

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, 2003 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	9.05	10.03	100.0	100.0	9.05	10.04
Sleeping	8.26	9.29	99.9	99.9	8.28	9.30
Grooming68	.65	81.6	73.1	.83	.88
Health-related self care08	.07	5.6	4.6	1.37	1.48
Personal activities02	.01	4.0	3.4	.48	.36
Travel related to personal care01	.02	1.5	2.1	.72	.96
Eating and drinking	1.16	1.32	92.0	90.0	1.26	1.47
Eating and drinking	1.05	1.15	92.0	89.9	1.15	1.28
Travel related to eating and drinking10	.16	24.2	28.0	.42	.58
Household activities	1.69	2.17	73.1	74.5	2.31	2.91
Housework57	.72	36.3	40.3	1.56	1.79
Food preparation and cleanup52	.57	51.7	48.8	1.00	1.16
Lawn and garden care16	.28	9.3	12.1	1.73	2.33
Household management13	.14	15.9	14.8	.81	.93
Interior maintenance, repair, and decoration08	.13	3.5	4.8	2.25	2.69
Exterior maintenance, repair, and decoration06	.10	2.9	4.2	1.96	2.34
Animals and pets08	.08	13.8	11.7	.60	.69
Vehicles04	.07	3.1	4.4	1.26	1.71
Appliances, tools, and toys02	.02	1.4	1.6	1.17	1.24
Travel related to household activities03	.05	8.8	8.4	.38	.59
Purchasing goods and services76	.95	45.5	47.4	1.66	2.01
Consumer goods purchases34	.56	39.9	45.3	.84	1.24
Grocery shopping10	.13	14.1	16.5	.68	.78
Professional and personal care services11	.05	11.3	5.0	1.00	.99
Financial services and banking01	.00	4.8	1.9	.25	.23
Medical and care services07	.01	4.5	.7	1.59	(³)
Personal care services02	.02	1.8	1.6	1.20	1.32
Household services02	.01	3.0	1.6	.80	.81
Home maintenance, repair, decoration, and construction (not done by self)01	.00	.7	.3	1.73	(³)
Vehicle maintenance and repair services (not done by self)01	.01	1.4	.8	.59	.88
Government services00	.00	.6	.2	(³)	(³)
Travel related to purchasing goods and services28	.33	44.3	46.2	.63	.71
Caring for and helping household members60	.47	28.8	22.8	2.07	2.04
Caring for and helping household children44	.38	23.3	19.1	1.90	2.01

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, 2003 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)38	.36	22.6	18.7	1.68	1.94
Activities related to household children's education05	.01	4.7	1.1	1.02	1.09
Activities related to household children's health01	.01	1.1	.6	1.24	1.64
Caring for and helping household adults05	.03	7.4	5.3	.69	.64
Caring for household adults03	.01	2.8	1.5	1.13	.94
Helping household adults02	.02	5.2	3.9	.39	.50
Travel related to caring for and helping household members10	.05	16.1	7.4	.64	.63
Caring for and helping nonhousehold members27	.30	15.5	16.1	1.76	1.85
Caring for and helping nonhousehold children09	.08	6.0	5.5	1.49	1.42
Caring for and helping nonhousehold adults10	.13	10.2	11.3	.93	1.11
Caring for nonhousehold adults03	.03	1.8	1.5	1.63	1.82
Helping nonhousehold adults07	.10	9.1	10.3	.73	.96
Travel related to caring for and helping nonhousehold members09	.09	13.1	12.9	.66	.71
Working and work-related activities	4.68	1.34	56.0	22.8	8.36	5.88
Working	4.23	1.20	53.6	21.3	7.88	5.62
Work-related activities02	.01	2.1	.8	.74	(³)
Other income-generating activities03	.02	1.1	.9	3.11	2.73
Job search and interviewing03	.01	1.8	.5	1.95	(³)
Travel related to work37	.10	49.7	15.5	.75	.65
Educational activities61	.14	9.8	4.6	6.19	3.14
Attending class40	.02	7.8	.5	5.14	(³)
Homework and research14	.12	6.0	4.1	2.37	2.86
Travel related to education05	.01	7.6	.8	.65	(³)
Organizational, civic, and religious activities22	.55	10.6	19.4	2.10	2.86
Religious and spiritual activities06	.33	4.9	15.6	1.21	2.14
Volunteering (organizational and civic activities)14	.14	6.4	6.2	2.14	2.30
Volunteer activities14	.14	6.3	6.1	2.16	2.31
Administrative and support activities05	.03	3.0	2.1	1.57	1.49
Social service and care activities (except medical)03	.04	1.6	1.9	2.06	1.97
Indoor and outdoor maintenance, building, and cleanup activities01	.01	.4	.6	(³)	(³)
Participating in performance and cultural activities01	.02	.3	.8	(³)	2.09
Attending meetings, conferences, and training02	.01	.9	.6	2.13	(³)
Civic obligations and participation00	.00	.2	.1	(³)	(³)
Travel related to organizational, civic, and religious activities03	.08	6.2	16.4	.42	.47
Leisure and sports	4.58	6.36	95.4	97.0	4.80	6.56
Socializing, relaxing, and leisure	4.11	5.61	94.5	96.4	4.35	5.82

