

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, 2013 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	Weekdays	Weekends and holidays	Weekdays	Weekends and holidays
Total, all activities	24.00	24.00	100.0	100.0	–	–
Personal care activities	9.30	10.11	100.0	100.0	9.30	10.11
Sleeping	8.48	9.34	99.9	100.0	8.49	9.34
Grooming71	.67	82.8	74.7	.85	.90
Health-related self care09	.08	6.8	5.4	1.35	1.50
Personal activities	~0	.01	.3	.4	1.27	1.85
Travel related to personal care01	.01	1.9	2.1	.67	.70
Eating and drinking	1.17	1.37	96.9	95.2	1.20	1.44
Eating and drinking	1.07	1.21	96.9	95.2	1.10	1.27
Travel related to eating and drinking09	.16	22.1	26.2	.42	.60
Household activities	1.65	2.09	74.2	75.3	2.22	2.77
Housework54	.65	33.9	35.5	1.60	1.82
Food preparation and cleanup55	.63	56.0	53.7	.98	1.18
Lawn and garden care15	.25	8.7	10.7	1.77	2.38
Household management12	.15	17.0	17.8	.73	.82
Interior maintenance, repair, and decoration06	.08	2.8	3.5	2.01	2.37
Exterior maintenance, repair, and decoration04	.07	2.5	3.6	1.68	2.05
Animals and pets10	.11	16.2	13.9	.61	.78
Vehicles03	.06	2.0	3.2	1.52	1.98
Appliances, tools, and toys02	.02	1.2	1.4	1.31	1.68
Travel related to household activities04	.06	8.5	9.4	.44	.59
Purchasing goods and services70	.84	42.6	43.7	1.66	1.93
Consumer goods purchases31	.50	38.0	42.2	.83	1.17
Grocery shopping09	.13	13.4	15.8	.70	.84
Professional and personal care services10	.03	9.0	3.8	1.15	.86
Financial services and banking01	~0	2.5	1.4	.24	.22
Medical and care services07	.01	4.8	.6	1.51	1.27
Personal care services02	.01	1.4	1.3	1.15	.96
Household services01	.01	1.8	1.3	.83	.58
Home maintenance, repair, decoration, and construction (not done by self)01	~0	.5	.2	1.18	(²)
Vehicle maintenance and repair services (not done by self)01	~0	.8	.8	.87	.53
Government services01	~0	.8	.2	1.13	(²)
Travel related to purchasing goods and services26	.31	41.3	42.4	.64	.72
Caring for and helping household members56	.46	27.0	22.2	2.08	2.07
Caring for and helping household children43	.37	22.3	17.5	1.90	2.12

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, 2013 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	Weekdays	Weekends and holidays	Weekdays	Weekends and holidays
Total						
Caring for and helping household children (except activities related to education and health)36	.35	21.6	17.2	1.67	2.05
Activities related to household children's education05	.02	5.2	1.1	1.00	1.43
Activities related to household children's health01	~0	1.0	.4	1.12	.72
Caring for and helping household adults04	.04	6.2	5.8	.56	.62
Caring for household adults02	.02	2.6	1.9	.88	1.10
Helping household adults01	.01	4.0	4.1	.31	.36
Travel related to caring for and helping household members10	.05	16.0	7.5	.62	.69
Caring for and helping nonhousehold members18	.22	10.9	12.9	1.68	1.68
Caring for and helping nonhousehold children08	.07	4.9	4.5	1.56	1.62
Caring for and helping nonhousehold adults05	.08	6.5	8.9	.85	.92
Caring for nonhousehold adults01	~0	.7	.7	1.56	(²)
Helping nonhousehold adults04	.08	6.0	8.4	.72	.91
Travel related to caring for and helping nonhousehold members05	.06	8.4	9.8	.62	.64
Working and work-related activities	4.41	1.27	52.2	22.6	8.46	5.63
Working	4.01	1.14	50.6	20.7	7.92	5.48
Work-related activities01	~0	.5	.2	1.65	1.10
Other income-generating activities02	.03	.7	1.1	2.29	2.83
Job search and interviewing05	.02	1.4	.9	3.23	2.00
Travel related to work34	.09	44.1	13.5	.77	.63
Educational activities60	.18	9.2	5.2	6.59	3.50
Attending class37	.01	7.1	.3	5.16	2.55
Homework and research19	.16	6.3	4.8	2.99	3.38
Travel related to education04	~0	6.5	.8	.58	.47
Organizational, civic, and religious activities22	.56	11.5	19.9	1.94	2.79
Religious and spiritual activities07	.31	6.4	15.5	1.17	1.98
Volunteering (organizational and civic activities)12	.18	5.8	6.8	2.11	2.71
Volunteer activities12	.18	5.7	6.8	2.12	2.71
Administrative and support activities03	.04	2.6	2.5	1.22	1.57
Social service and care activities (except medical)04	.05	1.8	1.9	2.29	2.42
Indoor and outdoor maintenance, building, and cleanup activities	~0	.01	.3	.4	1.68	1.80
Participating in performance and cultural activities01	.03	.4	.8	2.16	3.03
Attending meetings, conferences, and training02	.01	1.0	.6	1.85	2.10
Civic obligations and participation	~0	~0	.1	~0	(²)	(²)
Travel related to organizational, civic, and religious activities02	.07	5.4	14.6	.44	.45
Leisure and sports	4.74	6.46	94.7	96.7	5.01	6.68
Socializing, relaxing, and leisure	4.27	5.73	93.9	95.9	4.55	5.97

