.97
Helping household adults01	.01	3.7	3.1	.32	.46
Travel related to caring for and helping household members14	.05	21.0	8.1	.69	.62
Caring for and helping nonhousehold members24	.27	14.7	16.5	1.65	1.62
Caring for and helping nonhousehold children10	.10	7.0	6.7	1.39	1.43
Caring for and helping nonhousehold adults07	.09	8.9	10.6	.81	.87
Caring for nonhousehold adults02	.02	1.4	1.3	1.58	(³)
Helping nonhousehold adults05	.07	8.2	9.6	.60	.73
Travel related to caring for and helping nonhousehold members07	.08	12.0	12.4	.59	.62
Working and work-related activities	3.84	1.00	49.5	18.1	7.76	5.52
Working	3.51	.89	47.7	17.1	7.35	5.19
Work-related activities01	.01	.6	.3	(³)	(³)
Other income-generating activities02	.03	.8	.7	(³)	(³)
Job search and interviewing02	.01	1.1	.5	(³)	(³)
Travel related to work29	.07	42.8	11.5	.67	.61
Educational activities51	.21	9.4	7.0	5.39	2.93
Attending class33	.04	7.1	2.6	4.63	1.65
Homework and research13	.14	5.7	4.4	2.35	3.26
Travel related to education04	.01	6.6	2.5	.56	.49
Organizational, civic, and religious activities23	.62	11.6	23.1	2.03	2.68
Religious and spiritual activities06	.37	5.1	18.6	1.16	1.98
Volunteering (organizational and civic activities)14	.17	7.5	8.1	1.90	2.07
Volunteer activities14	.17	7.5	8.1	1.90	2.09
Administrative and support activities05	.05	3.2	3.2	1.41	1.42
Social service and care activities (except medical)04	.04	2.4	2.7	1.68	1.52
Indoor and outdoor maintenance, building, and cleanup activities00	.01	.2	.5	(³)	(³)
Participating in performance and cultural activities01	.02	.6	1.3	(³)	(³)
Attending meetings, conferences, and training02	.01	.9	.7	(³)	(³)
Civic obligations and participation00	.00	.1	.1	(³)	(³)
Travel related to organizational, civic, and religious activities03	.08	6.9	18.6	.47	.45
Leisure and sports	4.36	5.82	95.7	97.1	4.56	6.00
Socializing, relaxing, and leisure	3.94	5.28	94.8	96.8	4.16	5.46

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, 2005 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	1.22	39.4	51.4	1.50	2.37
Socializing and communicating (except social events)55	1.01	38.3	48.1	1.44	2.09
Attending or hosting social events04	.21	1.8	6.2	2.04	3.40
Relaxing and leisure	3.28	3.90	91.1	91.1	3.61	4.28
Watching TV	2.25	2.70	78.6	80.3	2.86	3.36
Arts and entertainment (other than sports)06	.16	2.6	5.8	2.45	2.70
Sports, exercise, and recreation22	.22	17.4	13.6	1.29	1.64
Participating in sports, exercise, and recreation21	.18	16.8	12.3	1.24	1.46
Attending sporting or recreational events02	.04	.8	1.5	(³)	2.52
Travel related to leisure and sports20	.32	33.3	43.7	.59	.72
Telephone calls, mail, and e-mail24	.20	32.5	25.0	.75	.80
Telephone calls (to or from)15	.14	21.3	18.6	.73	.75
Household and personal messages08	.06	16.9	10.3	.50	.58
Household and personal mail and messages04	.02	10.8	5.2	.38	.46
Household and personal e-mail and messages04	.04	7.8	5.7	.57	.63
Travel related to telephone calls00	.00	.9	.3	(³)	(³)
Other activities, not elsewhere classified18	.17	13.7	12.8	1.33	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 2005, 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