

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, 2006 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	9.12	10.08	100.0	100.0	9.12	10.08
Sleeping	8.33	9.32	100.0	99.9	8.33	9.33
Grooming69	.62	83.4	73.0	.82	.85
Health-related self care09	.11	6.4	5.9	1.35	1.82
Personal activities01	.02	.5	.7	(³)	(³)
Travel related to personal care01	.02	2.3	2.4	.48	.70
Eating and drinking	1.18	1.37	96.1	95.7	1.22	1.43
Eating and drinking	1.07	1.19	96.1	95.7	1.12	1.25
Travel related to eating and drinking10	.17	24.5	29.2	.41	.57
Household activities	1.66	2.11	73.3	75.5	2.26	2.79
Housework57	.70	35.1	38.5	1.62	1.82
Food preparation and cleanup51	.57	52.1	50.5	.98	1.13
Lawn and garden care16	.27	9.6	11.9	1.72	2.30
Household management12	.15	18.7	18.0	.62	.83
Interior maintenance, repair, and decoration07	.11	3.4	4.5	2.02	2.46
Exterior maintenance, repair, and decoration05	.07	2.8	3.2	1.68	2.04
Animals and pets08	.09	13.9	12.0	.59	.79
Vehicles04	.06	2.7	3.7	1.54	1.68
Appliances, tools, and toys02	.02	1.4	1.9	1.33	1.24
Travel related to household activities04	.05	9.1	9.0	.39	.56
Purchasing goods and services76	.93	44.8	46.9	1.69	1.98
Consumer goods purchases34	.55	39.3	45.2	.87	1.22
Grocery shopping09	.12	13.3	15.9	.69	.76
Professional and personal care services10	.04	10.7	4.2	.98	1.02
Financial services and banking01	.00	3.5	1.7	.26	.17
Medical and care services07	.01	4.9	.4	1.36	(³)
Personal care services02	.02	1.8	1.3	1.03	1.35
Household services02	.01	2.2	1.4	.93	.79
Home maintenance, repair, decoration, and construction (not done by self)01	.00	.7	.2	(³)	(³)
Vehicle maintenance and repair services (not done by self)01	.01	.9	.8	(³)	(³)
Government services01	.00	.7	.1	(³)	(³)
Travel related to purchasing goods and services28	.32	43.4	45.6	.64	.71
Caring for and helping household members56	.45	26.6	21.8	2.10	2.04
Caring for and helping household children43	.37	22.8	18.8	1.87	1.99

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, 2006 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)37	.35	22.1	18.4	1.66	1.93
Activities related to household children's education05	.01	4.8	1.1	.96	1.18
Activities related to household children's health01	.01	1.2	.5	1.22	(³)
Caring for and helping household adults04	.03	5.5	4.0	.77	.74
Caring for household adults03	.01	2.3	1.3	1.41	.92
Helping household adults01	.02	3.6	2.7	.28	.61
Travel related to caring for and helping household members09	.04	15.2	7.2	.61	.58
Caring for and helping nonhousehold members19	.26	12.5	14.5	1.53	1.81
Caring for and helping nonhousehold children07	.09	5.5	5.8	1.30	1.48
Caring for and helping nonhousehold adults06	.11	7.6	9.5	.80	1.14
Caring for nonhousehold adults01	.01	.7	.8	(³)	(³)
Helping nonhousehold adults05	.10	7.3	9.0	.69	1.06
Travel related to caring for and helping nonhousehold members06	.07	10.2	11.1	.59	.64
Working and work-related activities	4.77	1.36	56.2	23.9	8.48	5.70
Working	4.33	1.23	54.2	22.8	7.98	5.42
Work-related activities01	.00	.6	.2	(³)	(³)
Other income-generating activities03	.02	.9	.7	(³)	(³)
Job search and interviewing03	.01	1.6	.4	1.81	(³)
Travel related to work37	.10	49.2	15.2	.76	.67
Educational activities63	.16	10.7	6.4	5.90	2.49
Attending class42	.04	8.5	2.7	4.90	1.63
Homework and research16	.10	6.9	4.0	2.38	2.54
Travel related to education04	.01	7.7	2.1	.56	.36
Organizational, civic, and religious activities20	.53	10.4	20.0	1.95	2.63
Religious and spiritual activities04	.30	4.1	16.0	1.06	1.88
Volunteering (organizational and civic activities)13	.15	6.7	6.7	1.89	2.25
Volunteer activities12	.15	6.3	6.6	1.92	2.25
Administrative and support activities03	.03	2.5	2.3	1.33	1.17
Social service and care activities (except medical)03	.03	1.5	1.6	1.65	1.93
Indoor and outdoor maintenance, building, and cleanup activities01	.01	.4	.6	(³)	(³)
Participating in performance and cultural activities01	.02	.4	1.0	(³)	(³)
Attending meetings, conferences, and training02	.01	1.0	.6	1.81	(³)
Civic obligations and participation00	.00	.3	.1	(³)	(³)
Travel related to organizational, civic, and religious activities03	.08	6.1	16.2	.53	.47
Leisure and sports	4.54	6.37	95.9	97.6	4.73	6.52
Socializing, relaxing, and leisure	4.06	5.63	94.7	96.9	4.28	5.81