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, 2013 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	Weekdays	Weekends and holidays	Weekdays	Weekends and holidays
Socializing and communicating54	1.12	34.6	41.9	1.57	2.68
Socializing and communicating (except social events)51	.97	33.8	39.5	1.51	2.46
Attending or hosting social events03	.15	1.3	4.3	2.41	3.50
Relaxing and leisure	3.67	4.45	90.3	91.1	4.06	4.89
Watching TV	2.57	3.24	79.2	79.8	3.24	4.05
Arts and entertainment (other than sports)05	.15	2.0	5.1	2.68	2.99
Sports, exercise, and recreation29	.41	19.5	18.8	1.46	2.18
Participating in sports, exercise, and recreation27	.36	19.0	17.5	1.42	2.04
Attending sporting or recreational events02	.05	.6	1.6	2.44	3.14
Travel related to leisure and sports19	.32	30.9	39.3	.60	.80
Telephone calls, mail, and e-mail16	.13	21.9	17.1	.71	.75
Telephone calls (to or from)10	.09	13.2	11.5	.76	.77
Household and personal messages05	.04	11.8	7.2	.44	.52
Household and personal mail and messages02	.01	6.0	2.9	.27	.31
Household and personal e-mail and messages03	.03	6.5	4.7	.54	.61
Travel related to telephone calls	~0	~0	.9	.5	.46	(²)
Other activities, not elsewhere classified31	.32	17.9	16.8	1.73	1.88

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, 2013 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	Weekdays	Weekends and holidays	Weekdays	Weekends and holidays
Total, all activities	24.00	24.00	100.0	100.0	—	—
Personal care activities	9.05	9.91	99.9	100.0	9.05	9.91
Sleeping	8.38	9.30	99.9	99.9	8.38	9.30
Grooming59	.52	79.4	70.3	.74	.74
Health-related self care06	.06	5.1	4.7	1.26	1.28
Personal activities01	.01	.5	.6	1.13	2.07
Travel related to personal care02	.02	2.1	2.4	.73	.72
Eating and drinking	1.22	1.36	97.2	94.8	1.25	1.44
Eating and drinking	1.12	1.20	97.2	94.8	1.15	1.27
Travel related to eating and drinking10	.16	23.5	25.6	.43	.61
Household activities	1.16	1.75	64.1	67.4	1.81	2.59
Housework22	.32	18.4	21.5	1.21	1.49
Food preparation and cleanup31	.40	42.1	40.8	.73	.98
Lawn and garden care20	.37	10.1	14.0	2.02	2.65
Household management09	.12	13.4	16.1	.70	.77
Interior maintenance, repair, and decoration08	.10	3.4	4.4	2.28	2.39
Exterior maintenance, repair, and decoration06	.11	3.2	5.3	1.76	2.17
Animals and pets08	.11	13.5	12.1	.61	.87
Vehicles06	.12	3.6	5.4	1.60	2.25
Appliances, tools, and toys03	.03	1.8	1.9	1.55	1.54
Travel related to household activities04	.06	7.2	9.4	.49	.59
Purchasing goods and services58	.74	37.8	41.0	1.53	1.80
Consumer goods purchases23	.41	33.2	39.4	.70	1.03
Grocery shopping06	.10	10.3	13.3	.59	.75
Professional and personal care services08	.03	7.0	3.4	1.13	.78
Financial services and banking01	~0	2.2	1.2	.27	.20
Medical and care services05	~0	3.6	.3	1.47	(²)
Personal care services01	.01	1.0	1.4	.90	.64
Household services02	.01	1.8	1.4	1.01	.67
Home maintenance, repair, decoration, and construction (not done by self)01	~0	.7	.2	1.22	(²)
Vehicle maintenance and repair services (not done by self)01	~0	.6	.8	1.12	.58
Government services	~0	~0	.6	.1	(²)	(²)
Travel related to purchasing goods and services25	.29	36.6	39.7	.67	.74
Caring for and helping household members37	.34	21.8	17.5	1.68	1.96
Caring for and helping household children27	.28	17.5	13.2	1.55	2.09

