

Table A-1. 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, 2007 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		
	Total	Men	Women	Total	Men	Women	Total	Men	Women
Total, all activities	24.00	24.00	24.00	100.0	100.0	100.0	–	–	–
Personal care activities	9.33	9.14	9.51	100.0	100.0	100.0	9.33	9.14	9.51
Sleeping	8.57	8.52	8.63	99.9	99.9	99.9	8.58	8.53	8.63
Grooming67	.54	.79	79.1	75.9	82.1	.84	.71	.96
Health-related self care07	.05	.08	5.1	4.3	5.8	1.29	1.23	1.34
Personal activities01	.01	.01	.5	.4	.5	1.25	(²)	(²)
Travel related to personal care02	.02	.02	2.4	2.7	2.1	.69	.65	.74
Eating and drinking	1.24	1.27	1.20	95.4	95.7	95.1	1.30	1.33	1.26
Eating and drinking	1.11	1.13	1.09	95.4	95.7	95.1	1.16	1.18	1.14
Travel related to eating and drinking12	.13	.11	25.7	27.3	24.2	.48	.49	.46
Household activities	1.84	1.43	2.22	74.4	65.6	82.7	2.47	2.18	2.69
Housework64	.29	.97	36.2	19.7	51.7	1.76	1.46	1.87
Food preparation and cleanup52	.28	.74	50.8	37.3	63.5	1.02	.75	1.17
Lawn and garden care21	.30	.12	10.3	12.9	7.9	2.00	2.32	1.51
Household management14	.12	.16	18.2	15.2	21.0	.78	.82	.75
Interior maintenance, repair, and decoration08	.12	.05	3.6	4.7	2.6	2.33	2.53	1.98
Exterior maintenance, repair, and decoration06	.09	.03	2.8	3.7	1.8	2.12	2.42	1.56
Animals and pets09	.09	.10	14.2	13.0	15.3	.67	.69	.64
Vehicles04	.07	.01	2.6	4.4	1.0	1.34	1.49	.73
Appliances, tools, and toys02	.03	.01	1.6	2.1	1.0	1.13	1.30	.81
Travel related to household activities05	.05	.05	9.6	9.2	10.0	.49	.53	.46
Purchasing goods and services78	.63	.92	44.3	40.1	48.2	1.77	1.58	1.92
Consumer goods purchases39	.31	.48	40.6	37.2	43.8	.97	.83	1.09
Grocery shopping10	.07	.12	12.9	10.3	15.3	.74	.69	.77
Professional and personal care services09	.06	.12	8.4	6.3	10.4	1.04	.88	1.13
Financial services and banking01	.01	.01	3.4	3.1	3.6	.27	.27	.26
Medical and care services05	.04	.06	3.2	2.2	4.0	1.57	1.63	1.54
Personal care services02	.00	.04	1.6	.6	2.6	1.31	(²)	1.45
Household services01	.02	.01	2.0	2.2	1.8	.74	.85	.61
Home maintenance, repair, decoration, and construction (not done by self)01	.01	.01	.4	.3	.4	(²)	(²)	(²)
Vehicle maintenance and repair services (not done by self)01	.01	.00	1.0	1.2	.8	.61	(²)	(²)
Government services00	.00	.01	.4	.4	.5	(²)	(²)	(²)
Travel related to purchasing goods and services28	.25	.31	42.6	38.5	46.5	.66	.65	.67
Caring for and helping household members53	.33	.72	25.5	20.3	30.4	2.08	1.62	2.38
Caring for and helping household children42	.25	.58	21.8	16.4	26.9	1.92	1.49	2.17
Caring for and helping household children (except activities related to education and health)38	.22	.52	21.5	16.1	26.6	1.75	1.38	1.96
Activities related to household children's education03	.02	.04	3.5	2.0	4.8	.93	.90	.93
Activities related to household children's health01	.01	.02	.8	.3	1.4	1.30	(²)	1.20
Caring for and helping household adults03	.03	.04	4.9	4.8	4.9	.71	.60	.82

See footnotes at end of table.

