

The Consumer

TIME MANAGEMENT

How the average American spends a 24-hour day.

	HOURS PER DAY FOR U.S. POPULATION ¹			HOURS PER DAY FOR PEOPLE REPORTING ACTIVITY ²		
	TOTAL	MEN	WOMEN	TOTAL	WKDAYS	WKENDS/ HOLIDAYS
PERSONAL CARE	9.34	9.13	9.54	9.34	9.05	10.04
Sleeping	8.57	8.48	8.65	8.58	8.27	9.31
EATING AND DRINKING	1.21	1.24	1.18	1.32	1.26	1.47
HOUSEHOLD ACTIVITIES	1.83	1.33	2.30	2.50	2.31	2.92
Housework	0.62	0.23	0.98	1.64	1.56	1.80
Food preparation and cleanup	0.53	0.25	0.79	1.05	1.00	1.17
PURCHASING GOODS AND SERVICES	0.81	0.68	0.94	1.77	1.66	2.01
Consumer goods purchases	0.40	0.32	0.48	0.97	0.84	1.25
CARING FOR AND HELPING HOUSEHOLD MEMBERS	0.55	0.34	0.75	2.07	2.08	2.03
CARING FOR AND HELPING NON-HOUSEHOLD MEMBERS	0.29	0.26	0.31	1.82	1.81	1.85
WORKING AND WORK-RELATED ACTIVITIES	3.69	4.57	2.87	8.02	8.38	5.89
EDUCATIONAL ACTIVITIES	0.47	0.45	0.50	5.68	6.20	3.09
Homework and research	0.14	0.12	0.15	2.50	2.41	2.82
ORGANIZATIONAL, CIVIC AND RELIGIOUS ACTIVITIES	0.32	0.29	0.35	2.43	2.11	2.85
Religious and spiritual activities	0.14	0.12	0.16	1.75	1.20	2.14
Volunteering (organizational and civic activities)	0.14	0.13	0.14	2.17	2.13	2.26
LEISURE AND SPORTS	5.11	5.41	4.83	5.33	4.80	6.54
Watching TV	2.57	2.75	2.41	3.27	3.04	3.79
Participating in sports, exercise and recreation	0.30	0.39	0.21	1.69	1.48	2.22
PHONE CALLS; PERSONAL MAIL AND E-MAIL	0.19	0.13	0.24	0.74	0.72	0.80
OTHER ACTIVITIES, NOT ELSEWHERE CLASSIFIED	0.19	0.18	0.20	1.47	1.41	1.59

For people age 15+. Activities shown are those that respondents identified as their main activity.

1. Low numbers for some activities reflect that many Americans don't do that activity on an average day. For example, Americans on an average day, including workers and non-workers (such as retirees) and weekdays and weekends, spend under four hours at work.

2. Survey asked people to report time on a specific day. These columns show average hours spent by people who participated in a given activity on that day. The average worker worked about eight hours.

Source: Bureau of Labor Statistics' 2003 American Time Use Survey

More info: bls.gov/tus