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, 2013 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	Weekdays	Weekends and holidays	Weekdays	Weekends and holidays
Caring for and helping household children (except activities related to education and health)23	.26	16.7	13.0	1.36	2.04
Activities related to household children's education04	.01	3.6	.7	1.06	1.34
Activities related to household children's health	~0	~0	.3	.2	1.52	(²)
Caring for and helping household adults03	.02	5.6	5.0	.48	.44
Caring for household adults02	.01	1.8	1.2	.84	(²)
Helping household adults01	.01	3.9	4.0	.29	.33
Travel related to caring for and helping household members07	.04	12.1	6.5	.56	.68
Caring for and helping nonhousehold members15	.21	8.6	13.2	1.74	1.60
Caring for and helping nonhousehold children05	.05	2.9	4.0	1.70	1.29
Caring for and helping nonhousehold adults06	.09	5.8	9.6	.95	.94
Caring for nonhousehold adults01	~0	.5	.4	(²)	(²)
Helping nonhousehold adults05	.09	5.4	9.3	.88	.96
Travel related to caring for and helping nonhousehold members05	.07	6.9	10.3	.67	.67
Working and work-related activities	5.33	1.59	59.5	26.9	8.95	5.91
Working	4.82	1.44	57.6	25.1	8.37	5.75
Work-related activities01	~0	.7	.3	1.83	(²)
Other income-generating activities02	.02	.7	1.0	3.07	1.71
Job search and interviewing06	.02	1.7	1.0	3.53	1.95
Travel related to work42	.11	50.1	16.3	.83	.66
Educational activities61	.16	8.8	4.8	6.92	3.40
Attending class38	~0	7.0	.3	5.39	(²)
Homework and research18	.14	6.2	4.5	2.86	3.22
Travel related to education04	~0	6.7	.8	.60	.28
Organizational, civic, and religious activities20	.48	9.2	16.3	2.20	2.94
Religious and spiritual activities06	.26	5.1	12.4	1.18	2.08
Volunteering (organizational and civic activities)12	.16	4.8	5.9	2.54	2.78
Volunteer activities12	.16	4.5	5.9	2.59	2.78
Administrative and support activities03	.02	2.0	1.7	1.64	1.42
Social service and care activities (except medical)04	.03	1.3	1.4	2.84	2.47
Indoor and outdoor maintenance, building, and cleanup activities01	.01	.3	.4	2.43	2.15
Participating in performance and cultural activities	~0	.02	.5	.7	(²)	2.26
Attending meetings, conferences, and training02	.01	.8	.7	1.88	1.77
Civic obligations and participation	~0	~0	.3	~0	(²)	(²)
Travel related to organizational, civic, and religious activities02	.06	4.4	12.5	.48	.45
Leisure and sports	4.98	7.07	94.4	96.9	5.27	7.29
Socializing, relaxing, and leisure	4.40	6.17	93.7	96.1	4.70	6.42