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, 2006 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 communicating60	1.11	37.9	46.1	1.59	2.41
Socializing and communicating (except social events)56	.93	37.0	43.2	1.50	2.15
Attending or hosting social events05	.18	2.1	5.2	2.23	3.43
Relaxing and leisure	3.39	4.37	90.5	91.8	3.75	4.76
Watching TV	2.35	3.10	78.6	81.6	2.99	3.80
Arts and entertainment (other than sports)06	.15	2.4	6.5	2.59	2.40
Sports, exercise, and recreation28	.39	18.3	17.7	1.55	2.20
Participating in sports, exercise, and recreation26	.33	17.5	16.3	1.48	2.03
Attending sporting or recreational events03	.06	1.0	1.7	(³)	3.26
Travel related to leisure and sports20	.35	33.1	43.5	.59	.80
Telephone calls, mail, and e-mail20	.17	27.9	21.3	.71	.81
Telephone calls (to or from)12	.11	16.6	14.5	.72	.77
Household and personal messages08	.06	16.1	9.3	.47	.63
Household and personal mail and messages03	.01	9.0	3.7	.29	.40
Household and personal e-mail and messages05	.04	8.5	6.1	.58	.73
Travel related to telephone calls00	.00	.5	.5	(³)	(³)
Other activities, not elsewhere classified20	.22	13.9	13.8	1.45	1.62

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, 2006 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	8.93	9.88	100.0	100.0	8.93	9.88
Sleeping	8.26	9.28	100.0	99.8	8.26	9.29
Grooming57	.48	81.3	68.2	.70	.71
Health-related self care08	.08	5.3	4.1	1.46	2.00
Personal activities01	.02	.5	.8	(³)	(³)
Travel related to personal care01	.02	2.3	2.7	(³)	.66
Eating and drinking	1.20	1.38	96.1	95.7	1.25	1.44
Eating and drinking	1.09	1.21	96.1	95.6	1.13	1.27
Travel related to eating and drinking11	.16	25.8	29.7	.43	.55
Household activities	1.17	1.70	62.4	66.9	1.88	2.54
Housework20	.35	18.2	22.8	1.12	1.55
Food preparation and cleanup28	.33	37.0	37.4	.75	.87
Lawn and garden care22	.37	10.5	14.7	2.05	2.51
Household management10	.13	15.3	15.5	.63	.86
Interior maintenance, repair, and decoration09	.12	4.1	5.2	2.22	2.28
Exterior maintenance, repair, and decoration07	.12	3.9	4.9	1.87	2.35
Animals and pets07	.09	11.2	11.3	.58	.79
Vehicles08	.11	4.6	5.7	1.73	1.93
Appliances, tools, and toys03	.03	2.3	2.7	(³)	1.30
Travel related to household activities03	.05	8.4	8.7	.38	.58
Purchasing goods and services60	.74	39.0	43.4	1.55	1.70
Consumer goods purchases24	.41	34.1	41.6	.70	.99
Grocery shopping06	.09	8.9	13.5	.65	.70
Professional and personal care services08	.03	7.8	3.2	.99	.90
Financial services and banking01	.00	2.4	1.4	.25	(³)
Medical and care services06	.01	4.3	.3	1.48	(³)
Personal care services01	.00	.9	.6	(³)	(³)
Household services03	.01	2.2	1.1	1.35	(³)
Home maintenance, repair, decoration, and construction (not done by self)02	.00	.7	.1	(³)	(³)
Vehicle maintenance and repair services (not done by self)01	.01	1.2	.8	(³)	(³)
Government services01	.00	.7	.1	(³)	(³)
Travel related to purchasing goods and services25	.29	37.5	42.1	.66	.68
Caring for and helping household members31	.36	20.5	18.4	1.52	1.96
Caring for and helping household children22	.31	16.9	15.5	1.28	1.97