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, 2003 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 communicating61	1.18	38.0	45.4	1.61	2.59
Socializing and communicating (except social events)56	.95	36.7	41.9	1.53	2.27
Attending or hosting social events05	.22	2.2	6.4	2.34	3.47
Relaxing and leisure	3.43	4.25	90.8	90.3	3.78	4.70
Watching TV	2.39	3.04	78.4	79.7	3.04	3.82
Arts and entertainment (other than sports)06	.18	2.5	7.0	2.53	2.54
Sports, exercise, and recreation29	.42	18.5	18.3	1.56	2.31
Participating in sports, exercise, and recreation26	.36	17.5	16.6	1.48	2.17
Attending sporting or recreational events03	.06	1.3	2.0	2.28	2.92
Travel related to leisure and sports18	.33	32.1	42.2	.57	.79
Telephone calls, mail, and e-mail20	.16	27.9	20.2	.72	.81
Telephone calls (to or from)09	.08	13.7	11.4	.63	.70
Household and personal messages07	.05	14.5	7.7	.51	.65
Household and personal mail and messages03	.02	9.7	4.5	.36	.48
Household and personal e-mail and messages04	.03	6.0	3.6	.66	.79
Travel related to telephone calls00	.00	.6	.4	(³)	(³)
Other activities, not elsewhere classified18	.20	12.9	12.7	1.42	1.59

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, 2003 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	8.84	9.82	99.9	99.9	8.85	9.82
Sleeping	8.16	9.22	99.8	99.9	8.18	9.23
Grooming56	.50	79.2	67.2	.71	.75
Health-related self care07	.06	4.5	3.8	1.60	1.51
Personal activities03	.01	3.7	3.1	.73	.48
Travel related to personal care01	.02	1.8	2.3	.72	.86
Eating and drinking	1.19	1.34	92.2	89.3	1.29	1.50
Eating and drinking	1.08	1.17	92.2	89.2	1.17	1.31
Travel related to eating and drinking11	.16	26.1	28.4	.42	.56
Household activities	1.16	1.75	61.5	64.7	1.88	2.70
Housework19	.31	17.6	23.6	1.07	1.33
Food preparation and cleanup23	.31	35.1	33.7	.67	.92
Lawn and garden care21	.39	10.3	15.1	2.01	2.59
Household management11	.11	13.3	11.9	.80	.96
Interior maintenance, repair, and decoration12	.16	4.5	5.6	2.71	2.94
Exterior maintenance, repair, and decoration09	.15	3.7	5.7	2.45	2.66
Animals and pets07	.07	11.9	9.9	.61	.73
Vehicles07	.14	5.0	7.4	1.43	1.91
Appliances, tools, and toys03	.03	2.3	2.4	1.28	1.33
Travel related to household activities03	.05	7.6	8.2	.42	.58
Purchasing goods and services63	.81	41.3	43.8	1.53	1.86
Consumer goods purchases26	.46	35.8	41.8	.73	1.10
Grocery shopping06	.09	10.2	13.2	.60	.72
Professional and personal care services09	.03	8.7	3.7	1.03	.85
Financial services and banking01	.00	4.3	1.6	.28	(³)
Medical and care services06	.01	3.5	.5	1.85	(³)
Personal care services01	.01	.8	1.0	(³)	(³)
Household services02	.02	3.0	1.6	.83	1.02
Home maintenance, repair, decoration, and construction (not done by self)01	.01	.5	.3	(³)	(³)
Vehicle maintenance and repair services (not done by self)01	.01	1.8	.9	(³)	(³)
Government services00	.00	.6	.2	(³)	(³)
Travel related to purchasing goods and services25	.31	40.4	42.7	.63	.72
Caring for and helping household members35	.34	22.2	17.8	1.58	1.91
Caring for and helping household children24	.27	16.9	14.3	1.42	1.92

