

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, 2011 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	9.24	10.08	100.0	100.0	9.24	10.08
Sleeping	8.45	9.35	99.9	100.0	8.45	9.36
Grooming71	.65	82.2	72.9	.86	.89
Health-related self care06	.06	5.9	5.2	1.04	1.22
Personal activities01	.01	.4	.5	1.29	1.25
Travel related to personal care02	.01	2.3	2.1	.91	.70
Eating and drinking	1.19	1.37	96.2	95.3	1.23	1.43
Eating and drinking	1.09	1.21	96.2	95.3	1.13	1.27
Travel related to eating and drinking10	.15	21.4	26.8	.46	.57
Household activities	1.63	2.12	73.5	75.2	2.21	2.82
Housework52	.71	32.6	36.6	1.60	1.96
Food preparation and cleanup54	.59	54.2	51.5	1.00	1.15
Lawn and garden care16	.26	8.3	11.1	1.98	2.36
Household management11	.14	16.2	16.3	.71	.88
Interior maintenance, repair, and decoration05	.10	2.4	3.6	1.90	2.76
Exterior maintenance, repair, and decoration06	.07	2.7	3.2	2.15	2.28
Animals and pets09	.10	14.5	12.9	.59	.77
Vehicles03	.07	2.0	3.2	1.75	2.05
Appliances, tools, and toys02	.02	1.3	1.3	1.43	1.23
Travel related to household activities04	.05	8.9	8.6	.50	.62
Purchasing goods and services69	.81	42.2	43.5	1.62	1.87
Consumer goods purchases32	.48	37.8	42.1	.86	1.14
Grocery shopping10	.13	13.1	15.3	.75	.84
Professional and personal care services09	.04	8.8	3.4	1.00	1.09
Financial services and banking01	~0	3.1	1.3	.24	.24
Medical and care services06	.01	3.8	.6	1.45	1.82
Personal care services02	.02	1.7	1.1	1.16	1.43
Household services01	.01	2.0	1.1	.72	.79
Home maintenance, repair, decoration, and construction (not done by self)	~0	~0	.4	.1	1.02	1.03
Vehicle maintenance and repair services (not done by self)01	~0	1.0	.7	.74	.74
Government services	~0	~0	.6	.2	.69	(³)
Travel related to purchasing goods and services25	.29	41.0	42.3	.62	.68
Caring for and helping household members54	.42	25.8	21.3	2.10	1.99
Caring for and helping household children41	.35	22.1	17.6	1.86	2.02

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, 2011 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)35	.34	21.4	17.1	1.62	1.98
Activities related to household children's education05	.01	5.0	1.0	1.03	1.36
Activities related to household children's health01	~0	.9	.3	1.35	.62
Caring for and helping household adults03	.03	5.0	4.7	.66	.71
Caring for household adults02	.02	1.8	1.8	1.15	1.04
Helping household adults01	.01	3.6	3.1	.34	.47
Travel related to caring for and helping household members10	.04	15.3	6.3	.64	.58
Caring for and helping nonhousehold members20	.23	11.1	13.0	1.76	1.80
Caring for and helping nonhousehold children08	.07	4.4	4.7	1.71	1.58
Caring for and helping nonhousehold adults06	.09	7.2	8.8	.87	1.05
Caring for nonhousehold adults01	.01	.7	.8	1.62	1.03
Helping nonhousehold adults05	.08	6.8	8.2	.76	1.03
Travel related to caring for and helping nonhousehold members06	.07	9.0	10.2	.64	.66
Working and work-related activities	4.49	1.38	53.6	23.5	8.39	5.88
Working	4.04	1.23	50.8	21.6	7.95	5.67
Work-related activities01	~0	.7	.2	1.08	.52
Other income-generating activities04	.04	1.1	.9	3.95	4.13
Job search and interviewing05	.02	2.2	1.1	2.17	2.12
Travel related to work35	.10	45.7	15.0	.77	.65
Educational activities60	.18	9.7	5.3	6.17	3.45
Attending class38	.02	7.4	.6	5.16	4.08
Homework and research15	.15	6.1	4.6	2.49	3.16
Travel related to education05	.01	7.0	1.1	.66	.60
Organizational, civic, and religious activities25	.61	11.0	21.2	2.25	2.88
Religious and spiritual activities07	.35	5.7	16.9	1.30	2.04
Volunteering (organizational and civic activities)14	.19	5.9	6.6	2.28	2.86
Volunteer activities13	.19	5.8	6.5	2.30	2.86
Administrative and support activities04	.04	2.2	2.2	1.88	1.70
Social service and care activities (except medical)03	.04	1.5	1.9	2.24	1.94
Indoor and outdoor maintenance, building, and cleanup activities01	.02	.3	.8	2.11	2.16
Participating in performance and cultural activities01	.02	.3	.7	2.80	2.35
Attending meetings, conferences, and training02	.01	.8	.5	2.12	2.04
Civic obligations and participation	~0	~0	.2	.1	(³)	(³)
Travel related to organizational, civic, and religious activities04	.08	6.0	17.1	.62	.45
Leisure and sports	4.73	6.34	94.7	96.6	5.00	6.56
Socializing, relaxing, and leisure	4.25	5.60	93.2	95.9	4.56	5.84