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, 2006 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)19	.29	16.0	15.2	1.16	1.93
Activities related to household children's education03	.01	2.8	.8	.91	(³)
Activities related to household children's health00	.00	.4	.3	(³)	(³)
Caring for and helping household adults03	.02	5.0	3.7	.68	.54
Caring for household adults02	.01	1.6	.9	(³)	(³)
Helping household adults01	.01	3.6	2.9	.26	.49
Travel related to caring for and helping household members06	.03	11.1	5.9	.55	.59
Caring for and helping nonhousehold members15	.27	10.2	14.0	1.46	1.91
Caring for and helping nonhousehold children05	.07	3.6	5.2	1.43	1.36
Caring for and helping nonhousehold adults05	.12	6.7	9.5	.73	1.24
Caring for nonhousehold adults00	.01	.2	.5	(³)	(³)
Helping nonhousehold adults05	.11	6.6	9.2	.69	1.22
Travel related to caring for and helping nonhousehold members05	.08	9.0	11.1	.55	.72
Working and work-related activities	5.74	1.68	63.2	27.8	9.08	6.04
Working	5.19	1.54	61.4	26.7	8.46	5.75
Work-related activities01	.00	.8	.2	(³)	(³)
Other income-generating activities02	.01	.9	.5	(³)	(³)
Job search and interviewing04	.01	1.9	.4	(³)	(³)
Travel related to work48	.12	55.3	17.5	.86	.70
Educational activities57	.16	9.8	6.0	5.86	2.63
Attending class39	.05	7.9	2.8	4.96	1.86
Homework and research14	.09	6.0	3.5	2.32	2.49
Travel related to education04	.01	7.3	2.1	.49	(³)
Organizational, civic, and religious activities19	.51	9.1	18.8	2.10	2.71
Religious and spiritual activities03	.28	3.1	14.7	1.06	1.89
Volunteering (organizational and civic activities)12	.16	6.1	6.4	2.01	2.45
Volunteer activities12	.15	5.8	6.2	2.07	2.45
Administrative and support activities03	.02	1.9	2.1	(³)	(³)
Social service and care activities (except medical)03	.03	1.6	1.1	(³)	(³)
Indoor and outdoor maintenance, building, and cleanup activities01	.01	.6	.8	(³)	(³)
Participating in performance and cultural activities00	.03	.1	1.3	(³)	(³)
Attending meetings, conferences, and training02	.02	1.2	.6	(³)	(³)
Civic obligations and participation00	.00	.3	.2	(³)	(³)
Travel related to organizational, civic, and religious activities03	.08	6.0	15.4	.58	.50
Leisure and sports	4.83	6.98	95.9	97.6	5.04	7.15
Socializing, relaxing, and leisure	4.24	6.07	94.8	96.7	4.47	6.27