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, 2003 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)20	.26	16.2	14.0	1.26	1.85
Activities related to household children's education03	.01	2.8	.6	1.02	(³)
Activities related to household children's health01	.01	.4	.3	(³)	(³)
Caring for and helping household adults04	.03	6.5	4.8	.63	.56
Caring for household adults02	.01	1.9	1.0	1.21	(³)
Helping household adults02	.02	5.0	3.9	.37	.46
Travel related to caring for and helping household members07	.04	11.8	6.3	.58	.62
Caring for and helping nonhousehold members23	.31	12.9	14.8	1.75	2.08
Caring for and helping nonhousehold children04	.07	3.6	4.7	1.22	1.55
Caring for and helping nonhousehold adults10	.14	9.7	10.9	.98	1.29
Caring for nonhousehold adults01	.01	.9	1.1	(³)	(³)
Helping nonhousehold adults08	.13	9.2	10.1	.87	1.25
Travel related to caring for and helping nonhousehold members09	.09	11.3	12.0	.76	.78
Working and work-related activities	5.75	1.74	64.7	28.1	8.88	6.20
Working	5.16	1.56	61.8	26.4	8.34	5.89
Work-related activities02	.01	2.6	1.0	.72	(³)
Other income-generating activities04	.02	1.3	.8	(³)	(³)
Job search and interviewing05	.01	2.2	.6	2.13	(³)
Travel related to work48	.14	57.6	19.5	.84	.70
Educational activities58	.12	9.0	3.9	6.49	3.03
Attending class40	.01	7.3	.4	5.43	(³)
Homework and research12	.09	5.0	3.4	2.46	2.77
Travel related to education05	.01	7.2	.8	.69	(³)
Organizational, civic, and religious activities20	.50	8.6	16.6	2.31	3.02
Religious and spiritual activities05	.29	3.6	13.2	1.30	2.16
Volunteering (organizational and civic activities)13	.14	5.5	5.4	2.30	2.62
Volunteer activities13	.14	5.4	5.4	2.32	2.63
Administrative and support activities05	.03	2.5	1.5	1.91	1.87
Social service and care activities (except medical)03	.03	1.3	1.6	(³)	1.98
Indoor and outdoor maintenance, building, and cleanup activities01	.02	.4	.9	(³)	(³)
Participating in performance and cultural activities00	.02	.2	.7	(³)	(³)
Attending meetings, conferences, and training02	.01	1.0	.5	(³)	(³)
Civic obligations and participation00	.00	.1	.1	(³)	(³)
Travel related to organizational, civic, and religious activities02	.07	5.6	14.6	.44	.50
Leisure and sports	4.77	6.96	95.6	97.4	4.98	7.15
Socializing, relaxing, and leisure	4.21	6.02	94.5	96.8	4.45	6.22

