

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, 2010 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	9.20	10.11	99.9	99.9	9.21	10.12
Sleeping	8.38	9.34	99.9	99.9	8.39	9.35
Grooming70	.65	82.8	74.2	.84	.88
Health-related self care10	.08	6.4	6.0	1.53	1.26
Personal activities01	.02	.5	.7	2.03	2.62
Travel related to personal care01	.02	2.7	2.6	.50	.79
Eating and drinking	1.20	1.36	96.3	94.9	1.24	1.43
Eating and drinking	1.10	1.20	96.3	94.8	1.14	1.26
Travel related to eating and drinking10	.16	22.7	26.2	.43	.61
Household activities	1.68	2.06	75.5	75.5	2.23	2.73
Housework53	.67	34.0	36.3	1.57	1.84
Food preparation and cleanup54	.60	55.4	53.4	.98	1.13
Lawn and garden care18	.28	9.2	11.5	2.00	2.40
Household management12	.14	18.0	17.1	.64	.84
Interior maintenance, repair, and decoration05	.09	2.8	3.5	1.94	2.66
Exterior maintenance, repair, and decoration05	.07	3.0	3.3	1.70	2.15
Animals and pets10	.09	14.9	13.2	.65	.69
Vehicles04	.05	2.1	3.3	1.88	1.53
Appliances, tools, and toys02	.02	1.7	1.4	1.48	1.10
Travel related to household activities04	.05	9.3	8.7	.44	.56
Purchasing goods and services71	.82	43.7	44.4	1.63	1.85
Consumer goods purchases32	.49	38.7	42.4	.84	1.15
Grocery shopping09	.13	13.2	15.3	.71	.83
Professional and personal care services10	.03	9.9	3.8	1.00	.92
Financial services and banking01	~0	3.3	1.4	.25	.28
Medical and care services07	.01	4.6	.7	1.42	1.62
Personal care services02	.01	1.6	1.1	1.11	1.03
Household services02	.01	2.0	1.4	.89	.60
Home maintenance, repair, decoration, and construction (not done by self)01	~0	.6	.3	1.38	(³)
Vehicle maintenance and repair services (not done by self)01	~0	1.0	.8	.93	.51
Government services01	~0	.7	.1	1.29	(³)
Travel related to purchasing goods and services26	.29	42.2	43.1	.62	.67
Caring for and helping household members54	.43	26.5	21.5	2.04	2.01
Caring for and helping household children42	.36	22.6	18.2	1.86	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, 2010 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	17.9	1.66	1.93
Activities related to household children's education04	.01	4.4	1.1	1.00	1.19
Activities related to household children's health01	~0	1.0	.5	1.00	.94
Caring for and helping household adults03	.02	5.5	4.3	.51	.55
Caring for household adults01	.02	1.8	1.9	.80	.82
Helping household adults01	.01	4.0	2.5	.33	.33
Travel related to caring for and helping household members09	.04	15.3	6.5	.60	.68
Caring for and helping nonhousehold members20	.23	11.9	13.5	1.72	1.72
Caring for and helping nonhousehold children06	.08	4.9	4.9	1.30	1.66
Caring for and helping nonhousehold adults08	.09	7.5	9.2	1.05	.94
Caring for nonhousehold adults01	.01	.7	.5	1.75	1.13
Helping nonhousehold adults07	.08	7.1	8.9	.93	.91
Travel related to caring for and helping nonhousehold members06	.06	9.8	10.5	.63	.61
Working and work-related activities	4.40	1.33	53.5	23.6	8.23	5.64
Working	3.96	1.18	50.5	21.6	7.84	5.45
Work-related activities01	~0	.7	.3	.89	.82
Other income-generating activities03	.04	1.0	1.4	3.06	2.82
Job search and interviewing06	.02	2.5	.8	2.36	1.99
Travel related to work35	.10	45.2	14.9	.78	.64
Educational activities60	.18	9.8	5.2	6.10	3.43
Attending class39	.02	7.8	.5	4.97	3.28
Homework and research16	.15	6.4	4.7	2.50	3.28
Travel related to education04	~0	6.9	.7	.57	.44
Organizational, civic, and religious activities26	.56	12.7	19.9	2.03	2.83
Religious and spiritual activities09	.31	6.7	15.3	1.36	2.02
Volunteering (organizational and civic activities)14	.18	6.9	7.2	2.04	2.52
Volunteer activities14	.18	6.7	7.1	2.06	2.53
Administrative and support activities04	.03	2.5	2.2	1.55	1.42
Social service and care activities (except medical)04	.04	1.7	2.0	2.35	2.19
Indoor and outdoor maintenance, building, and cleanup activities01	.01	.6	.6	(³)	2.26
Participating in performance and cultural activities01	.01	.3	.7	2.10	2.07
Attending meetings, conferences, and training02	.02	1.1	.7	1.69	2.34
Civic obligations and participation	~0	~0	.3	.1	(³)	(³)
Travel related to organizational, civic, and religious activities03	.07	6.2	15.2	.41	.47
Leisure and sports	4.67	6.40	95.2	97.1	4.91	6.59
Socializing, relaxing, and leisure	4.19	5.67	94.1	96.5	4.45	5.88