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, 2006 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	1.05	35.3	42.2	1.60	2.49
Socializing and communicating (except social events)52	.86	34.3	39.3	1.51	2.20
Attending or hosting social events05	.19	2.1	4.9	(³)	3.78
Relaxing and leisure	3.62	4.86	91.1	92.6	3.97	5.25
Watching TV	2.49	3.53	79.6	83.6	3.13	4.22
Arts and entertainment (other than sports)05	.16	1.9	6.4	(³)	2.45
Sports, exercise, and recreation38	.53	20.2	21.7	1.87	2.46
Participating in sports, exercise, and recreation35	.47	19.1	20.4	1.80	2.30
Attending sporting or recreational events03	.06	1.2	1.7	(³)	(³)
Travel related to leisure and sports21	.38	34.3	45.1	.63	.83
Telephone calls, mail, and e-mail12	.12	20.7	15.6	.58	.75
Telephone calls (to or from)06	.06	9.3	9.1	.61	.68
Household and personal messages06	.05	13.9	8.2	.46	.66
Household and personal mail and messages02	.01	7.5	2.6	.25	.35
Household and personal e-mail and messages05	.05	7.6	5.8	.59	.77
Travel related to telephone calls00	.00	.3	.3	(³)	(³)
Other activities, not elsewhere classified19	.23	11.7	13.2	1.61	1.71

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, 2006 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	9.30	10.27	100.0	100.0	9.30	10.27
Sleeping	8.40	9.36	100.0	99.9	8.40	9.37
Grooming79	.75	85.4	77.4	.93	.97
Health-related self care09	.13	7.3	7.5	1.27	1.73
Personal activities01	.01	.6	.6	(³)	(³)
Travel related to personal care01	.02	2.4	2.2	.43	.74
Eating and drinking	1.16	1.35	96.2	95.7	1.20	1.41
Eating and drinking	1.06	1.18	96.2	95.7	1.10	1.23
Travel related to eating and drinking09	.17	23.2	28.7	.40	.59
Household activities	2.12	2.48	83.7	83.5	2.53	2.97
Housework92	1.03	51.1	53.3	1.79	1.93
Food preparation and cleanup73	.80	66.2	62.7	1.10	1.27
Lawn and garden care12	.19	8.7	9.4	1.34	2.00
Household management13	.17	21.8	20.4	.62	.81
Interior maintenance, repair, and decoration05	.10	2.7	3.9	1.74	2.69
Exterior maintenance, repair, and decoration02	.02	1.7	1.6	(³)	1.16
Animals and pets10	.10	16.5	12.7	.60	.79
Vehicles01	.02	1.0	1.8	(³)	(³)
Appliances, tools, and toys00	.01	.5	1.1	(³)	(³)
Travel related to household activities04	.05	9.8	9.3	.40	.55
Purchasing goods and services90	1.10	50.3	50.3	1.79	2.20
Consumer goods purchases44	.68	44.3	48.5	.99	1.40
Grocery shopping12	.15	17.5	18.2	.71	.80
Professional and personal care services13	.06	13.5	5.1	.97	1.09
Financial services and banking01	.00	4.6	1.9	.26	.15
Medical and care services07	.01	5.5	.6	1.28	(³)
Personal care services03	.03	2.7	2.0	1.14	1.57
Household services01	.01	2.3	1.7	.56	.78
Home maintenance, repair, decoration, and construction (not done by self)01	.00	.6	.2	(³)	(³)
Vehicle maintenance and repair services (not done by self)00	.01	.7	.9	(³)	(³)
Government services01	.00	.8	.2	(³)	(³)
Travel related to purchasing goods and services31	.35	49.0	48.9	.64	.73
Caring for and helping household members80	.52	32.4	25.0	2.45	2.09
Caring for and helping household children62	.44	28.3	21.9	2.20	2.00

