

Table A-1. Time spent in detailed primary activities and percent of the civilian population engaging in each activity, averages per day by sex, 2025 annual averages

Activity	Average hours per day, civilian population			Average percent engaged in the activity per day			Average hours per day for people 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.....	9.80	9.59	10.00	99.9	99.9	100.0	9.81	9.59	10.01
Sleeping ¹	9.03	8.93	9.13	99.9	99.8	100.0	9.04	8.94	9.13
Grooming.....	0.67	0.58	0.77	79.8	76.9	82.6	0.85	0.75	0.93
Health-related self care.....	0.08	0.06	0.09	7.0	5.5	8.4	1.14	1.17	1.11
Personal activities.....	– ²	– ²	– ²	0.2	0.2	0.2	1.32	– ³	– ³
Travel related to personal care.....	0.01	0.01	0.01	2.0	2.4	1.7	0.56	0.59	0.51
Eating and drinking.....	1.21	1.24	1.18	96.9	97.2	96.5	1.25	1.28	1.23
Eating and drinking.....	1.11	1.14	1.08	96.8	97.2	96.4	1.15	1.17	1.12
Travel related to eating and drinking.....	0.10	0.10	0.10	16.3	17.6	15.0	0.61	0.54	0.68
Household activities.....	1.99	1.58	2.38	80.9	74.9	86.7	2.46	2.11	2.75
Housework.....	0.56	0.30	0.81	36.1	23.8	47.9	1.55	1.25	1.69
Interior cleaning.....	0.33	0.20	0.45	23.4	15.5	31.0	1.39	1.28	1.44
Laundry.....	0.17	0.07	0.26	16.3	8.4	23.9	1.05	0.86	1.11
Storing interior household items, including food.....	0.03	0.01	0.04	6.3	3.9	8.5	0.41	0.35	0.43
Food preparation and cleanup.....	0.71	0.51	0.91	65.2	57.9	72.2	1.09	0.88	1.26
Food and drink preparation.....	0.56	0.42	0.69	61.8	55.2	68.1	0.91	0.77	1.02
Kitchen and food cleanup.....	0.15	0.08	0.21	25.0	16.1	33.5	0.58	0.52	0.62
Lawn and garden care.....	0.19	0.26	0.13	10.0	11.2	8.9	1.90	2.29	1.43
Household management.....	0.17	0.12	0.22	18.6	14.4	22.6	0.92	0.82	0.99
Financial management.....	0.03	0.03	0.04	3.2	2.6	3.7	1.04	1.00	1.07
Household and personal organization and planning.....	0.14	0.09	0.18	15.4	11.7	18.9	0.88	0.77	0.95
Interior maintenance, repair, and decoration.....	0.06	0.07	0.05	3.0	3.5	2.5	1.93	2.00	1.83
Exterior maintenance, repair, and decoration.....	0.05	0.08	0.03	2.3	3.2	1.4	2.28	2.42	1.98
Animals and pets.....	0.14	0.12	0.17	19.5	15.8	23.0	0.74	0.75	0.74
Care for animals and pets, not veterinary care.....	0.08	0.06	0.10	14.8	10.9	18.5	0.53	0.54	0.53
Walking, exercising, and playing with animals.....	0.06	0.06	0.07	8.5	7.7	9.3	0.76	0.77	0.75
Vehicles.....	0.04	0.06	0.01	2.3	3.5	1.1	1.59	1.77	1.04
Appliances, tools, and toys.....	0.02	0.03	0.02	1.8	2.4	1.3	1.21	1.10	– ³
Travel related to household activities.....	0.04	0.04	0.05	7.3	6.7	7.9	0.59	0.57	0.61
Purchasing goods and services.....	0.69	0.61	0.77	39.7	36.6	42.6	1.74	1.67	1.80
Consumer goods purchases.....	0.30	0.26	0.35	34.8	32.3	37.2	0.87	0.79	0.93
Grocery shopping.....	0.12	0.10	0.14	15.1	12.8	17.2	0.78	0.74	0.80
Professional and personal care services.....	0.10	0.09	0.12	7.8	7.0	8.6	1.33	1.24	1.40
Financial services and banking.....	0.01	0.01	0.01	1.5	1.7	1.3	0.42	0.41	0.44
Medical and care services.....	0.07	0.06	0.08	4.5	3.8	5.1	1.62	1.57	1.65

See footnotes at end of table.

