

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, 2012 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	9.49	9.22	9.74	100.0	99.9	100.0	9.49	9.22	9.74
Sleeping	8.73	8.60	8.86	99.9	99.9	99.9	8.74	8.61	8.86
Grooming67	.55	.78	77.9	74.6	81.1	.86	.74	.96
Health-related self care07	.05	.09	5.6	4.5	6.7	1.17	1.01	1.27
Personal activities01	.01	~0	.4	.5	.3	1.26	1.12	1.48
Travel related to personal care02	.02	.02	2.4	2.6	2.2	.70	.67	.73
Eating and drinking	1.25	1.30	1.20	96.0	95.9	96.0	1.30	1.35	1.25
Eating and drinking	1.12	1.16	1.09	96.0	95.9	96.0	1.17	1.21	1.13
Travel related to eating and drinking12	.13	.11	23.2	24.2	22.3	.52	.55	.49
Household activities	1.74	1.29	2.17	73.7	64.5	82.3	2.36	1.99	2.63
Housework60	.28	.90	34.6	19.8	48.4	1.73	1.40	1.86
Food preparation and cleanup53	.28	.75	52.5	39.2	64.9	1.00	.72	1.16
Lawn and garden care18	.25	.12	9.8	11.7	8.0	1.87	2.11	1.53
Household management13	.10	.15	16.3	13.6	18.8	.78	.77	.79
Interior maintenance, repair, and decoration06	.07	.04	2.5	3.1	1.9	2.29	2.32	2.25
Exterior maintenance, repair, and decoration06	.09	.03	2.5	3.5	1.6	2.19	2.46	1.65
Animals and pets10	.09	.11	15.1	13.1	17.0	.65	.65	.65
Vehicles04	.07	.01	2.0	3.3	.7	1.81	2.02	.92
Appliances, tools, and toys01	.02	.01	1.3	1.8	.8	1.05	1.13	.89
Travel related to household activities04	.04	.05	8.3	7.5	9.0	.52	.53	.51
Purchasing goods and services72	.60	.84	41.4	37.2	45.3	1.74	1.60	1.85
Consumer goods purchases35	.27	.43	37.5	34.0	40.8	.94	.80	1.05
Grocery shopping09	.07	.12	12.4	9.6	15.0	.74	.69	.78
Professional and personal care services08	.06	.10	7.4	5.6	9.0	1.10	1.05	1.13
Financial services and banking01	.01	.01	2.4	1.8	2.9	.33	.29	.35
Medical and care services05	.04	.06	3.3	2.7	3.9	1.55	1.58	1.52
Personal care services01	.01	.02	1.3	.9	1.6	1.16	.86	1.31
Household services01	.01	.01	1.9	1.7	2.1	.65	.59	.69
Home maintenance, repair, decoration, and construction (not done by self)	~0	~0	~0	.3	.2	.3	.95	1.26	.77
Vehicle maintenance and repair services (not done by self)01	.01	.01	1.0	.9	1.1	.75	.63	.84
Government services01	~0	.01	.4	.3	.5	1.48	(²)	1.19
Travel related to purchasing goods and services27	.25	.29	40.1	36.1	43.8	.67	.68	.66
Caring for and helping household members51	.35	.66	24.5	19.7	28.9	2.09	1.79	2.27
Caring for and helping household children40	.27	.53	20.4	15.6	24.8	1.98	1.71	2.14
Caring for and helping household children (except activities related to education and health)36	.24	.46	19.8	15.0	24.2	1.80	1.59	1.91
Activities related to household children's education04	.02	.05	3.5	2.0	4.9	1.11	1.06	1.12
Activities related to household children's health01	.01	.01	.9	.4	1.3	1.16	1.50	1.06
Caring for and helping household adults03	.03	.03	5.2	5.1	5.2	.62	.56	.67
Caring for household adults02	.02	.03	2.1	1.7	2.4	1.03	.99	1.06
Helping household adults01	.01	.01	3.4	3.6	3.1	.31	.32	.30

See footnotes at end of table.

