

**Table A-1. Time spent in detailed primary activities and percent of the civilian population engaging in each activity, averages per day by sex, 2014 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.....	9.58	9.32	9.82	100.0	99.9	100.0	9.58	9.33	9.82
Sleeping.....	8.80	8.69	8.90	99.9	99.9	100.0	8.80	8.70	8.90
Grooming.....	0.68	0.55	0.81	81.0	77.5	84.3	0.84	0.71	0.96
Health-related self care.....	0.08	0.06	0.10	6.6	5.4	7.8	1.17	1.04	1.25
Personal activities.....	0.01	0.01	– <sup>1</sup>	0.4	0.4	0.3	1.31	1.21	1.42
Travel related to personal care.....	0.02	0.02	0.02	2.6	2.9	2.4	0.64	0.64	0.64
Eating and drinking.....	1.17	1.21	1.14	95.6	95.4	95.8	1.23	1.27	1.19
Eating and drinking.....	1.07	1.10	1.04	95.6	95.4	95.7	1.12	1.16	1.09
Travel related to eating and drinking.....	0.10	0.11	0.09	22.5	23.8	21.2	0.44	0.44	0.44
Household activities.....	1.77	1.38	2.14	74.4	65.1	83.1	2.38	2.11	2.57
Housework.....	0.55	0.27	0.82	34.8	20.0	48.7	1.59	1.35	1.68
Food preparation and cleanup.....	0.59	0.34	0.82	56.3	42.8	68.9	1.04	0.79	1.19
Lawn and garden care.....	0.19	0.25	0.12	9.3	10.8	7.9	2.02	2.37	1.56
Household management.....	0.12	0.10	0.13	16.8	13.9	19.4	0.69	0.72	0.67
Interior maintenance, repair, and decoration.....	0.07	0.08	0.05	2.9	3.5	2.4	2.23	2.21	2.27
Exterior maintenance, repair, and decoration.....	0.05	0.09	0.02	3.0	4.6	1.6	1.77	1.92	1.35
Animals and pets.....	0.11	0.09	0.12	15.7	13.4	17.9	0.68	0.70	0.68
Vehicles.....	0.05	0.09	0.01	2.2	3.7	0.9	2.15	2.50	0.84
Appliances, tools, and toys.....	0.02	0.02	0.01	1.1	1.6	0.7	1.37	1.56	0.93
Travel related to household activities.....	0.04	0.04	0.04	8.2	7.7	8.7	0.46	0.49	0.44
Purchasing goods and services.....	0.74	0.60	0.87	42.9	38.6	47.0	1.71	1.54	1.84
Consumer goods purchases.....	0.36	0.27	0.44	38.7	34.7	42.4	0.93	0.77	1.04
Grocery shopping.....	0.11	0.08	0.14	14.2	10.8	17.5	0.80	0.75	0.83
Professional and personal care services.....	0.09	0.06	0.12	8.0	5.5	10.3	1.12	1.13	1.12
Financial services and banking.....	0.01	0.01	0.01	2.4	2.1	2.7	0.28	0.27	0.29
Medical and care services.....	0.06	0.05	0.07	4.0	2.9	5.0	1.50	1.67	1.41
Personal care services.....	0.02	0.01	0.03	1.4	0.5	2.2	1.31	1.10	1.35
Household services.....	0.01	0.02	0.01	1.8	2.1	1.5	0.82	0.94	0.65
Home maintenance, repair, decoration, and construction (not done by self).....	– <sup>1</sup>	– <sup>1</sup>	0.01	0.4	0.3	0.4	1.19	1.00	1.36
Vehicle maintenance and repair services (not done by self).....	0.01	0.02	– <sup>1</sup>	1.0	1.4	0.6	0.90	1.07	0.55
Government services.....	– <sup>1</sup>	– <sup>1</sup>	– <sup>1</sup>	0.4	0.4	0.4	1.19	1.30	1.10
Travel related to purchasing goods and services.....	0.27	0.24	0.29	41.4	37.2	45.4	0.65	0.65	0.65
Caring for and helping household members.....	0.54	0.35	0.72	25.7	20.5	30.5	2.10	1.70	2.35
Caring for and helping household children.....	0.41	0.26	0.55	21.1	16.3	25.6	1.95	1.58	2.17