Table A-1. Time spent in detailed primary activities and percent of the civilian population engaging in each activity, averages per day by sex, 2025 annual averages — Continued

Activity	Average hours per day, civilian population			Average percent engaged in the activity per day			Average hours per day for people who engaged in the activity		
	Total	Men	Women	Total	Men	Women	Total	Men	Women
Personal care services.....	0.02	0.01	0.02	1.7	1.7	1.7	1.10	0.78	1.41
Household services.....	0.02	0.02	0.02	2.2	2.1	2.2	0.87	1.00	0.76
Home maintenance, repair, decoration, and construction (not done by self).....	0.01	0.01	0.01	0.5	0.4	0.6	1.65	2.33	1.28
Vehicle maintenance and repair services (not done by self).....	0.01	0.01	0.01	1.3	1.3	1.2	0.70	— ³	0.56
Government services.....	— ²	— ²	— ²	0.3	0.2	0.3	0.91	— ³	0.89
Travel related to purchasing goods and services.....	0.26	0.24	0.28	37.3	34.6	40.0	0.71	0.71	0.70
Caring for and helping household members.....	0.49	0.36	0.61	22.0	19.2	24.7	2.23	1.90	2.47
Caring for and helping household children.....	0.36	0.24	0.48	17.3	13.5	20.8	2.09	1.76	2.29
Caring for and helping household children (except activities related to education and health).....	0.32	0.22	0.42	16.7	13.3	20.0	1.93	1.67	2.09
Physical care for household children.....	0.15	0.09	0.20	12.7	8.8	16.6	1.16	1.03	1.22
Reading to and with household children.....	0.01	0.01	0.02	2.1	1.3	2.9	0.52	0.47	0.54
Talking with and listening to household children.....	0.02	0.01	0.02	2.5	1.5	3.5	0.64	0.81	0.57
Playing with household children, not sports.....	0.07	0.06	0.09	4.7	4.1	5.3	1.59	1.53	1.64
Attending household children's events.....	0.02	0.01	0.02	0.9	0.9	0.9	1.81	1.53	2.06
Activities related to household children's education.....	0.03	0.01	0.05	2.5	1.3	3.8	1.22	1.01	1.29
Helping household children with homework.....	0.02	0.01	0.03	2.0	1.2	2.8	0.91	0.96	0.88
Activities related to household children's health.....	0.01	— ²	0.01	0.7	0.3	1.0	0.97	— ³	0.87
Caring for and helping household adults.....	0.05	0.06	0.05	5.9	6.5	5.3	0.89	0.91	0.87
Caring for household adults.....	0.03	0.04	0.03	2.4	2.4	2.5	1.34	1.60	1.10
Physical care for household adults.....	0.02	0.02	0.01	1.5	1.4	1.7	1.17	— ³	0.82
Helping household adults.....	0.02	0.02	0.02	3.8	4.4	3.3	0.51	0.47	0.57
Travel related to caring for and helping household members.....	0.08	0.07	0.09	10.7	9.7	11.8	0.72	0.70	0.74
Caring for and helping nonhousehold members.....	0.15	0.14	0.16	7.6	7.5	7.7	1.97	1.90	2.05
Caring for and helping nonhousehold children.....	0.04	0.03	0.06	2.3	1.6	2.9	1.97	2.02	1.94
Caring for and helping nonhousehold adults.....	0.07	0.07	0.07	5.7	6.1	5.3	1.19	1.13	1.25
Caring for nonhousehold adults.....	0.01	0.01	0.02	0.7	0.5	0.9	2.07	— ³	— ³
Helping nonhousehold adults.....	0.05	0.06	0.05	5.3	5.8	4.8	1.00	1.02	0.98
Travel related to caring for and helping nonhousehold members.....	0.04	0.04	0.04	6.0	6.5	5.5	0.65	0.64	0.66
Working and work-related activities.....	3.32	3.82	2.84	41.5	46.1	37.2	7.98	8.29	7.63
Working.....	3.03	3.43	2.65	39.6	43.6	35.8	7.65	7.87	7.41
Work-related activities.....	— ²	— ²	— ²	0.1	0.1	0.1	— ³	— ³	— ³
Other income-generating activities.....	0.03	0.05	0.02	0.9	1.0	0.9	3.62	5.11	2.08

See footnotes at end of table.

Table A-1. Time spent in detailed primary activities and percent of the civilian population engaging in each activity, averages per day by sex, 2025 annual averages — Continued