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, 2010 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 communicating55	1.07	34.3	43.4	1.61	2.46
Socializing and communicating (except social events)51	.92	33.3	41.0	1.52	2.24
Attending or hosting social events05	.15	1.8	4.4	2.58	3.44
Relaxing and leisure	3.58	4.45	90.0	91.3	3.98	4.87
Watching TV	2.52	3.23	78.7	81.0	3.20	3.99
Arts and entertainment (other than sports)05	.15	2.1	5.2	2.57	2.91
Sports, exercise, and recreation31	.40	19.7	18.2	1.56	2.19
Participating in sports, exercise, and recreation29	.35	19.1	17.0	1.50	2.07
Attending sporting or recreational events02	.05	.9	1.5	2.22	3.02
Travel related to leisure and sports17	.33	30.3	40.6	.57	.81
Telephone calls, mail, and e-mail18	.16	24.3	20.0	.75	.80
Telephone calls (to or from)10	.10	14.4	13.1	.73	.79
Household and personal messages07	.06	13.7	9.3	.54	.60
Household and personal mail and messages02	.01	6.8	3.3	.34	.39
Household and personal e-mail and messages05	.04	8.1	6.5	.63	.66
Travel related to telephone calls	~0	~0	.8	.6	.36	.37
Other activities, not elsewhere classified35	.34	19.4	17.5	1.80	1.96

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, 2010 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	8.98	9.90	99.9	99.9	8.99	9.92
Sleeping	8.27	9.28	99.9	99.8	8.28	9.29
Grooming60	.51	80.1	69.5	.75	.74
Health-related self care09	.06	5.3	5.1	1.64	1.17
Personal activities01	.03	.6	1.1	(³)	2.53
Travel related to personal care02	.02	2.9	2.9	.54	.80
Eating and drinking	1.24	1.39	96.5	94.9	1.29	1.47
Eating and drinking	1.14	1.23	96.5	94.9	1.18	1.29
Travel related to eating and drinking10	.16	24.1	26.9	.42	.61
Household activities	1.30	1.72	66.6	67.3	1.95	2.56
Housework23	.33	19.5	21.4	1.19	1.56
Food preparation and cleanup30	.37	41.3	41.0	.72	.91
Lawn and garden care27	.41	11.4	14.7	2.35	2.82
Household management09	.12	14.1	13.7	.64	.91
Interior maintenance, repair, and decoration08	.13	4.0	4.6	1.98	2.80
Exterior maintenance, repair, and decoration08	.12	4.3	4.8	1.87	2.41
Animals and pets08	.07	12.3	11.6	.68	.64
Vehicles08	.09	3.5	5.4	2.17	1.61
Appliances, tools, and toys05	.03	2.7	2.0	1.84	1.27
Travel related to household activities05	.05	8.5	7.7	.53	.60
Purchasing goods and services57	.75	39.1	42.9	1.46	1.76
Consumer goods purchases24	.44	34.6	41.3	.71	1.07
Grocery shopping06	.12	9.6	14.0	.66	.83
Professional and personal care services07	.03	7.6	2.9	.95	1.12
Financial services and banking01	~0	3.2	1.1	.31	.37
Medical and care services05	.01	3.1	.4	1.61	(³)
Personal care services01	.01	1.0	.9	.72	.95
Household services01	.01	1.8	1.6	.84	.62
Home maintenance, repair, decoration, and construction (not done by self)	~0	.01	.5	.5	1.01	(³)
Vehicle maintenance and repair services (not done by self)01	~0	1.0	.9	.92	.49
Government services01	~0	.4	.2	2.25	(³)
Travel related to purchasing goods and services23	.27	38.2	41.9	.59	.64
Caring for and helping household members34	.32	20.6	17.4	1.65	1.87
Caring for and helping household children25	.27	17.3	14.1	1.45	1.91