Table A-1. 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, 2007 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		
	Total	Men	Women	Total	Men	Women	Total	Men	Women
Caring for household adults03	.02	.03	1.8	1.5	2.1	1.42	(²)	1.52
Helping household adults01	.01	.01	3.3	3.5	3.1	.28	.29	.27
Travel related to caring for and helping household members08	.06	.10	13.1	9.5	16.5	.59	.58	.59
Caring for and helping nonhousehold members20	.17	.23	12.8	10.7	14.8	1.56	1.56	1.56
Caring for and helping nonhousehold children07	.04	.09	5.5	3.8	7.0	1.23	1.09	1.30
Caring for and helping nonhousehold adults07	.07	.07	8.0	7.2	8.8	.87	.95	.81
Caring for nonhousehold adults01	.01	.02	.6	.3	.9	2.08	(²)	2.21
Helping nonhousehold adults06	.06	.05	7.7	7.1	8.3	.74	.89	.62
Travel related to caring for and helping nonhousehold members06	.06	.07	10.4	8.9	11.8	.61	.64	.58
Working and work-related activities	3.81	4.52	3.14	47.8	54.2	41.7	7.98	8.34	7.53
Working	3.47	4.09	2.89	45.9	51.9	40.2	7.56	7.87	7.18
Work-related activities01	.01	.00	.4	.5	.2	(²)	(²)	(²)
Other income-generating activities03	.03	.02	1.0	1.1	.9	2.73	(²)	2.64
Job search and interviewing02	.03	.02	1.1	1.3	.9	2.06	(²)	(²)
Travel related to work28	.36	.21	39.7	45.4	34.3	.71	.79	.61
Educational activities43	.41	.44	7.9	7.6	8.2	5.42	5.39	5.44
Attending class26	.26	.25	5.0	4.9	5.0	5.15	5.20	5.10
Homework and research14	.12	.15	5.4	4.6	6.0	2.53	2.52	2.54
Travel related to education03	.02	.03	4.8	4.7	4.9	.55	.52	.59
Organizational, civic, and religious activities35	.28	.41	14.5	11.8	17.1	2.42	2.42	2.42
Religious and spiritual activities15	.11	.18	8.9	6.9	10.8	1.66	1.64	1.67
Volunteering (organizational and civic activities)16	.13	.18	7.1	6.0	8.2	2.22	2.21	2.23
Volunteer activities16	.13	.18	7.0	5.9	8.1	2.24	2.24	2.24
Administrative and support activities03	.02	.04	2.4	1.8	3.0	1.26	1.19	1.30
Social service and care activities (except medical) ..	.04	.04	.04	1.8	1.4	2.2	2.22	2.61	1.98
Indoor and outdoor maintenance, building, and cleanup activities01	.01	.01	.6	.7	.5	1.51	(²)	(²)
Participating in performance and cultural activities ..	.01	.01	.01	.5	.3	.6	(²)	(²)	(²)
Attending meetings, conferences, and training02	.02	.02	1.0	1.1	.9	2.07	(²)	2.27
Civic obligations and participation00	.00	.00	.1	.1	.1	(²)	(²)	(²)
Travel related to organizational, civic, and religious activities04	.04	.05	9.4	8.1	10.7	.48	.48	.47
Leisure and sports	5.11	5.48	4.76	95.8	96.0	95.6	5.33	5.71	4.98
Socializing, relaxing, and leisure	4.52	4.77	4.29	95.1	95.2	94.9	4.76	5.01	4.52
Socializing and communicating73	.67	.78	38.4	35.3	41.4	1.89	1.89	1.89
Socializing and communicating (except social events)64	.59	.69	36.7	33.8	39.5	1.73	1.73	1.73
Attending or hosting social events09	.08	.10	2.9	2.4	3.3	3.12	3.33	2.97
Relaxing and leisure	3.70	4.02	3.40	91.1	92.0	90.2	4.06	4.37	3.77
Watching TV	2.62	2.88	2.38	79.5	81.4	77.7	3.30	3.54	3.07
Arts and entertainment (other than sports)09	.09	.10	3.5	3.5	3.6	2.63	2.57	2.68

See footnotes at end of table.

Table A-1. 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, 2007 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		
	Total	Men	Women	Total	Men	Women	Total	Men	Women
Sports, exercise, and recreation35	.45	.25	19.2	22.2	16.4	1.80	2.04	1.50
Participating in sports, exercise, and recreation32	.42	.22	18.5	21.4	15.7	1.71	1.96	1.39
Attending sporting or recreational events03	.03	.03	1.1	1.0	1.1	2.86	3.19	2.58
Travel related to leisure and sports24	.26	.22	35.6	36.9	34.4	.67	.70	.65
Telephone calls, mail, and e-mail19	.13	.24	24.4	19.1	29.3	.76	.66	.82
Telephone calls (to or from)11	.06	.15	14.4	9.4	19.1	.75	.65	.80
Household and personal messages08	.06	.09	13.5	11.8	15.1	.56	.53	.58
Household and personal mail and messages02	.02	.03	6.6	5.4	7.8	.37	.28	.43
Household and personal e-mail and messages05	.05	.05	8.1	7.4	8.7	.63	.64	.62
Travel related to telephone calls00	.00	.00	.6	.5	.7	.36	(²)	(²)
Other activities, not elsewhere classified20	.20	.19	14.1	13.0	15.1	1.40	1.57	1.26

¹ A primary activity refers to an individual's main activity. Other activities done simultaneously are not included.

² 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