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, 2011 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	1.05	33.3	41.0	1.66	2.56
Socializing and communicating (except social events)51	.85	32.4	38.0	1.58	2.24
Attending or hosting social events04	.20	1.5	5.3	2.65	3.74
Relaxing and leisure	3.64	4.41	89.3	90.9	4.08	4.86
Watching TV	2.57	3.19	77.6	80.1	3.31	3.98
Arts and entertainment (other than sports)06	.14	1.9	5.1	2.94	2.76
Sports, exercise, and recreation30	.42	19.5	19.1	1.54	2.22
Participating in sports, exercise, and recreation28	.36	19.0	17.7	1.47	2.06
Attending sporting or recreational events02	.06	.8	2.0	2.70	3.08
Travel related to leisure and sports18	.31	30.4	39.3	.60	.80
Telephone calls, mail, and e-mail16	.15	22.4	18.5	.71	.80
Telephone calls (to or from)10	.09	13.2	12.1	.75	.76
Household and personal messages06	.05	11.8	8.1	.48	.66
Household and personal mail and messages02	.01	5.8	2.9	.30	.37
Household and personal e-mail and messages04	.04	6.7	5.6	.60	.78
Travel related to telephone calls	~0	~0	.5	.5	.48	.48
Other activities, not elsewhere classified30	.29	16.9	15.7	1.76	1.83

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, 2011 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	8.97	9.89	100.0	100.0	8.98	9.89
Sleeping	8.33	9.31	99.9	100.0	8.33	9.32
Grooming58	.51	79.8	67.9	.73	.75
Health-related self care04	.04	4.5	3.2	.82	(³)
Personal activities01	.01	.5	.7	1.19	1.36
Travel related to personal care02	.01	2.3	2.4	(³)	.55
Eating and drinking	1.22	1.41	97.0	95.4	1.25	1.48
Eating and drinking	1.11	1.25	97.0	95.4	1.15	1.31
Travel related to eating and drinking10	.16	23.4	28.2	.43	.56
Household activities	1.18	1.81	64.0	67.1	1.84	2.70
Housework21	.41	17.3	22.7	1.22	1.81
Food preparation and cleanup29	.34	40.3	39.4	.72	.87
Lawn and garden care22	.37	10.3	14.3	2.12	2.56
Household management09	.13	13.7	14.4	.66	.87
Interior maintenance, repair, and decoration06	.14	3.1	4.5	1.99	3.18
Exterior maintenance, repair, and decoration09	.11	4.0	4.1	2.14	2.66
Animals and pets07	.10	11.4	11.2	.62	.89
Vehicles07	.12	3.3	5.5	1.99	2.25
Appliances, tools, and toys03	.03	1.9	1.9	1.68	1.44
Travel related to household activities05	.06	8.1	8.5	.60	.73
Purchasing goods and services57	.74	37.0	41.9	1.53	1.77
Consumer goods purchases26	.42	33.2	40.7	.77	1.04
Grocery shopping07	.11	10.2	13.9	.70	.79
Professional and personal care services05	.02	6.5	2.6	.84	.86
Financial services and banking01	~0	2.7	1.1	.19	.27
Medical and care services04	.01	2.5	.4	1.44	2.23
Personal care services01	.01	1.0	.8	.68	.66
Household services02	.01	1.7	1.2	.99	.51
Home maintenance, repair, decoration, and construction (not done by self)	~0	~0	.2	.1	(³)	(³)
Vehicle maintenance and repair services (not done by self)01	~0	1.0	.7	1.04	.62
Government services	~0	~0	.6	.2	.81	(³)
Travel related to purchasing goods and services23	.28	35.7	40.9	.65	.69
Caring for and helping household members34	.30	20.7	16.7	1.66	1.81
Caring for and helping household children24	.25	16.6	13.4	1.43	1.86