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, 2010 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)23	.26	16.9	13.7	1.34	1.88
Activities related to household children's education02	.01	2.5	.7	.89	1.42
Activities related to household children's health	~0	~0	.4	.2	.70	(³)
Caring for and helping household adults02	.02	4.7	4.1	.45	.47
Caring for household adults01	.01	1.2	1.5	(³)	.71
Helping household adults01	.01	3.8	2.7	.33	.32
Travel related to caring for and helping household members07	.04	11.4	5.5	.59	.65
Caring for and helping nonhousehold members18	.23	10.8	12.4	1.66	1.88
Caring for and helping nonhousehold children05	.06	3.9	3.7	1.32	1.58
Caring for and helping nonhousehold adults07	.11	7.2	9.0	1.03	1.18
Caring for nonhousehold adults	~0	~0	.4	.2	1.08	(³)
Helping nonhousehold adults07	.10	6.9	8.9	1.02	1.17
Travel related to caring for and helping nonhousehold members05	.07	9.0	10.3	.61	.67
Working and work-related activities	5.10	1.63	59.5	27.5	8.57	5.92
Working	4.56	1.44	55.9	24.9	8.16	5.78
Work-related activities01	~0	.7	.5	1.10	.72
Other income-generating activities03	.04	.9	1.8	2.91	2.45
Job search and interviewing08	.02	3.2	1.0	2.50	1.95
Travel related to work43	.12	51.1	17.8	.83	.69
Educational activities61	.13	9.4	4.0	6.46	3.21
Attending class42	.02	8.0	.4	5.21	4.56
Homework and research15	.10	6.1	3.5	2.44	2.90
Travel related to education04	~0	7.0	.5	.52	(³)
Organizational, civic, and religious activities22	.49	10.0	16.5	2.18	2.95
Religious and spiritual activities08	.26	5.2	12.5	1.59	2.09
Volunteering (organizational and civic activities)11	.17	5.4	6.4	2.04	2.61
Volunteer activities11	.17	5.2	6.3	2.03	2.61
Administrative and support activities02	.02	1.7	1.8	1.40	1.42
Social service and care activities (except medical)03	.04	1.5	1.8	1.97	2.30
Indoor and outdoor maintenance, building, and cleanup activities02	.02	.7	.6	(³)	2.96
Participating in performance and cultural activities	~0	.01	.3	.5	(³)	2.28
Attending meetings, conferences, and training02	.02	.9	.8	2.07	2.47
Civic obligations and participation	~0	~0	.3	~0	(³)	(³)
Travel related to organizational, civic, and religious activities02	.06	5.7	12.8	.44	.48
Leisure and sports	4.99	6.96	95.5	97.6	5.23	7.13
Socializing, relaxing, and leisure	4.38	6.06	94.3	97.1	4.65	6.24