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, 2003 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	1.13	33.8	41.4	1.68	2.72
Socializing and communicating (except social events)52	.92	32.4	38.2	1.59	2.41
Attending or hosting social events05	.21	1.9	5.6	2.52	3.66
Relaxing and leisure	3.58	4.71	91.5	91.9	3.91	5.13
Watching TV	2.46	3.47	79.0	82.7	3.11	4.20
Arts and entertainment (other than sports)06	.17	2.3	6.6	2.60	2.63
Sports, exercise, and recreation35	.59	19.4	21.8	1.83	2.71
Participating in sports, exercise, and recreation32	.52	18.5	19.9	1.75	2.59
Attending sporting or recreational events03	.07	1.2	2.3	(³)	2.97
Travel related to leisure and sports20	.36	32.7	43.3	.61	.82
Telephone calls, mail, and e-mail15	.10	21.8	14.3	.67	.71
Telephone calls (to or from)05	.05	8.9	7.3	.61	.62
Household and personal messages06	.04	12.5	6.0	.51	.63
Household and personal mail and messages02	.01	7.5	3.4	.33	.33
Household and personal e-mail and messages04	.03	6.0	3.0	.65	.88
Travel related to telephone calls00	.00	.7	.3	(³)	(³)
Other activities, not elsewhere classified17	.21	11.5	12.3	1.44	1.69

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, 2003 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	10.23	100.0	100.0	9.24	10.23
Sleeping	8.36	9.34	99.9	99.9	8.37	9.36
Grooming78	.78	83.9	78.6	.93	.99
Health-related self care08	.08	6.7	5.3	1.22	1.47
Personal activities01	.01	4.2	3.7	.27	.27
Travel related to personal care01	.02	1.3	1.8	(³)	1.08
Eating and drinking	1.13	1.30	91.8	90.6	1.23	1.44
Eating and drinking	1.03	1.13	91.8	90.6	1.12	1.25
Travel related to eating and drinking09	.17	22.4	27.7	.42	.60
Household activities	2.18	2.56	83.9	83.7	2.60	3.06
Housework92	1.10	53.8	55.9	1.71	1.97
Food preparation and cleanup78	.81	67.1	63.0	1.17	1.28
Lawn and garden care12	.18	8.5	9.2	1.42	1.93
Household management15	.16	18.4	17.5	.82	.91
Interior maintenance, repair, and decoration04	.10	2.6	4.2	1.53	2.37
Exterior maintenance, repair, and decoration03	.05	2.2	2.7	1.20	1.69
Animals and pets09	.09	15.5	13.4	.59	.67
Vehicles01	.01	1.2	1.5	(³)	.83
Appliances, tools, and toys00	.01	.6	.8	(³)	(³)
Travel related to household activities04	.05	9.9	8.6	.36	.59
Purchasing goods and services87	1.09	49.4	50.8	1.76	2.14
Consumer goods purchases40	.66	43.6	48.5	.93	1.36
Grocery shopping13	.16	17.7	19.6	.72	.83
Professional and personal care services13	.07	13.7	6.2	.98	1.07
Financial services and banking01	.01	5.3	2.2	.23	.22
Medical and care services08	.02	5.4	.9	1.44	(³)
Personal care services03	.03	2.8	2.2	1.25	1.54
Household services02	.01	3.0	1.6	.78	.61
Home maintenance, repair, decoration, and construction (not done by self)01	.00	.9	.3	(³)	(³)
Vehicle maintenance and repair services (not done by self)01	.00	1.1	.8	(³)	(³)
Government services00	.00	.7	.1	(³)	(³)
Travel related to purchasing goods and services30	.35	47.9	49.5	.63	.70
Caring for and helping household members83	.58	34.9	27.6	2.37	2.11
Caring for and helping household children63	.49	29.2	23.6	2.16	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, 2003 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	.46	28.6	23.1	1.89	1.98
Activities related to household children's education07	.02	6.6	1.6	1.03	1.01
Activities related to household children's health02	.01	1.7	.8	1.14	(³)
Caring for and helping household adults06	.04	8.2	5.8	.74	.70
Caring for household adults04	.02	3.6	2.1	1.09	.94
Helping household adults02	.02	5.4	4.0	.41	.54
Travel related to caring for and helping household members14	.05	20.1	8.5	.67	.64
Caring for and helping nonhousehold members32	.29	17.9	17.2	1.76	1.66
Caring for and helping nonhousehold children13	.08	8.2	6.2	1.60	1.33
Caring for and helping nonhousehold adults10	.11	10.7	11.8	.89	.95
Caring for nonhousehold adults04	.04	2.5	1.8	1.63	2.07
Helping nonhousehold adults05	.07	9.0	10.6	.60	.69
Travel related to caring for and helping nonhousehold members09	.09	14.8	13.7	.59	.65
Working and work-related activities	3.70	.97	47.9	17.9	7.71	5.42
Working	3.36	.86	46.0	16.5	7.30	5.22
Work-related activities01	.00	1.6	.5	.76	(³)
Other income-generating activities03	.03	.8	1.0	(³)	(³)
Job search and interviewing02	.01	1.4	.4	(³)	(³)
Travel related to work27	.07	42.4	11.7	.64	.58
Educational activities63	.17	10.6	5.2	5.96	3.22
Attending class40	.02	8.2	.5	4.90	(³)
Homework and research16	.14	6.9	4.7	2.31	2.92
Travel related to education05	.01	8.0	.9	.61	(³)
Organizational, civic, and religious activities24	.60	12.4	22.0	1.97	2.74
Religious and spiritual activities07	.38	6.1	17.9	1.15	2.12
Volunteering (organizational and civic activities)15	.14	7.3	6.9	2.03	2.07
Volunteer activities14	.14	7.0	6.8	2.05	2.08
Administrative and support activities05	.03	3.5	2.6	1.34	1.29
Social service and care activities (except medical)04	.04	1.8	2.2	2.07	1.96
Indoor and outdoor maintenance, building, and cleanup activities01	.01	.4	.4	(³)	(³)
Participating in performance and cultural activities01	.01	.4	.8	(³)	(³)
Attending meetings, conferences, and training02	.01	.9	.7	(³)	(³)
Civic obligations and participation00	.00	.2	.1	(³)	(³)
Travel related to organizational, civic, and religious activities03	.08	6.8	18.2	.40	.45
Leisure and sports	4.42	5.80	95.2	96.7	4.64	6.00
Socializing, relaxing, and leisure	4.02	5.22	94.5	96.0	4.25	5.43

