

Home . Care for you / others . . Wash or get dressed . . . Shower . . . Bath .
 . . Sink or flannel . . . Getting dressed . . . Hygiene / Beauty . . . Other .
 . Break, Rest or sleep . . . Tea or coffee . . . Resting - time out . . . Sleep .
 . . Personal care . . . In bed . . . Other activities . . Looking after children
 . . . Taking care of family or others . . . Play / engage . . . Teaching . . .
 Supervising . . . Physical . . . Other . . Me time . . . Tea or coffee . . . Drink .
 . . Reading a book . . . Watching TV / video . . . Social media . . . Resting
 - time out . . Taking care of family or others . . Other . Work /Housework
 . . Main job . . Other job . . Volunteering . . House keeping . . . Cleaning
 Cleaning / dusting Vacuum cleaning Cleaning floors . . .
 . Other . . . Laundry Washing machine Sorting Tumble
 dryer Hanging out laundry House keeping Other . . . Sort
 / tidy / arrange . . . Other . . . Clearing / waste . . . Other . . Study . .
 Other . Leisure /free time . . Resting - time out . . Watching TV / video . .
 Computer or mobile device . . Exercise / sport . . Leisure . . Other activities .
 Food . . Food preparation . . . Cold meal . . . Hot / cooked meal Oven
 Microwave Electric kettle Blender or Kitchen appliance .
 . . . Bread maker XXX Provide option to enter text XXX . . . Food
 management/preparation Oven Microwave Electric kettle .
 . . . Blender or Kitchen appliance Bread maker XXX Provide
 option to enter text XXX . . . Snack . . . Clear table . . . Laying / Clearing
 up By hand Dish washer Dishwasher and by hand
 Other . . . Other . . Eating . . . Hot meal . . . Cold meal . . . Snack . . .
 . . .
 . . . XXX Provide option to enter text XXX . . Snack . . Clear table . . .
 Laying / Clearing up . . . By hand . . . Dish washer . . . Dishwasher and by
 hand . . . Other . . Tea or coffee . . Other . Other activities . More / pick
 recent activities . . Wash or get dressed . . . Shower . . . Bath . . . Sink or
 flannel . . . Getting dressed . . . Hygiene / Beauty . . . Other . . Break, Rest
 or sleep . . . Tea or coffee . . . Resting - time out . . . Sleep . . . Personal
 care . . . In bed . . . Other activities . . Looking after children . . . Taking
 care of family or others . . . Play / engage . . . Teaching . . . Supervising . . .
 Physical . . . Other . . Me time . . . Tea or coffee . . . Drink . . . Reading a
 book . . . Watching TV / video . . . Social media . . . Resting - time out . .
 Taking care of family or others . . Other Work . Care for you / others . . Wash
 or get dressed . . . Shower . . . Bath . . . Sink or flannel . . . Getting dressed .
 . . Hygiene / Beauty . . . Other . . Break, Rest or sleep . . . Tea or coffee .
 . . Resting - time out . . . Sleep . . . Personal care . . . In bed . . . Other
 activities . . Looking after children . . . Taking care of family or others . . .
 Play / engage . . . Teaching . . . Supervising . . . Physical . . . Other . . Me
 time . . . Tea or coffee . . . Drink . . . Reading a book . . . Watching TV /
 video . . . Social media . . . Resting - time out . . Taking care of family or
 others . . Other . Work /Housework . . Main job . . Other job . . Volunteering
 . . House keeping . . . Cleaning Cleaning / dusting Vacuum
 cleaning Cleaning floors Other . . . Laundry Washing
 machine Sorting Tumble dryer Hanging out laundry

House keeping Other . . . Sort / tidy / arrange . . . Other . . . Clearing / waste . . . Other . . . Study . . . Other . . . Leisure / free time . . . Resting - time out . . . Watching TV / video . . . Computer or mobile device . . . Exercise / sport . . . Leisure . . . Other activities . . . Food . . . Food preparation . . . Cold meal . . . Hot / cooked meal Oven Microwave Electric kettle Blender or Kitchen appliance Bread maker XXX Provide option to enter text XXX . . . Food management/preparation Oven Microwave Electric kettle Blender or Kitchen appliance Bread maker XXX Provide option to enter text XXX . . . Snack . . . Clear table Laying / Clearing up By hand Dish washer Dishwasher and by hand Other . . . Other . . . Eating . . . Hot meal . . . Cold meal . . . Snack . . .