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, 2010 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 communicating54	1.02	31.6	41.3	1.70	2.46
Socializing and communicating (except social events)50	.88	30.6	39.0	1.62	2.25
Attending or hosting social events04	.14	1.3	3.7	3.31	3.73
Relaxing and leisure	3.79	4.88	90.5	92.1	4.18	5.30
Watching TV	2.68	3.56	79.9	81.7	3.36	4.36
Arts and entertainment (other than sports)06	.16	2.1	4.9	2.74	3.25
Sports, exercise, and recreation41	.54	22.8	21.1	1.79	2.54
Participating in sports, exercise, and recreation38	.49	22.2	19.9	1.73	2.45
Attending sporting or recreational events02	.05	1.1	1.6	2.16	2.93
Travel related to leisure and sports20	.37	32.6	41.9	.60	.88
Telephone calls, mail, and e-mail14	.12	19.1	15.4	.74	.78
Telephone calls (to or from)08	.07	10.2	8.9	.75	.76
Household and personal messages06	.05	11.1	8.0	.55	.64
Household and personal mail and messages01	.01	5.0	2.6	.29	.27
Household and personal e-mail and messages05	.04	7.0	5.8	.67	.76
Travel related to telephone calls	~0	~0	.5	.6	(³)	(³)
Other activities, not elsewhere classified33	.34	18.8	16.3	1.76	2.07

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, 2010 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	9.41	10.30	99.9	100.0	9.41	10.30
Sleeping	8.49	9.40	99.9	99.9	8.50	9.40
Grooming79	.78	85.4	78.6	.93	1.00
Health-related self care11	.09	7.4	6.8	1.46	1.33
Personal activities01	.01	.4	.4	1.47	2.87
Travel related to personal care01	.02	2.6	2.2	.46	.77
Eating and drinking	1.16	1.33	96.0	94.8	1.20	1.40
Eating and drinking	1.06	1.17	96.0	94.8	1.10	1.23
Travel related to eating and drinking10	.16	21.3	25.6	.45	.62
Household activities	2.05	2.38	84.0	83.1	2.44	2.86
Housework82	.98	47.8	50.3	1.72	1.95
Food preparation and cleanup77	.82	68.6	64.9	1.13	1.26
Lawn and garden care11	.15	7.2	8.6	1.49	1.73
Household management14	.16	21.7	20.2	.64	.80
Interior maintenance, repair, and decoration03	.06	1.7	2.5	1.84	2.41
Exterior maintenance, repair, and decoration02	.03	1.7	1.9	1.29	1.53
Animals and pets11	.11	17.3	14.7	.63	.72
Vehicles	~0	.02	.8	1.3	.64	1.18
Appliances, tools, and toys	~0	.01	.7	.9	.18	.74
Travel related to household activities04	.05	10.1	9.7	.37	.53
Purchasing goods and services85	.89	48.1	45.7	1.77	1.94
Consumer goods purchases40	.53	42.6	43.5	.94	1.22
Grocery shopping12	.14	16.6	16.5	.74	.84
Professional and personal care services12	.04	12.0	4.6	1.03	.80
Financial services and banking01	~0	3.4	1.6	.19	.23
Medical and care services08	.01	6.0	1.0	1.33	1.30
Personal care services03	.01	2.2	1.3	1.28	1.08
Household services02	.01	2.3	1.1	.93	.57
Home maintenance, repair, decoration, and construction (not done by self)01	~0	.7	.1	1.61	(³)
Vehicle maintenance and repair services (not done by self)01	~0	1.0	.7	.95	.53
Government services01	~0	.9	.1	.82	(³)
Travel related to purchasing goods and services30	.31	46.0	44.3	.64	.70
Caring for and helping household members73	.53	32.1	25.4	2.28	2.09
Caring for and helping household children58	.45	27.7	22.1	2.11	2.04