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, 2003 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 communicating66	1.22	41.9	49.1	1.57	2.49
Socializing and communicating (except social events)60	.98	40.7	45.3	1.48	2.17
Attending or hosting social events05	.24	2.4	7.1	2.22	3.33
Relaxing and leisure	3.29	3.81	90.1	88.8	3.66	4.29
Watching TV	2.32	2.64	77.8	76.8	2.98	3.43
Arts and entertainment (other than sports)07	.18	2.7	7.3	2.47	2.47
Sports, exercise, and recreation23	.27	17.7	15.0	1.28	1.76
Participating in sports, exercise, and recreation20	.22	16.7	13.5	1.20	1.60
Attending sporting or recreational events03	.05	1.3	1.7	(³)	2.86
Travel related to leisure and sports17	.31	31.6	41.1	.54	.76
Telephone calls, mail, and e-mail25	.22	33.5	25.6	.75	.86
Telephone calls (to or from)12	.11	18.2	15.2	.64	.74
Household and personal messages08	.06	16.3	9.3	.51	.66
Household and personal mail and messages04	.03	11.6	5.6	.37	.56
Household and personal e-mail and messages04	.03	6.0	4.2	.67	.73
Travel related to telephone calls00	.00	.5	.4	(³)	(³)
Other activities, not elsewhere classified20	.20	14.1	13.1	1.41	1.51

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 2003, data were not collected about Thanksgiving Day or Christmas 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