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, 2011 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)20	.24	15.9	13.0	1.26	1.86
Activities related to household children's education03	.01	3.1	.8	.96	1.03
Activities related to household children's health01	~0	.3	.1	(³)	(³)
Caring for and helping household adults03	.02	5.0	4.0	.60	.47
Caring for household adults02	.01	1.5	1.0	1.09	(³)
Helping household adults01	.01	3.7	3.0	(³)	.39
Travel related to caring for and helping household members08	.03	11.9	5.3	.64	.63
Caring for and helping nonhousehold members16	.25	10.1	12.6	1.62	1.98
Caring for and helping nonhousehold children05	.06	3.4	4.5	1.34	1.42
Caring for and helping nonhousehold adults06	.12	7.0	8.6	.90	1.34
Caring for nonhousehold adults	~0	~0	.3	.5	(³)	1.03
Helping nonhousehold adults06	.11	6.9	8.2	.86	1.35
Travel related to caring for and helping nonhousehold members06	.07	8.7	10.1	.65	.69
Working and work-related activities	5.32	1.66	60.1	27.5	8.85	6.03
Working	4.80	1.47	57.4	25.5	8.37	5.76
Work-related activities01	~0	.7	.3	1.10	.53
Other income-generating activities02	.04	.7	1.1	3.11	3.93
Job search and interviewing06	.02	2.7	.9	2.13	1.97
Travel related to work43	.13	52.1	18.2	.83	.70
Educational activities62	.19	9.7	5.7	6.46	3.29
Attending class42	.02	7.8	.8	5.40	3.20
Homework and research15	.14	6.1	4.7	2.42	2.98
Travel related to education05	.01	7.2	1.7	.65	.64
Organizational, civic, and religious activities22	.50	9.4	16.9	2.30	2.97
Religious and spiritual activities06	.28	4.3	13.3	1.31	2.10
Volunteering (organizational and civic activities)13	.16	5.7	5.3	2.25	3.06
Volunteer activities12	.16	5.5	5.1	2.25	3.07
Administrative and support activities04	.03	2.0	1.6	2.09	1.61
Social service and care activities (except medical)03	.03	1.3	1.5	2.19	2.12
Indoor and outdoor maintenance, building, and cleanup activities01	.02	.4	.9	2.45	2.03
Participating in performance and cultural activities	~0	.01	.4	.5	(³)	1.99
Attending meetings, conferences, and training01	.01	.5	.5	2.32	2.11
Civic obligations and participation	~0	~0	.2	.1	(³)	(³)
Travel related to organizational, civic, and religious activities03	.06	5.5	14.2	.59	.44
Leisure and sports	5.00	6.84	95.3	96.6	5.25	7.08
Socializing, relaxing, and leisure	4.43	5.96	94.0	95.7	4.71	6.22