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. . . XXX Provide option to enter text XXX . . . Snack . . . Clear table . . . Laying / Clearing up . . . By hand . . . Dish washer . . . Dishwasher and by hand . . . Other . . . Tea or coffee . . . Other . . . Other activities . . . More / pick recent activities . . . Wash or get dressed . . . Shower . . . Bath . . . Sink or flannel . . . Getting dressed . . . Hygiene / Beauty . . . Other . . . Break, Rest or sleep . . . Tea or coffee . . . Resting - time out . . . Sleep . . . Personal care . . . In bed . . . Other activities . . . Looking after children . . . Taking care of family or others . . . Play / engage . . . Teaching . . . Supervising . . . Physical . . . Other . . . Me time . . . Tea or coffee . . . Drink . . . Reading a book . . . Watching TV / video . . . Social media . . . Resting - time out . . . Taking care of family or others . . . Other Travel . . . By foot . . . To/from work . . . School / Uni . . . For work . . . Shopping . . . Leisure . . . Show more options . . . Exercise / wellbeing . . . Visit friend / relative . . . Entertainment . . . Household . . . Help / social . . . Other . . . By car . . . To/from work . . . School / Uni . . . For work . . . Shopping . . . Leisure . . . Show more options . . . Exercise / wellbeing . . . Visit friend / relative . . . Entertainment . . . Household . . . Help / social . . . Other . . . By bike . . . To/from work . . . School / Uni . . . For work . . . Shopping . . . Leisure . . . Show more options . . . Exercise / wellbeing . . . Visit friend / relative . . . Entertainment . . . Household . . . Help / social . . . Other . . . Public transport . . . To/from work . . . School / Uni . . . For work . . . Shopping . . . Leisure . . . Show more options . . . Exercise / wellbeing . . . Visit friend / relative . . . Entertainment . . . Household . . . Help / social . . . Other . . . Exercise . . . To/from work . . . School / Uni . . . For work . . . Shopping . . . Leisure . . . Show more options . . . Exercise / wellbeing . . . Visit friend / relative . . . Entertainment . . . Household . . . Help / social . . . Other . . . To/from work . . . School / Uni . . . For work . . . Shopping . . . Leisure . . . Show more options . . . Exercise / wellbeing . . . Visit friend / relative . . . Entertainment . . . Household . . . Help / social . . . Other . . . Break, Rest or sleep . . . Tea or coffee . . . Resting - time out . . . Sleep . . . Personal care . . . In bed . . . Other activities . . . Looking after children . . . Taking care of family or others . . . Play / engage . . . Teaching

. . . Supervising . . . Physical . . . Other . . Me time . . . Tea or coffee . .
 . Drink . . . Reading a book . . . Watching TV / video . . . Social media
 . . . Resting - time out . . Taking care of family or others . . Other . Work
 /Housework . . Main job . . Other job . . Volunteering . . House keeping . . .
 Cleaning Cleaning / dusting Vacuum cleaning Cleaning
 floors Other . . . Laundry Washing machine Sorting
 Tumble dryer Hanging out laundry House keeping Other . .
 . Sort / tidy / arrange . . . Other . . . Clearing / waste . . . Other . . Study . .
 Other . Leisure /free time . . Resting - time out . . Watching TV / video . .
 Computer or mobile device . . Exercise / sport . . Leisure . . Other activities .
 Food . . Food preparation . . Cold meal . . Hot / cooked meal Oven
 Microwave Electric kettle Blender or Kitchen appliance .
 . . . Bread maker XXX Provide option to enter text XXX . . Food
 management/preparation Oven Microwave Electric kettle .
 . . . Blender or Kitchen appliance Bread maker XXX Provide
 option to enter text XXX . . Snack . . . Clear table . . . Laying / Clearing
 up By hand Dish washer Dishwasher and by hand
 Other . . . Other . . Eating . . . Hot meal . . . Cold meal . . . Snack . . .
 . . .
 . . . XXX Provide option to enter text XXX . . Snack . . Clear table . . .
 Laying / Clearing up . . . By hand . . . Dish washer . . . Dishwasher and by
 hand . . . Other . . Tea or coffee . . Other . Other activities . More / pick
 recent activities . . Wash or get dressed . . Shower . . . Bath . . . Sink or
 flannel . . . Getting dressed . . Hygiene / Beauty . . . Other . . Break, Rest
 or sleep . . . Tea or coffee . . . Resting - time out . . . Sleep . . . Personal
 care . . . In bed . . . Other activities . . Looking after children . . . Taking
 care of family or others . . . Play / engage . . . Teaching . . . Supervising . . .
 Physical . . . Other . . Me time . . . Tea or coffee . . . Drink . . . Reading a
 book . . . Watching TV / video . . . Social media . . . Resting - time out . .
 Taking care of family or others . . Other Outdoors . Care for you / others . .
 Wash or get dressed . . Shower . . . Bath . . . Sink or flannel . . . Getting
 dressed . . . Hygiene / Beauty . . . Other . . Break, Rest or sleep . . . Tea or
 coffee . . . Resting - time out . . . Sleep . . . Personal care . . . In bed . . .
 Other activities . . Looking after children . . . Taking care of family or others .
 . . Play / engage . . . Teaching . . . Supervising . . . Physical . . . Other . .
 Me time . . . Tea or coffee . . . Drink . . . Reading a book . . . Watching TV /
 video . . . Social media . . . Resting - time out . . Taking care of family or
 others . . Other . Work /Housework . . Main job . . Other job . . Volunteering
 . . House keeping . . . Cleaning Cleaning / dusting Vacuum
 cleaning Cleaning floors Other . . . Laundry Washing
 machine Sorting Tumble dryer Hanging out laundry
 House keeping Other . . . Sort / tidy / arrange . . . Other . . . Clearing
 / waste Other . . . Study . . . Other . Leisure /free time . . Resting - time
 out . . Watching TV / video . . Computer or mobile device . . Exercise / sport
 . . Leisure . . Other activities . Food . . Food preparation . . . Cold meal .
 . . Hot / cooked meal Oven Microwave Electric kettle .