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, 2006 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)53	.41	27.7	21.4	1.92	1.93
Activities related to household children's education06	.02	6.6	1.5	.97	1.15
Activities related to household children's health03	.01	2.0	.7	1.26	(³)
Caring for and helping household adults05	.04	6.1	4.2	.83	.89
Caring for household adults04	.02	2.9	1.7	1.37	(³)
Helping household adults01	.02	3.5	2.6	.31	.75
Travel related to caring for and helping household members12	.05	19.1	8.5	.64	.57
Caring for and helping nonhousehold members23	.26	14.6	15.0	1.58	1.72
Caring for and helping nonhousehold children09	.10	7.2	6.3	1.23	1.57
Caring for and helping nonhousehold adults07	.10	8.4	9.4	.85	1.03
Caring for nonhousehold adults02	.02	1.2	1.0	(³)	(³)
Helping nonhousehold adults05	.08	7.9	8.8	.70	.90
Travel related to caring for and helping nonhousehold members07	.06	11.4	11.2	.62	.56
Working and work-related activities	3.85	1.06	49.6	20.1	7.77	5.26
Working	3.51	.95	47.5	19.0	7.39	4.99
Work-related activities00	.00	.4	.2	(³)	(³)
Other income-generating activities03	.02	1.0	.9	(³)	(³)
Job search and interviewing02	.01	1.4	.5	(³)	(³)
Travel related to work28	.08	43.4	13.1	.64	.64
Educational activities68	.16	11.5	6.9	5.93	2.38
Attending class44	.04	9.0	2.6	4.85	1.40
Homework and research19	.12	7.8	4.5	2.43	2.58
Travel related to education05	.01	8.2	2.1	.62	.33
Organizational, civic, and religious activities21	.54	11.6	21.2	1.84	2.57
Religious and spiritual activities05	.32	5.1	17.3	1.05	1.87
Volunteering (organizational and civic activities)13	.14	7.2	6.9	1.79	2.08
Volunteer activities12	.14	6.9	6.9	1.80	2.08
Administrative and support activities04	.04	3.0	2.6	1.27	1.52
Social service and care activities (except medical)03	.03	1.5	2.0	(³)	1.71
Indoor and outdoor maintenance, building, and cleanup activities00	.01	.1	.5	(³)	(³)
Participating in performance and cultural activities01	.01	.7	.7	(³)	(³)
Attending meetings, conferences, and training01	.01	.8	.6	(³)	(³)
Civic obligations and participation01	.00	.3	.0	(³)	(³)
Travel related to organizational, civic, and religious activities03	.08	6.3	17.0	.49	.45
Leisure and sports	4.26	5.80	95.9	97.6	4.45	5.94
Socializing, relaxing, and leisure	3.89	5.22	94.7	97.0	4.10	5.39

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, 2006 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 communicating64	1.17	40.4	49.7	1.58	2.35
Socializing and communicating (except social events)59	.99	39.6	46.8	1.49	2.12
Attending or hosting social events05	.17	2.1	5.5	2.31	3.13
Relaxing and leisure	3.17	3.90	90.0	90.9	3.53	4.29
Watching TV	2.22	2.69	77.6	79.7	2.87	3.38
Arts and entertainment (other than sports)08	.15	2.9	6.5	2.63	2.36
Sports, exercise, and recreation20	.25	16.5	13.8	1.19	1.83
Participating in sports, exercise, and recreation18	.20	15.9	12.4	1.11	1.61
Attending sporting or recreational events02	.05	.8	1.8	(³)	(³)
Travel related to leisure and sports18	.32	31.9	42.0	.56	.76
Telephone calls, mail, and e-mail27	.22	34.7	26.6	.77	.84
Telephone calls (to or from)18	.16	23.5	19.6	.76	.81
Household and personal messages09	.06	18.1	10.4	.48	.62
Household and personal mail and messages03	.02	10.4	4.7	.32	.42
Household and personal e-mail and messages05	.04	9.3	6.3	.58	.69
Travel related to telephone calls00	.00	.7	.6	(³)	(³)
Other activities, not elsewhere classified21	.22	16.0	14.4	1.34	1.54

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.

³ 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