Activity	Average hours per day, civilian population			Average percent engaged in the activity per day			Average hours per day for people who engaged in the activity		
	Total	Men	Women	Total	Men	Women	Total	Men	Women
Job search and interviewing.....	0.03	0.05	0.01	1.2	1.8	0.6	2.55	2.90	1.60
Travel related to work.....	0.22	0.29	0.16	29.0	33.1	25.1	0.76	0.87	0.63
Educational activities.....	0.44	0.41	0.47	8.5	8.1	8.9	5.17	5.12	5.21
Attending class.....	0.21	0.20	0.22	4.3	4.1	4.5	4.83	4.82	4.84
Taking class for degree, certificate, or licensure. . .	0.20	0.19	0.20	4.0	4.0	4.1	4.93	4.81	5.04
Homework and research.....	0.20	0.18	0.22	6.5	6.1	6.9	3.11	3.01	3.19
Travel related to education.....	0.02	0.02	0.02	4.1	4.2	3.9	0.54	0.46	0.62
Organizational, civic, and religious activities.....	0.28	0.25	0.31	13.6	12.3	14.9	2.08	2.07	2.08
Religious and spiritual activities.....	0.13	0.11	0.15	9.4	7.7	11.0	1.41	1.40	1.41
Attending religious services.....	0.07	0.06	0.08	3.7	3.3	4.1	1.92	1.92	1.92
Participating in religious practices.....	0.05	0.04	0.06	6.1	5.0	7.1	0.79	0.75	0.82
Volunteering (organizational and civic activities).....	0.12	0.11	0.12	5.3	5.2	5.4	2.18	2.20	2.16
Volunteer activities.....	0.11	0.11	0.11	5.2	5.2	5.3	2.17	2.20	2.14
Administrative and support activities.....	0.03	0.02	0.03	1.5	1.1	1.7	1.77	1.69	1.81
Social service and care activities (except medical).....	0.04	0.05	0.03	1.9	2.1	1.7	1.94	2.28	1.53
Indoor and outdoor maintenance, building, and cleanup activities.....	– ²	0.01	– ²	0.3	0.3	0.3	1.31	1.58	1.01
Participating in performance and cultural activities.....	0.01	0.01	0.02	0.5	0.3	0.6	2.43	1.97	2.65
Attending meetings, conferences, and training. . .	0.01	0.02	0.01	0.7	0.9	0.5	1.71	2.08	1.09
Civic obligations and participation.....	– ²	– ²	– ²	0.1	– ²	0.2	– ³	– ³	– ³
Travel related to organizational, civic, and religious activities.....	0.03	0.03	0.04	6.6	6.3	6.9	0.53	0.50	0.55
Leisure and sports.....	5.16	5.58	4.76	95.1	95.8	94.4	5.43	5.83	5.04
Socializing, relaxing, and leisure.....	4.60	4.92	4.30	93.6	94.6	92.6	4.92	5.20	4.64
Socializing and communicating.....	0.58	0.52	0.65	30.4	28.2	32.5	1.92	1.83	2.00
Socializing and communicating (except social events).....	0.52	0.46	0.59	29.3	26.9	31.5	1.79	1.70	1.87
Attending or hosting social events.....	0.06	0.06	0.06	2.0	2.0	2.0	2.98	2.94	3.01
Relaxing and leisure.....	3.95	4.36	3.57	89.9	91.2	88.6	4.40	4.78	4.03
Watching TV.....	2.61	2.81	2.42	74.3	75.7	73.1	3.51	3.71	3.32
Relaxing and thinking.....	0.35	0.39	0.30	20.2	21.9	18.6	1.72	1.81	1.63
Playing games.....	0.40	0.55	0.25	15.3	18.5	12.3	2.60	2.98	2.06
Computer use for leisure, excluding games.....	0.22	0.24	0.20	14.7	14.5	14.9	1.51	1.68	1.36
Reading for personal interest.....	0.27	0.23	0.31	16.1	13.4	18.8	1.67	1.72	1.63
Arts and entertainment (other than sports).....	0.06	0.05	0.08	2.3	1.9	2.7	2.75	2.54	2.89
Sports, exercise, and recreation.....	0.37	0.46	0.29	24.1	26.5	21.7	1.55	1.75	1.32

See footnotes at end of table.

Table A-1. Time spent in detailed primary activities and percent of the civilian population engaging in each activity, averages per day by sex, 2025 annual averages — Continued

Activity	Average hours per day, civilian population			Average percent engaged in the activity per day			Average hours per day for people who engaged in the activity		
	Total	Men	Women	Total	Men	Women	Total	Men	Women
Participating in sports, exercise, and recreation.....	0.34	0.43	0.26	23.4	25.7	21.1	1.47	1.66	1.25
Walking.....	0.09	0.08	0.10	9.4	8.6	10.1	0.96	0.97	0.95
Attending sporting or recreational events.....	0.03	0.04	0.02	1.0	1.2	0.7	2.96	2.85	3.15
Travel related to leisure and sports.....	0.19	0.20	0.18	27.8	28.2	27.5	0.67	0.70	0.65
Telephone calls, mail, and e-mail.....	0.19	0.13	0.25	19.2	15.0	23.2	1.01	0.87	1.09
Telephone calls (to or from).....	0.14	0.10	0.19	13.8	10.3	17.0	1.04	0.94	1.10
Household and personal messages.....	0.05	0.03	0.06	7.8	6.1	9.4	0.62	0.54	0.68
Household and personal mail and messages.....	0.02	0.01	0.02	3.8	2.9	4.7	0.46	0.33	- ³
Household and personal e-mail and messages.....	0.03	0.02	0.04	4.5	3.4	5.6	0.69	0.67	0.69
Travel related to telephone calls.....	- ²	- ²	- ²	0.3	0.3	0.4	0.46	- ³	0.42
Other activities, not elsewhere classified.....	0.27	0.28	0.27	20.4	20.1	20.8	1.32	1.37	1.28

¹ Includes naps and spells of sleeplessness.

² Estimate is approximately zero.

³ Estimate is suppressed because it does not meet the American Time Use Survey publication standards.

- Not applicable.

NOTE: A primary activity refers to an individual's main activity. Other activities done simultaneously are not included. Data refer to people 15 years and over.

Source: American Time Use Survey, Bureau of Labor Statistics