Table A-1. Time spent in detailed primary activities¹ and percent of the civilian population engaging in each detailed primary activity category, averages per day by sex, 2012 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
Travel related to caring for and helping household members08	.06	.09	12.3	9.6	14.8	.61	.61	.62
Caring for and helping nonhousehold members18	.16	.20	11.2	9.9	12.3	1.62	1.59	1.64
Caring for and helping nonhousehold children06	.04	.09	4.4	3.3	5.5	1.43	1.19	1.56
Caring for and helping nonhousehold adults06	.06	.05	7.3	7.0	7.5	.80	.91	.70
Caring for nonhousehold adults01	~0	.01	.6	.1	1.1	1.32	(²)	1.32
Helping nonhousehold adults05	.06	.04	6.9	6.9	6.8	.72	.90	.56
Travel related to caring for and helping nonhousehold members06	.06	.06	9.1	8.8	9.4	.65	.63	.67
Working and work-related activities	3.53	4.17	2.94	43.9	48.8	39.3	8.05	8.54	7.49
Working	3.19	3.74	2.67	41.8	46.5	37.4	7.63	8.05	7.13
Work-related activities	~0	.01	~0	.4	.5	.2	1.18	1.36	.82
Other income-generating activities03	.02	.03	.9	.8	1.0	2.83	3.02	2.68
Job search and interviewing04	.04	.03	1.6	1.9	1.4	2.37	2.36	2.39
Travel related to work28	.35	.21	35.9	40.3	31.8	.77	.87	.65
Educational activities50	.53	.47	8.5	8.8	8.2	5.87	6.01	5.73
Attending class28	.30	.26	5.4	5.8	5.1	5.16	5.17	5.14
Homework and research17	.18	.16	6.2	6.1	6.2	2.75	2.89	2.63
Travel related to education04	.03	.04	5.2	5.4	5.0	.70	.63	.76
Organizational, civic, and religious activities32	.26	.38	13.8	10.9	16.6	2.33	2.42	2.27
Religious and spiritual activities15	.12	.18	9.0	6.7	11.1	1.66	1.72	1.63
Volunteering (organizational and civic activities)13	.11	.15	6.0	5.0	7.0	2.13	2.21	2.08
Volunteer activities13	.11	.14	5.8	4.7	6.8	2.18	2.29	2.11
Administrative and support activities04	.03	.05	2.3	1.7	2.8	1.63	1.69	1.59
Social service and care activities (except medical)03	.02	.04	1.6	1.1	2.0	1.87	1.84	1.89
Indoor and outdoor maintenance, building, and cleanup activities01	.01	~0	.4	.5	.2	1.64	1.46	2.01
Participating in performance and cultural activities01	.01	.01	.4	.5	.4	2.37	2.31	2.44
Attending meetings, conferences, and training02	.02	.02	.9	.8	1.0	1.96	2.19	1.80
Civic obligations and participation	~0	~0	~0	.3	.4	.3	.89	(²)	(²)
Travel related to organizational, civic, and religious activities04	.04	.05	8.4	7.2	9.5	.51	.52	.50
Leisure and sports	5.37	5.79	4.97	96.2	96.9	95.6	5.58	5.98	5.20
Socializing, relaxing, and leisure	4.79	5.10	4.50	95.2	95.9	94.5	5.03	5.31	4.76
Socializing and communicating74	.72	.76	37.2	35.4	38.9	2.00	2.04	1.96
Socializing and communicating (except social events)65	.64	.66	35.3	33.5	37.1	1.84	1.92	1.78
Attending or hosting social events09	.08	.10	3.0	2.8	3.2	3.06	2.76	3.31
Relaxing and leisure	3.96	4.29	3.66	91.1	92.1	90.1	4.35	4.66	4.06
Watching TV	2.83	3.07	2.61	80.1	80.9	79.3	3.54	3.80	3.29
Arts and entertainment (other than sports)08	.08	.08	3.1	3.1	3.1	2.63	2.58	2.67
Sports, exercise, and recreation35	.44	.26	20.0	22.5	17.6	1.74	1.95	1.49
Participating in sports, exercise, and recreation32	.41	.24	19.3	21.7	17.0	1.67	1.90	1.39
Attending sporting or recreational events03	.03	.02	.9	1.0	.9	2.71	2.65	2.78
Travel related to leisure and sports23	.25	.21	32.8	34.5	31.3	.70	.74	.66
Telephone calls, mail, and e-mail16	.11	.20	19.8	15.7	23.6	.78	.70	.84
Telephone calls (to or from)10	.06	.14	12.7	8.6	16.6	.81	.72	.86
Household and personal messages05	.05	.05	9.4	8.6	10.2	.52	.53	.52

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, 2012 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
Household and personal mail and messages02	.01	.02	4.8	4.2	5.3	.37	.34	.39
Household and personal e-mail and messages03	.03	.03	5.4	5.0	5.7	.59	.63	.56
Travel related to telephone calls	~0	~0	~0	.5	.4	.6	.36	.37	.35
Other activities, not elsewhere classified24	.23	.25	14.1	12.8	15.3	1.69	1.80	1.60

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

² Estimate is suppressed because it does not meet the American Time Use Survey publication standards.

~0 Estimate is approximately zero.

– Not applicable.

NOTE: Data refer to persons 15 years and over.

Source: American Time Use Survey, Bureau of Labor Statistics