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, 2010 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)50	.43	27.1	21.8	1.85	1.96
Activities related to household children's education06	.02	6.2	1.5	1.04	1.08
Activities related to household children's health02	.01	1.5	.8	1.07	.98
Caring for and helping household adults03	.03	6.2	4.5	.54	.62
Caring for household adults02	.02	2.4	2.2	.82	.88
Helping household adults01	.01	4.1	2.4	.34	.33
Travel related to caring for and helping household members11	.05	19.0	7.5	.60	.71
Caring for and helping nonhousehold members23	.23	12.8	14.5	1.78	1.59
Caring for and helping nonhousehold children08	.10	6.0	6.0	1.29	1.70
Caring for and helping nonhousehold adults08	.07	7.8	9.4	1.07	.72
Caring for nonhousehold adults02	.01	1.0	.8	(³)	1.18
Helping nonhousehold adults06	.06	7.4	8.8	.86	.66
Travel related to caring for and helping nonhousehold members07	.06	10.6	10.7	.64	.57
Working and work-related activities	3.74	1.06	47.8	20.0	7.82	5.27
Working	3.38	.93	45.3	18.5	7.46	5.05
Work-related activities	~0	~0	.6	.1	.65	(³)
Other income-generating activities03	.04	1.1	1.1	3.18	3.39
Job search and interviewing04	.01	1.8	.6	2.13	2.06
Travel related to work28	.07	39.7	12.2	.71	.59
Educational activities59	.23	10.2	6.3	5.78	3.56
Attending class36	.01	7.6	.5	4.72	2.34
Homework and research17	.20	6.8	5.8	2.55	3.49
Travel related to education04	~0	6.9	.9	.61	.38
Organizational, civic, and religious activities30	.63	15.4	23.0	1.93	2.74
Religious and spiritual activities10	.36	8.1	18.0	1.23	1.98
Volunteering (organizational and civic activities)17	.20	8.4	8.0	2.05	2.45
Volunteer activities17	.19	8.1	7.8	2.08	2.46
Administrative and support activities05	.04	3.3	2.6	1.61	1.42
Social service and care activities (except medical)05	.05	1.8	2.2	2.66	2.11
Indoor and outdoor maintenance, building, and cleanup activities01	.01	.6	.5	.92	(³)
Participating in performance and cultural activities01	.02	.4	.8	2.00	1.93
Attending meetings, conferences, and training02	.01	1.3	.7	1.45	2.19
Civic obligations and participation	~0	~0	.3	.1	(³)	(³)
Travel related to organizational, civic, and religious activities03	.08	6.7	17.5	.39	.46
Leisure and sports	4.37	5.88	94.9	96.7	4.60	6.08
Socializing, relaxing, and leisure	4.00	5.32	94.0	95.9	4.26	5.54

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, 2010 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 communicating56	1.12	37.0	45.4	1.53	2.47
Socializing and communicating (except social events)51	.96	35.9	42.9	1.43	2.23
Attending or hosting social events05	.17	2.3	5.1	2.20	3.25
Relaxing and leisure	3.39	4.05	89.5	90.6	3.79	4.47
Watching TV	2.36	2.91	77.6	80.3	3.05	3.63
Arts and entertainment (other than sports)05	.14	2.1	5.4	2.42	2.62
Sports, exercise, and recreation21	.27	16.7	15.5	1.26	1.74
Participating in sports, exercise, and recreation19	.22	16.1	14.3	1.20	1.56
Attending sporting or recreational events02	.04	.7	1.4	2.30	3.11
Travel related to leisure and sports15	.30	28.0	39.5	.54	.75
Telephone calls, mail, and e-mail22	.20	29.3	24.3	.75	.82
Telephone calls (to or from)13	.14	18.3	17.0	.72	.80
Household and personal messages09	.06	16.1	10.5	.53	.57
Household and personal mail and messages03	.02	8.5	4.0	.36	.46
Household and personal e-mail and messages05	.04	9.1	7.1	.60	.59
Travel related to telephone calls	~0	~0	1.0	.5	.29	.33
Other activities, not elsewhere classified37	.35	20.0	18.6	1.84	1.87

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 2010, data were not collected about the Fourth of July.

³ Estimate is suppressed because it does not meet the American Time Use Survey standard for quality and reliability.

~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