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, 2014 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 and helping household children (except activities related to education and health).....	0.36	0.23	0.48	20.6	15.7	25.1	1.75	1.43	1.93
Activities related to household children's education.....	0.04	0.02	0.05	4.0	2.5	5.3	0.98	0.87	1.02
Activities related to household children's health.....	0.01	0.01	0.02	1.0	0.5	1.5	1.29	— <sup>2</sup>	1.08
Caring for and helping household adults.....	0.04	0.03	0.06	5.7	5.1	6.1	0.77	0.60	0.91
Caring for household adults.....	0.03	0.02	0.04	2.4	1.8	3.0	1.30	1.03	1.45
Helping household adults.....	0.01	0.01	0.01	3.5	3.6	3.4	0.35	0.34	— <sup>2</sup>
Travel related to caring for and helping household members.....	0.08	0.06	0.11	13.1	9.8	16.2	0.64	0.61	0.66
Caring for and helping nonhousehold members.....	0.18	0.15	0.21	10.8	8.8	12.6	1.69	1.74	1.66
Caring for and helping nonhousehold children.....	0.07	0.04	0.10	4.5	3.0	6.0	1.56	1.35	1.65
Caring for and helping nonhousehold adults.....	0.06	0.07	0.06	6.6	6.0	7.1	0.95	1.15	0.79
Caring for nonhousehold adults.....	0.01	0.01	0.02	0.7	0.5	1.0	1.68	1.44	1.78
Helping nonhousehold adults.....	0.05	0.06	0.04	6.1	5.6	6.6	0.82	1.10	0.59
Travel related to caring for and helping nonhousehold members.....	0.05	0.04	0.05	8.1	7.1	9.1	0.61	0.63	0.59
Working and work-related activities.....	3.59	4.29	2.94	44.0	49.9	38.5	8.16	8.60	7.64
Working.....	3.25	3.87	2.68	42.0	47.6	36.8	7.73	8.12	7.27
Work-related activities.....	0.01	0.01	— <sup>1</sup>	0.5	0.7	0.4	1.39	1.55	1.14
Other income-generating activities.....	0.02	0.03	0.02	0.8	0.9	0.8	2.74	3.10	2.37
Job search and interviewing.....	0.04	0.05	0.03	1.5	1.7	1.3	2.52	2.78	2.21
Travel related to work.....	0.27	0.34	0.21	36.2	41.3	31.4	0.76	0.82	0.68
Educational activities.....	0.42	0.40	0.44	8.0	7.5	8.5	5.27	5.35	5.21
Attending class.....	0.23	0.24	0.23	4.9	4.7	5.0	4.83	5.08	4.62
Homework and research.....	0.15	0.12	0.18	5.4	4.9	6.0	2.77	2.55	2.93
Travel related to education.....	0.03	0.03	0.03	4.7	4.3	5.0	0.64	0.67	0.60
Organizational, civic, and religious activities.....	0.32	0.27	0.37	14.5	11.6	17.2	2.24	2.36	2.17
Religious and spiritual activities.....	0.14	0.11	0.17	9.1	6.8	11.2	1.57	1.66	1.52
Volunteering (organizational and civic activities).....	0.14	0.12	0.16	6.5	5.6	7.4	2.14	2.20	2.10
Volunteer activities.....	0.14	0.12	0.15	6.3	5.5	7.1	2.14	2.19	2.11
Administrative and support activities.....	0.04	0.02	0.05	2.4	1.7	3.1	1.49	1.42	1.53
Social service and care activities (except medical).....	0.04	0.02	0.05	1.8	1.4	2.3	1.98	1.65	2.16
Indoor and outdoor maintenance, building, and cleanup activities.....	— <sup>1</sup>	0.01	— <sup>1</sup>	0.3	0.3	0.2	1.95	2.27	1.44
Participating in performance and cultural activities.....	0.01	0.01	0.01	0.5	0.4	0.6	2.07	2.56	1.75
Attending meetings, conferences, and training. . .	0.02	0.02	0.02	0.9	1.0	0.7	2.29	2.30	2.28

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, 2014 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
Civic obligations and participation.....	– <sup>1</sup>	– <sup>1</sup>	– <sup>1</sup>	0.2	0.2	0.3	– <sup>2</sup>	– <sup>2</sup>	– <sup>2</sup>
Travel related to organizational, civic, and religious activities.....	0.04	0.04	0.05	8.6	7.1	10.0	0.48	0.50	0.48
Leisure and sports.....	5.30	5.71	4.93	95.7	95.8	95.7	5.54	5.96	5.15
Socializing, relaxing, and leisure.....	4.77	5.06	4.49	94.9	94.9	94.9	5.02	5.34	4.73
Socializing and communicating.....	0.71	0.69	0.73	37.5	34.7	40.1	1.89	1.99	1.82
Socializing and communicating (except social events).....	0.64	0.62	0.66	36.2	33.5	38.7	1.77	1.86	1.70
Attending or hosting social events.....	0.07	0.06	0.07	2.2	1.9	2.5	3.05	3.36	2.82
Relaxing and leisure.....	3.97	4.28	3.67	90.7	91.1	90.3	4.38	4.70	4.07
Watching TV.....	2.82	3.05	2.61	79.9	80.4	79.4	3.53	3.80	3.29
Arts and entertainment (other than sports).....	0.09	0.09	0.09	3.0	2.9	3.2	2.86	3.04	2.70
Sports, exercise, and recreation.....	0.33	0.42	0.24	20.0	22.3	17.8	1.63	1.86	1.36
Participating in sports, exercise, and recreation.....	0.29	0.38	0.21	19.1	21.5	16.8	1.53	1.77	1.24
Attending sporting or recreational events.....	0.03	0.03	0.03	1.2	1.1	1.2	2.78	2.89	2.69
Travel related to leisure and sports.....	0.21	0.23	0.20	33.4	34.1	32.7	0.64	0.66	0.61
Telephone calls, mail, and e-mail.....	0.14	0.10	0.19	20.2	15.1	25.0	0.71	0.65	0.75
Telephone calls (to or from).....	0.10	0.06	0.13	12.8	8.2	17.2	0.76	0.76	0.76
Household and personal messages.....	0.04	0.03	0.06	10.0	8.2	11.6	0.44	0.40	0.47
Household and personal mail and messages.....	0.02	0.01	0.02	5.1	4.2	6.0	0.30	0.23	0.34
Household and personal e-mail and messages.....	0.03	0.02	0.04	5.6	4.5	6.5	0.52	0.50	0.54
Travel related to telephone calls.....	– <sup>1</sup>	– <sup>1</sup>	– <sup>1</sup>	0.8	0.5	0.9	0.35	– <sup>2</sup>	0.32
Other activities, not elsewhere classified.....	0.23	0.22	0.24	15.5	13.7	17.2	1.48	1.62	1.37

<sup>1</sup> Estimate is approximately zero.

<sup>2</sup> 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 persons 15 years and over.

Source: American Time Use Survey, Bureau of Labor Statistics