

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, 2008 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	9.39	9.22	9.55	100.0	100.0	100.0	9.39	9.23	9.55
Sleeping	8.60	8.56	8.64	99.9	99.9	99.9	8.61	8.57	8.64
Grooming67	.56	.78	79.3	76.6	81.8	.85	.73	.95
Health-related self care09	.07	.11	6.4	4.8	7.8	1.38	1.39	1.38
Personal activities01	.02	.01	.8	1.0	.7	1.79	(²)	(²)
Travel related to personal care01	.01	.01	2.5	3.1	2.0	.52	.49	.57
Eating and drinking	1.23	1.28	1.18	96.0	96.5	95.6	1.28	1.33	1.23
Eating and drinking	1.11	1.15	1.07	96.0	96.5	95.6	1.15	1.19	1.12
Travel related to eating and drinking12	.13	.11	25.0	27.3	22.8	.47	.47	.48
Household activities	1.73	1.30	2.13	73.7	64.2	82.6	2.34	2.02	2.58
Housework58	.24	.90	35.5	19.7	50.3	1.64	1.23	1.79
Food preparation and cleanup52	.30	.73	52.3	38.4	65.3	1.00	.78	1.12
Lawn and garden care19	.26	.12	9.4	11.0	7.9	2.00	2.35	1.56
Household management13	.10	.15	18.1	14.5	21.5	.70	.68	.71
Interior maintenance, repair, and decoration07	.10	.04	3.0	3.9	2.2	2.22	2.50	1.73
Exterior maintenance, repair, and decoration06	.08	.03	2.7	3.8	1.8	2.04	2.22	1.68
Animals and pets09	.08	.10	14.5	12.1	16.7	.63	.69	.59
Vehicles04	.07	.01	2.7	4.5	1.0	1.48	1.65	.73
Appliances, tools, and toys01	.02	.01	1.2	1.8	.7	1.05	1.03	(²)
Travel related to household activities04	.04	.04	9.4	8.5	10.3	.41	.46	.37
Purchasing goods and services77	.60	.92	44.8	39.2	50.0	1.71	1.53	1.85
Consumer goods purchases38	.28	.48	40.7	35.6	45.4	.94	.79	1.05
Grocery shopping10	.06	.13	12.9	9.6	16.1	.76	.67	.81
Professional and personal care services08	.06	.11	8.9	6.7	11.0	.92	.84	.97
Financial services and banking01	.01	.01	3.2	3.1	3.3	.24	.25	.23
Medical and care services05	.04	.06	3.6	2.4	4.8	1.34	1.52	1.26
Personal care services02	.01	.03	1.7	1.0	2.3	1.12	(²)	1.27
Household services01	.01	.01	2.1	2.1	2.1	.65	.66	.65
Home maintenance, repair, decoration, and construction (not done by self)00	.00	.00	.5	.4	.5	(²)	(²)	(²)
Vehicle maintenance and repair services (not done by self)01	.01	.01	.9	.9	.9	.69	(²)	(²)
Government services00	.00	.00	.5	.3	.6	(²)	(²)	(²)
Travel related to purchasing goods and services29	.25	.32	43.2	37.8	48.2	.66	.65	.67
Caring for and helping household members53	.36	.70	26.1	20.7	31.2	2.04	1.72	2.24
Caring for and helping household children42	.27	.55	22.4	17.2	27.2	1.86	1.59	2.01
Caring for and helping household children (except activities related to education and health)37	.25	.48	21.9	16.8	26.7	1.69	1.49	1.80
Activities related to household children's education04	.02	.05	3.8	2.2	5.4	.93	.97	.91
Activities related to household children's health01	.00	.02	1.0	.4	1.6	1.09	(²)	1.15
Caring for and helping household adults03	.03	.04	5.3	4.6	6.0	.65	.57	.71

See footnotes at end of table.