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, 2011 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 communicating51	.91	30.5	36.4	1.68	2.49
Socializing and communicating (except social events)49	.75	30.1	33.4	1.63	2.24
Attending or hosting social events02	.16	.9	4.3	2.52	3.67
Relaxing and leisure	3.87	4.90	90.2	91.4	4.29	5.37
Watching TV	2.73	3.60	78.8	81.8	3.47	4.39
Arts and entertainment (other than sports)05	.14	1.7	5.0	2.85	2.85
Sports, exercise, and recreation38	.55	20.7	22.3	1.84	2.47
Participating in sports, exercise, and recreation35	.49	20.3	20.8	1.74	2.35
Attending sporting or recreational events03	.06	.9	2.1	2.83	3.08
Travel related to leisure and sports20	.33	31.1	40.0	.63	.83
Telephone calls, mail, and e-mail11	.11	17.2	14.8	.64	.72
Telephone calls (to or from)06	.06	9.2	8.5	.66	.70
Household and personal messages05	.04	9.8	7.6	.49	.59
Household and personal mail and messages01	.01	4.9	2.8	.26	.24
Household and personal e-mail and messages03	.04	5.5	5.2	.63	.74
Travel related to telephone calls	~0	~0	.3	.5	(³)	(³)
Other activities, not elsewhere classified28	.31	15.0	16.2	1.88	1.90

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, 2011 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	9.50	10.26	100.0	100.0	9.50	10.26
Sleeping	8.56	9.39	99.9	99.9	8.56	9.39
Grooming83	.78	84.4	77.6	.98	1.00
Health-related self care08	.08	7.2	7.1	1.17	1.15
Personal activities	~0	~0	.3	.3	(³)	(³)
Travel related to personal care02	.02	2.2	1.8	.80	.89
Eating and drinking	1.16	1.32	95.4	95.3	1.21	1.39
Eating and drinking	1.06	1.17	95.4	95.3	1.11	1.23
Travel related to eating and drinking10	.15	19.5	25.5	.49	.59
Household activities	2.05	2.42	82.3	82.9	2.49	2.92
Housework81	1.00	47.0	49.7	1.73	2.02
Food preparation and cleanup78	.83	67.2	62.9	1.15	1.32
Lawn and garden care11	.16	6.3	8.1	1.76	2.02
Household management14	.16	18.5	18.1	.73	.88
Interior maintenance, repair, and decoration03	.06	1.7	2.8	1.74	2.13
Exterior maintenance, repair, and decoration03	.04	1.5	2.4	2.18	1.68
Animals and pets10	.10	17.3	14.6	.57	.68
Vehicles	~0	.01	.7	1.0	(³)	1.03
Appliances, tools, and toys01	.01	.7	.7	.76	.73
Travel related to household activities04	.04	9.6	8.7	.42	.51
Purchasing goods and services80	.88	47.2	45.1	1.69	1.96
Consumer goods purchases39	.53	42.2	43.3	.92	1.23
Grocery shopping12	.15	15.8	16.7	.78	.88
Professional and personal care services12	.05	11.0	4.3	1.10	1.21
Financial services and banking01	~0	3.4	1.5	.29	.22
Medical and care services07	.01	5.1	.7	1.46	1.62
Personal care services03	.03	2.3	1.4	1.36	1.85
Household services01	.01	2.3	1.1	.54	(³)
Home maintenance, repair, decoration, and construction (not done by self)	~0	~0	.5	.2	.97	(³)
Vehicle maintenance and repair services (not done by self)	~0	.01	.9	.6	.44	.87
Government services	~0	~0	.6	.1	.57	(³)
Travel related to purchasing goods and services28	.29	46.0	43.5	.60	.66
Caring for and helping household members73	.54	30.5	25.6	2.39	2.11
Caring for and helping household children57	.45	27.3	21.5	2.10	2.11