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, 2013 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	Weekdays	Weekends and holidays	Weekdays	Weekends and holidays
Socializing and communicating50	1.02	32.5	37.5	1.53	2.73
Socializing and communicating (except social events)46	.91	31.8	35.5	1.46	2.55
Attending or hosting social events03	.11	1.0	3.5	2.98	3.30
Relaxing and leisure	3.86	5.00	90.5	92.6	4.27	5.40
Watching TV	2.69	3.67	79.8	81.8	3.37	4.48
Arts and entertainment (other than sports)04	.15	1.6	4.9	2.72	3.06
Sports, exercise, and recreation37	.56	21.6	22.0	1.70	2.53
Participating in sports, exercise, and recreation35	.51	21.1	20.8	1.66	2.45
Attending sporting or recreational events02	.04	.6	1.5	2.60	2.99
Travel related to leisure and sports21	.34	32.1	38.4	.64	.88
Telephone calls, mail, and e-mail10	.09	16.1	13.2	.63	.69
Telephone calls (to or from)05	.06	8.1	8.5	.66	.69
Household and personal messages04	.03	9.3	5.7	.46	.48
Household and personal mail and messages01	.01	4.5	2.3	.27	.31
Household and personal e-mail and messages03	.02	5.4	3.7	.57	.55
Travel related to telephone calls	~0	~0	.8	.5	(²)	(²)
Other activities, not elsewhere classified26	.30	15.0	16.5	1.74	1.83

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, 2013 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	Weekdays	Weekends and holidays	Weekdays	Weekends and holidays
Total, all activities	24.00	24.00	100.0	100.0	—	—
Personal care activities	9.53	10.30	100.0	100.0	9.53	10.30
Sleeping	8.57	9.38	99.9	100.0	8.58	9.38
Grooming82	.81	86.0	78.9	.96	1.02
Health-related self care12	.10	8.5	6.1	1.41	1.65
Personal activities	~0	~0	.2	.2	(²)	(²)
Travel related to personal care01	.01	1.7	1.9	.59	.68
Eating and drinking	1.11	1.38	96.6	95.5	1.15	1.44
Eating and drinking	1.03	1.22	96.6	95.5	1.06	1.27
Travel related to eating and drinking09	.16	20.7	26.8	.42	.59
Household activities	2.10	2.40	83.7	82.6	2.51	2.91
Housework84	.95	48.5	48.4	1.74	1.96
Food preparation and cleanup77	.85	69.1	65.7	1.12	1.29
Lawn and garden care11	.15	7.3	7.6	1.45	1.92
Household management15	.17	20.4	19.3	.74	.85
Interior maintenance, repair, and decoration04	.06	2.3	2.6	1.62	2.33
Exterior maintenance, repair, and decoration03	.03	1.7	2.0	1.55	1.76
Animals and pets11	.11	18.7	15.7	.61	.71
Vehicles	~0	.01	.4	1.2	(²)	.85
Appliances, tools, and toys	~0	.02	.6	.9	.63	(²)
Travel related to household activities04	.05	9.8	9.4	.41	.58
Purchasing goods and services82	.94	47.1	46.2	1.75	2.04
Consumer goods purchases39	.58	42.4	44.9	.92	1.29
Grocery shopping12	.16	16.3	18.2	.77	.90
Professional and personal care services13	.04	10.8	4.1	1.16	.93
Financial services and banking01	~0	2.8	1.5	.22	.23
Medical and care services09	.01	5.8	.9	1.54	1.20
Personal care services02	.02	1.8	1.3	1.29	1.29
Household services01	.01	1.8	1.2	.67	.49
Home maintenance, repair, decoration, and construction (not done by self)	~0	~0	.3	.1	1.09	(²)
Vehicle maintenance and repair services (not done by self)01	~0	.9	.8	.71	.49
Government services01	~0	1.1	.2	1.36	(²)
Travel related to purchasing goods and services28	.32	45.7	44.9	.61	.71
Caring for and helping household members74	.57	31.9	26.5	2.33	2.14
Caring for and helping household children57	.46	26.9	21.5	2.12	2.14

