

American Time Use Survey

"One-Screen Data Search" - <https://data.bls.gov/PDQWeb/tu>

1	gender	Both sexes, Men, Women
2	age group labor force	all 10-year age bins and 18+
3	status select	All persons
4	parents select	All persons
5	activities	As highlighted below
6	type of days type of	All days (not splitting by weekday/weekend)
7	estimate	Ave hours per day

"Add to selection"

"Get data"

FULL ACTIVITIES LIST – Highlighted are those that I downloaded

Total, all activities

Personal care activities

Sleeping

Grooming

Health-related self care

Personal activities

Travel related to personal care

Eating and drinking

Eating and drinking

Travel related to eating and drinking

Household activities

Housework

Interior cleaning

Laundry

Storing interior household items, including food

Food preparation and cleanup

Food and drink preparation

Kitchen and food clean-up

Lawn and garden care

Household management

- Financial management
- Household and personal organization and planning
- Interior maintenance, repair, and decoration
- Exterior maintenance, repair, and decoration

Animals and pets

- Care for animals and pets, not veterinary care
- Walking, exercising, and playing with animals
- Vehicles
- Appliances, tools, and toys
- Travel related to household activities

Purchasing goods and services

- Consumer goods purchases
 - Grocery shopping
- Professional and personal care services
 - Financial services and banking
 - Medical and care services
 - Personal care services
- Household services
 - Home maintenance, repair, decoration, and construction (not done by self)
 - Vehicle maintenance and repair services (not done by self)
- Government services
- Travel related to purchasing goods and services

Caring for and helping household members

- Caring for and helping household children
 - Caring for and helping household children (except activities related to education and health)
 - Physical care for household children
 - Reading to and with household children
 - Talking with and listening to household children
 - Playing with household children, not sports
 - Attending household children's events
 - Activities related to household children's education
 - Helping household children with homework
 - Activities related to household children's health
- Caring for and helping household adults
 - Caring for household adults
 - Physical care for household adults
 - Helping household adults
- Travel related to caring for and helping household members

Caring for and helping nonhousehold members

- Caring for and helping nonhousehold children

Caring for and helping nonhousehold adults

Caring for nonhousehold adults

Helping nonhousehold adults

Travel related to caring for and helping nonhousehold members

Working and work-related activities

Working

Work-related activities

Other income-generating activities

Job search and interviewing

Travel related to work

Educational activities

Attending class

Taking class for degree, certificate, or licensure

Homework and research

Travel related to education

Organizational, civic, and religious activities

Religious and spiritual activities

Attending religious services

Participating in religious practices

Volunteering (organizational and civic activities)

Volunteer activities

Administrative and support activities

Social service and care activities (except medical)

Indoor and outdoor maintenance, building, and cleanup activities

Participating in performance and cultural activities

Attending meetings, conferences, and training

Civic obligations and participation

Travel related to organizational, civic, and religious activities

Leisure and sports

Socializing, relaxing, and leisure

Socializing and communicating

Socializing and communicating (except social events)

Attending or hosting social events

Relaxing and leisure

Watching TV

Relaxing and thinking

Playing games

Computer use for leisure, excluding games

Reading for personal interest

Arts and entertainment (other than sports)

Sports, exercise, and recreation

Participating in sports, exercise, and recreation

Walking

Attending sporting or recreational events

Travel related to leisure and sports

Telephone calls, mail, and e-mail

Telephone calls (to or from)

Household and personal messages

Household and personal mail and messages

Household and personal e-mail and messages

Travel related to telephone calls

Other activities, not elsewhere classified