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, 2011 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)49	.43	26.7	21.0	1.82	2.05
Activities related to household children's education07	.02	6.7	1.3	1.06	1.55
Activities related to household children's health02	~0	1.5	.5	1.09	.59
Caring for and helping household adults04	.05	5.1	5.3	.71	.88
Caring for household adults03	.03	2.2	2.6	(³)	1.18
Helping household adults01	.02	3.4	3.1	.30	(³)
Travel related to caring for and helping household members12	.04	18.6	7.4	.64	.54
Caring for and helping nonhousehold members22	.22	12.0	13.5	1.87	1.65
Caring for and helping nonhousehold children10	.08	5.4	4.9	1.93	1.72
Caring for and helping nonhousehold adults06	.07	7.3	9.1	.84	.79
Caring for nonhousehold adults02	.01	1.0	1.1	1.64	1.03
Helping nonhousehold adults04	.06	6.6	8.3	.67	.73
Travel related to caring for and helping nonhousehold members06	.07	9.3	10.3	.64	.63
Working and work-related activities	3.71	1.13	47.4	19.8	7.84	5.70
Working	3.32	1.00	44.7	17.9	7.44	5.56
Work-related activities01	~0	.6	.1	1.06	(³)
Other income-generating activities06	.03	1.4	.8	4.36	4.41
Job search and interviewing04	.03	1.8	1.2	2.23	2.22
Travel related to work28	.07	39.6	11.9	.71	.58
Educational activities57	.18	9.7	5.0	5.89	3.62
Attending class35	.02	7.1	.4	4.91	(³)
Homework and research16	.15	6.2	4.5	2.55	3.34
Travel related to education05	~0	6.8	.6	.67	.47
Organizational, civic, and religious activities27	.71	12.4	25.3	2.21	2.82
Religious and spiritual activities09	.41	7.1	20.4	1.29	2.01
Volunteering (organizational and civic activities)14	.21	6.1	7.8	2.31	2.72
Volunteer activities14	.21	6.0	7.8	2.34	2.72
Administrative and support activities04	.05	2.4	2.8	1.72	1.75
Social service and care activities (except medical)04	.04	1.7	2.3	2.27	1.82
Indoor and outdoor maintenance, building, and cleanup activities	~0	.02	.1	.8	(³)	2.30
Participating in performance and cultural activities	~0	.02	.3	.9	(³)	2.53
Attending meetings, conferences, and training02	.01	1.2	.6	2.05	1.98
Civic obligations and participation	~0	~0	.2	~0	(³)	(³)
Travel related to organizational, civic, and religious activities04	.09	6.4	19.9	.63	.46
Leisure and sports	4.48	5.87	94.1	96.6	4.76	6.08
Socializing, relaxing, and leisure	4.08	5.27	92.6	96.1	4.41	5.48

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, 2011 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 communicating59	1.18	36.0	45.4	1.64	2.61
Socializing and communicating (except social events)53	.95	34.6	42.3	1.55	2.24
Attending or hosting social events06	.24	2.1	6.3	2.70	3.78
Relaxing and leisure	3.43	3.95	88.4	90.4	3.87	4.37
Watching TV	2.41	2.80	76.4	78.4	3.15	3.58
Arts and entertainment (other than sports)06	.14	2.1	5.2	3.02	2.68
Sports, exercise, and recreation23	.30	18.4	16.1	1.23	1.88
Participating in sports, exercise, and recreation21	.24	17.9	14.7	1.18	1.66
Attending sporting or recreational events02	.06	.6	1.9	2.50	3.08
Travel related to leisure and sports17	.30	29.7	38.6	.58	.77
Telephone calls, mail, and e-mail21	.19	27.3	21.9	.75	.85
Telephone calls (to or from)13	.12	16.9	15.6	.79	.78
Household and personal messages07	.06	13.8	8.7	.48	.72
Household and personal mail and messages02	.01	6.7	3.0	.32	.49
Household and personal e-mail and messages05	.05	7.8	5.9	.58	.81
Travel related to telephone calls	~0	~0	.7	.5	.51	.48
Other activities, not elsewhere classified31	.27	18.6	15.2	1.67	1.75

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 2011, data were not collected about Christmas Day.

³ 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