

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, 2004 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	9.34	9.16	9.51	100.0	100.0	100.0	9.34	9.16	9.52
Sleeping	8.56	8.51	8.61	99.9	99.9	100.0	8.56	8.51	8.61
Grooming67	.55	.77	79.4	76.9	81.8	.84	.72	.94
Health-related self care09	.07	.11	6.2	4.4	7.8	1.51	1.62	1.45
Personal activities01	.01	.01	.6	.7	.5	1.50	(²)	(²)
Travel related to personal care01	.02	.01	2.5	2.7	2.2	.59	.56	.63
Eating and drinking	1.24	1.31	1.18	97.0	97.0	97.0	1.28	1.35	1.22
Eating and drinking	1.11	1.17	1.06	97.0	97.0	97.0	1.15	1.20	1.09
Travel related to eating and drinking13	.14	.12	26.2	28.3	24.2	.49	.50	.48
Household activities	1.80	1.32	2.25	74.0	63.2	84.1	2.44	2.10	2.68
Housework59	.22	.93	37.4	19.2	54.3	1.58	1.16	1.72
Food preparation and cleanup51	.25	.75	51.2	35.0	66.3	1.00	.73	1.14
Lawn and garden care19	.25	.14	9.9	11.4	8.6	1.96	2.22	1.64
Household management14	.11	.17	16.6	13.6	19.5	.84	.82	.85
Interior maintenance, repair, and decoration11	.14	.08	4.3	5.1	3.5	2.58	2.82	2.25
Exterior maintenance, repair, and decoration06	.10	.03	3.0	4.2	1.9	1.98	2.29	1.35
Animals and pets07	.06	.08	13.0	11.5	14.4	.56	.53	.59
Vehicles05	.10	.01	3.1	5.0	1.4	1.69	1.92	.95
Appliances, tools, and toys02	.04	.01	1.4	2.2	.7	1.53	1.76	.87
Travel related to household activities04	.04	.04	9.4	8.7	10.2	.44	.44	.44
Purchasing goods and services81	.65	.96	45.7	40.6	50.5	1.78	1.61	1.90
Consumer goods purchases41	.30	.50	41.2	37.1	45.1	.98	.82	1.11
Grocery shopping11	.07	.14	14.9	10.9	18.6	.71	.65	.75
Professional and personal care services09	.07	.11	9.4	7.0	11.6	.96	.99	.95
Financial services and banking01	.01	.01	3.7	2.9	4.5	.26	.33	.22
Medical and care services05	.04	.05	3.3	2.6	4.1	1.42	1.60	1.31
Personal care services02	.01	.04	1.9	1.0	2.8	1.24	.86	1.36
Household services02	.01	.02	2.4	1.8	3.1	.68	.77	.63
Home maintenance, repair, decoration, and construction (not done by self)01	.01	.01	.5	.3	.7	1.47	(²)	1.26
Vehicle maintenance and repair services (not done by self)01	.01	.01	1.1	.9	1.3	.62	.65	.60
Government services00	.00	.00	.4	.3	.5	(²)	(²)	(²)
Travel related to purchasing goods and services30	.27	.32	44.5	39.6	49.1	.67	.67	.66
Caring for and helping household members56	.35	.76	26.6	21.0	31.9	2.10	1.67	2.37
Caring for and helping household children43	.25	.59	22.0	16.2	27.4	1.94	1.54	2.17
Caring for and helping household children (except activities related to education and health)38	.23	.52	21.5	15.8	26.8	1.76	1.43	1.94
Activities related to household children's education04	.02	.05	3.6	1.8	5.3	1.01	1.11	.98
Activities related to household children's health01	.00	.02	1.0	.4	1.6	1.31	(²)	1.32
Caring for and helping household adults05	.04	.05	6.4	6.2	6.4	.74	.66	.82