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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 household adults02	.01	.03	1.9	1.2	2.5	1.17	1.00	1.25
Helping household adults01	.01	.01	3.6	3.5	3.7	.34	.40	.29
Travel related to caring for and helping household members08	.06	.11	13.6	9.9	17.1	.60	.57	.62
Caring for and helping nonhousehold members23	.18	.27	13.3	11.0	15.6	1.69	1.66	1.72
Caring for and helping nonhousehold children09	.05	.13	5.6	3.7	7.5	1.58	1.32	1.70
Caring for and helping nonhousehold adults07	.08	.07	8.5	7.8	9.1	.87	.98	.78
Caring for nonhousehold adults01	.01	.02	.8	.5	1.0	1.44	(²)	(²)
Helping nonhousehold adults06	.07	.05	8.0	7.5	8.5	.78	.95	.64
Travel related to caring for and helping nonhousehold members06	.06	.07	10.5	9.3	11.6	.60	.61	.59
Working and work-related activities	3.73	4.52	2.99	46.7	53.5	40.3	7.99	8.44	7.42
Working	3.38	4.06	2.73	44.7	51.1	38.7	7.56	7.95	7.06
Work-related activities01	.02	.00	.8	1.2	.4	1.34	(²)	(²)
Other income-generating activities03	.03	.04	1.1	1.1	1.1	2.93	(²)	3.13
Job search and interviewing04	.05	.02	1.4	1.9	1.0	2.53	2.69	(²)
Travel related to work28	.36	.20	38.2	44.4	32.2	.73	.81	.62
Educational activities47	.42	.52	7.9	6.9	9.0	5.94	6.15	5.79
Attending class27	.27	.27	5.2	5.0	5.3	5.22	5.37	5.09
Homework and research16	.12	.20	5.8	4.6	7.0	2.72	2.49	2.87
Travel related to education03	.03	.04	5.0	4.6	5.4	.64	.59	.68
Organizational, civic, and religious activities33	.30	.37	14.6	12.4	16.7	2.29	2.42	2.20
Religious and spiritual activities14	.12	.17	9.2	7.7	10.7	1.55	1.54	1.55
Volunteering (organizational and civic activities)15	.14	.16	7.0	6.0	7.9	2.15	2.38	1.99
Volunteer activities15	.14	.16	6.7	5.7	7.6	2.19	2.41	2.04
Administrative and support activities04	.03	.04	2.5	1.9	3.1	1.46	1.49	1.44
Social service and care activities (except medical) ..	.04	.03	.04	1.8	1.4	2.1	2.01	2.33	1.80
Indoor and outdoor maintenance, building, and cleanup activities01	.01	.01	.5	.6	.4	2.29	(²)	(²)
Participating in performance and cultural activities ..	.01	.01	.01	.4	.3	.6	(²)	(²)	(²)
Attending meetings, conferences, and training01	.01	.02	.8	.7	.9	1.79	(²)	(²)
Civic obligations and participation00	.01	.00	.4	.3	.4	(²)	(²)	(²)
Travel related to organizational, civic, and religious activities04	.04	.04	9.1	8.0	10.1	.44	.46	.44
Leisure and sports	5.18	5.52	4.86	96.2	96.4	96.0	5.39	5.73	5.06
Socializing, relaxing, and leisure	4.62	4.83	4.42	95.4	95.4	95.4	4.85	5.07	4.63
Socializing and communicating71	.66	.76	38.9	36.1	41.6	1.83	1.83	1.82
Socializing and communicating (except social events)64	.59	.68	37.6	34.9	40.1	1.69	1.70	1.69
Attending or hosting social events07	.06	.08	2.3	2.0	2.7	3.17	3.27	3.10
Relaxing and leisure	3.83	4.09	3.58	91.3	92.1	90.6	4.19	4.44	3.95
Watching TV	2.77	3.01	2.55	80.9	82.3	79.6	3.43	3.66	3.20
Arts and entertainment (other than sports)09	.09	.08	3.2	3.3	3.2	2.63	2.70	2.57

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, 2008 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
Sports, exercise, and recreation33	.44	.23	18.9	22.0	15.9	1.76	2.02	1.42
Participating in sports, exercise, and recreation29	.40	.20	17.9	21.0	15.0	1.64	1.90	1.30
Attending sporting or recreational events04	.04	.03	1.2	1.4	1.1	2.96	3.09	2.81
Travel related to leisure and sports22	.24	.21	34.8	35.4	34.3	.64	.68	.60
Telephone calls, mail, and e-mail21	.14	.28	26.3	20.3	31.9	.80	.67	.89
Telephone calls (to or from)13	.07	.18	15.4	10.0	20.4	.83	.72	.89
Household and personal messages08	.06	.10	15.1	12.3	17.8	.54	.51	.56
Household and personal mail and messages02	.02	.03	6.9	5.5	8.2	.32	.30	.34
Household and personal e-mail and messages06	.05	.07	9.4	7.4	11.3	.63	.62	.64
Travel related to telephone calls00	.00	.00	.4	.3	.5	(²)	(²)	(²)
Other activities, not elsewhere classified20	.17	.24	14.6	12.6	16.5	1.39	1.32	1.44

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

² 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