. . . Blender or Kitchen appliance . . . Bread maker . . . XXX Provide
 option to enter text XXX . . Food management/preparation . . . Oven . . .
 . Microwave . . . Electric kettle . . . Blender or Kitchen appliance . . .
 Bread maker . . . XXX Provide option to enter text XXX . . Snack . . .
 Clear table . . . Laying / Clearing up . . . By hand . . . Dish washer . . .
 . Dishwasher and by hand . . . Other . . . Other . . Eating . . Hot meal . .
 . Cold meal . . Snack . . .
 . . .
 . . . XXX Provide option to enter text XXX . . Snack . . Clear table . . .
 Laying / Clearing up . . By hand . . Dish washer . . Dishwasher and by
 hand . . Other . . Tea or coffee . . Other . Other activities . More / pick
 recent activities . . Wash or get dressed . . Shower . . Bath . . Sink or
 flannel . . Getting dressed . . Hygiene / Beauty . . Other . . Break, Rest
 or sleep . . Tea or coffee . . Resting - time out . . Sleep . . Personal
 care . . In bed . . Other activities . . Looking after children . . Taking
 care of family or others . . Play / engage . . Teaching . . Supervising . .
 Physical . . Other . . Me time . . Tea or coffee . . Drink . . Reading
 a book . . Watching TV / video . . Social media . . Resting - time out
 . . Taking care of family or others . . Other Somewhere else . Care for you /
 others . . Wash or get dressed . . Shower . . Bath . . Sink or flannel . .
 Getting dressed . . Hygiene / Beauty . . Other . . Break, Rest or sleep . .
 . Tea or coffee . . Resting - time out . . Sleep . . Personal care . . In
 bed . . Other activities . . Looking after children . . Taking care of family
 or others . . Play / engage . . Teaching . . Supervising . . Physical . .
 . Other . . Me time . . Tea or coffee . . Drink . . Reading a book . .
 . Watching TV / video . . Social media . . Resting - time out . . Taking
 care of family or others . . Other . Work /Housework . . Main job . . Other
 job . . Volunteering . . House keeping . . Cleaning . . . Cleaning / dusting
 . . . Vacuum cleaning . . . Cleaning floors . . . Other . . Laundry . .
 . . Washing machine . . . Sorting . . . Tumble dryer . . . Hanging out
 laundry . . . House keeping . . . Other . . Sort / tidy / arrange . . Other
 . . . Clearing / waste . . Other . . Study . . Other . Leisure /free time . .
 Resting - time out . . Watching TV / video . . Computer or mobile device . .
 Exercise / sport . . Leisure . . Other activities . Food . . Food preparation .
 . . Cold meal . . Hot / cooked meal . . . Oven . . . Microwave . . .
 Electric kettle . . . Blender or Kitchen appliance . . . Bread maker . . .
 XXX Provide option to enter text XXX . . Food management/preparation .
 . . . Oven . . . Microwave . . . Electric kettle . . . Blender or Kitchen
 appliance . . . Bread maker . . . XXX Provide option to enter text XXX . .
 . Snack . . Clear table . . . Laying / Clearing up . . . By hand . . . Dish
 washer . . . Dishwasher and by hand . . . Other . . Other . . Eating . .
 Hot meal . . Cold meal . . Snack . . .
 . . .
 . . . XXX Provide option to enter text XXX . . Snack . . Clear table . . .
 Laying / Clearing up . . By hand . . Dish washer . . Dishwasher and by
 hand . . Other . . Tea or coffee . . Other . Other activities . More / pick

recent activities . . . Wash or get dressed . . . Shower . . . Bath . . . Sink or
flannel . . . Getting dressed . . . Hygiene / Beauty . . . Other . . . Break, Rest
or sleep . . . Tea or coffee . . . Resting - time out . . . Sleep . . . Personal
care . . . In bed . . . Other activities . . . Looking after children . . . Taking
care of family or others . . . Play / engage . . . Teaching . . . Supervising . . .
Physical . . . Other . . . Me time . . . Tea or coffee . . . Drink . . . Reading a
book . . . Watching TV / video . . . Social media . . . Resting - time out . .
Taking care of family or others . . . Other