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 adults03	.03	.03	2.3	1.8	2.8	1.29	1.46	1.18
Helping household adults02	.02	.02	4.4	4.7	4.2	.39	.32	.46
Travel related to caring for and helping household members08	.06	.11	13.8	10.2	17.2	.61	.57	.63
Caring for and helping nonhousehold members27	.24	.30	15.3	13.1	17.3	1.79	1.86	1.73
Caring for and helping nonhousehold children09	.05	.12	6.0	4.2	7.6	1.43	1.14	1.58
Caring for and helping nonhousehold adults10	.11	.10	10.0	9.3	10.7	1.05	1.19	.93
Caring for nonhousehold adults03	.02	.03	1.4	.9	1.9	1.90	2.03	1.84
Helping nonhousehold adults08	.09	.06	9.2	8.8	9.6	.85	1.06	.67
Travel related to caring for and helping nonhousehold members08	.08	.08	12.8	11.5	14.0	.64	.74	.56
Working and work-related activities	3.65	4.37	2.98	45.7	52.1	39.7	7.99	8.38	7.50
Working	3.31	3.96	2.71	43.6	49.5	38.1	7.60	7.99	7.13
Work-related activities01	.01	.00	.4	.6	.3	1.27	(²)	(²)
Other income-generating activities03	.03	.03	1.1	1.1	1.0	2.78	2.70	2.87
Job search and interviewing02	.03	.02	1.5	2.0	1.0	1.54	1.51	1.58
Travel related to work28	.34	.22	38.4	44.1	33.1	.73	.78	.66
Educational activities50	.49	.50	9.1	8.5	9.7	5.46	5.84	5.15
Attending class31	.33	.29	6.6	6.3	6.8	4.71	5.20	4.29
Homework and research14	.12	.16	5.6	4.7	6.3	2.56	2.53	2.58
Travel related to education04	.04	.04	6.3	6.2	6.4	.59	.57	.60
Organizational, civic, and religious activities32	.28	.35	13.6	11.7	15.3	2.33	2.40	2.27
Religious and spiritual activities12	.12	.13	7.6	6.8	8.4	1.63	1.73	1.55
Volunteering (organizational and civic activities)15	.13	.17	7.1	5.9	8.2	2.09	2.12	2.07
Volunteer activities15	.12	.17	6.9	5.7	7.9	2.12	2.16	2.10
Administrative and support activities04	.03	.05	3.0	2.2	3.8	1.35	1.31	1.37
Social service and care activities (except medical) ..	.04	.03	.04	1.9	1.6	2.2	1.93	1.99	1.90
Indoor and outdoor maintenance, building, and cleanup activities01	.01	.01	.6	.7	.4	1.70	1.68	(²)
Participating in performance and cultural activities ..	.01	.01	.01	.4	.4	.3	1.88	(²)	(²)
Attending meetings, conferences, and training02	.02	.02	.9	.9	.8	2.14	2.20	2.09
Civic obligations and participation00	.00	.00	.3	.2	.3	(²)	(²)	(²)
Travel related to organizational, civic, and religious activities04	.04	.04	9.1	8.4	9.8	.46	.47	.46
Leisure and sports	5.18	5.56	4.82	96.3	96.6	96.1	5.37	5.76	5.01
Socializing, relaxing, and leisure	4.62	4.89	4.38	95.5	95.9	95.2	4.84	5.10	4.60
Socializing and communicating75	.71	.78	40.1	37.0	43.0	1.87	1.92	1.83
Socializing and communicating (except social events)65	.63	.67	38.1	35.4	40.6	1.71	1.77	1.66
Attending or hosting social events10	.08	.11	3.5	2.7	4.2	2.74	2.97	2.61
Relaxing and leisure	3.77	4.08	3.48	91.6	92.8	90.4	4.12	4.39	3.85
Watching TV	2.64	2.85	2.44	80.5	82.5	78.6	3.28	3.46	3.10
Arts and entertainment (other than sports)11	.10	.11	4.2	3.9	4.5	2.54	2.57	2.51

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, 2004 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	.43	.23	18.5	21.1	16.2	1.76	2.05	1.41
Participating in sports, exercise, and recreation30	.40	.20	17.7	20.2	15.3	1.67	1.98	1.28
Attending sporting or recreational events03	.03	.03	1.2	1.2	1.1	2.67	2.59	2.75
Travel related to leisure and sports23	.25	.21	35.8	36.5	35.0	.63	.67	.59
Telephone calls, mail, and e-mail18	.11	.25	24.9	18.6	30.7	.74	.62	.81
Telephone calls (to or from)12	.07	.17	16.2	10.3	21.7	.73	.67	.76
Household and personal messages06	.04	.08	12.1	10.3	13.8	.50	.43	.55
Household and personal mail and messages03	.02	.04	7.8	6.0	9.4	.36	.32	.38
Household and personal e-mail and messages03	.03	.04	5.4	5.0	5.8	.61	.50	.69
Travel related to telephone calls00	.00	.00	.6	.4	.7	.47	(²)	.59
Other activities, not elsewhere classified14	.13	.15	10.8	9.4	12.2	1.30	1.41	1.22

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 800,000.

— Data not available.

NOTE: Data refer to persons 15 years and over.

Source: American Time Use Survey, Bureau of Labor Statistics