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, 2013 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	Weekdays	Weekends and holidays	Weekdays	Weekends and holidays
Caring for and helping household children (except activities related to education and health)49	.43	26.2	21.0	1.86	2.06
Activities related to household children's education07	.02	6.8	1.5	.97	1.47
Activities related to household children's health02	~0	1.7	.6	1.05	.64
Caring for and helping household adults04	.05	6.9	6.6	.63	.74
Caring for household adults03	.03	3.2	2.6	.90	1.23
Helping household adults01	.02	4.0	4.3	.34	.39
Travel related to caring for and helping household members13	.06	19.7	8.5	.66	.70
Caring for and helping nonhousehold members22	.22	13.1	12.6	1.64	1.77
Caring for and helping nonhousehold children10	.09	6.9	5.0	1.51	1.86
Caring for and helping nonhousehold adults05	.07	7.1	8.2	.77	.89
Caring for nonhousehold adults01	.01	.9	1.0	1.65	(²)
Helping nonhousehold adults04	.06	6.6	7.6	.60	.86
Travel related to caring for and helping nonhousehold members06	.06	9.8	9.4	.59	.60
Working and work-related activities	3.56	.97	45.3	18.6	7.86	5.24
Working	3.25	.85	44.0	16.7	7.38	5.10
Work-related activities	~0	~0	.3	.1	1.27	(²)
Other income-generating activities01	.04	.6	1.1	(²)	3.76
Job search and interviewing03	.02	1.2	.9	2.84	2.06
Travel related to work27	.06	38.6	10.9	.69	.58
Educational activities60	.20	9.5	5.6	6.30	3.58
Attending class35	.01	7.1	.4	4.95	2.15
Homework and research19	.18	6.3	5.2	3.11	3.51
Travel related to education04	.01	6.4	.8	.56	.64
Organizational, civic, and religious activities24	.63	13.6	23.2	1.77	2.70
Religious and spiritual activities09	.35	7.6	18.3	1.16	1.91
Volunteering (organizational and civic activities)13	.20	6.9	7.6	1.84	2.67
Volunteer activities13	.20	6.8	7.6	1.84	2.67
Administrative and support activities03	.05	3.2	3.3	.98	1.64
Social service and care activities (except medical)05	.06	2.3	2.4	1.99	2.40
Indoor and outdoor maintenance, building, and cleanup activities	~0	.01	.2	.4	(²)	1.43
Participating in performance and cultural activities01	.04	.4	1.0	2.40	3.51
Attending meetings, conferences, and training02	.01	1.1	.5	1.83	2.52
Civic obligations and participation	~0	~0	~0	~0	(²)	(²)
Travel related to organizational, civic, and religious activities03	.08	6.4	16.5	.42	.46
Leisure and sports	4.52	5.89	94.9	96.5	4.76	6.11
Socializing, relaxing, and leisure	4.14	5.32	94.1	95.8	4.40	5.56

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, 2013 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	Weekdays	Weekends and holidays	Weekdays	Weekends and holidays
Socializing and communicating59	1.22	36.7	46.0	1.60	2.65
Socializing and communicating (except social events)55	1.03	35.7	43.1	1.55	2.40
Attending or hosting social events03	.18	1.6	5.1	2.07	3.62
Relaxing and leisure	3.49	3.95	90.1	89.8	3.87	4.40
Watching TV	2.45	2.84	78.7	78.0	3.12	3.64
Arts and entertainment (other than sports)06	.15	2.3	5.2	2.65	2.94
Sports, exercise, and recreation21	.28	17.7	15.9	1.20	1.74
Participating in sports, exercise, and recreation20	.22	17.1	14.5	1.15	1.50
Attending sporting or recreational events02	.06	.7	1.8	2.30	3.26
Travel related to leisure and sports17	.29	29.8	40.2	.56	.73
Telephone calls, mail, and e-mail21	.16	27.3	20.7	.76	.79
Telephone calls (to or from)14	.12	18.1	14.3	.80	.81
Household and personal messages06	.05	14.0	8.6	.42	.55
Household and personal mail and messages02	.01	7.4	3.5	.27	.32
Household and personal e-mail and messages04	.04	7.6	5.6	.51	.64
Travel related to telephone calls	~0	~0	1.0	.4	.45	(²)
Other activities, not elsewhere classified35	.33	20.6	17.1	1.72	1.92

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