



For release 10:00 a.m. (ET) Thursday, June 26, 2025

USDL-25-1060

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AMERICAN TIME USE SURVEY — 2024 RESULTS

In 2024, 87 percent of full-time employed people worked on an average weekday, compared with 29 percent on an average weekend day, the U.S. Bureau of Labor Statistics reported today. Full-time employed people averaged 8.4 hours of work on weekdays they worked, and 5.6 hours on weekend days they worked.

These and other results from the American Time Use Survey (ATUS) were released today. They include the average amount of time per day in 2024 that individuals worked, did household activities, and engaged in leisure and sports activities. Additionally, measures of the average time per day spent providing childcare—both as a primary (or main) activity and while doing other things are provided. For a detailed description of ATUS data and methodology, see the Technical Note.

Working (by Employed People) in 2024

- On days they worked, full-time employed people worked an average of 8.1 hours. They worked 8.4 hours on an average weekday and 5.6 hours on an average weekend day. (See table 4.)
- Many more people worked on weekdays than on weekend days: 80 percent of employed people worked on an average weekday, compared with 30 percent on an average weekend day. Multiple jobholders were more likely than single jobholders to work on an average weekend day—50 percent, compared to 29 percent. (See table 4.)
- Among those who worked on an average weekend day, those with lower levels of education worked more hours than those with higher levels of education. On weekend days they worked, high school graduates with no college spent 6.4 hours working, compared with 4.2 hours for those with a bachelor's degree or higher. (See table 4.)
- The share of employed people who spent time working at home on days worked was about the same in 2024 (33 percent) as in 2023 (35 percent). However, the share of men who spent some time working at home decreased from 34 percent in 2023 to 29 percent in 2024, while the share of women who did so remained the same (36 percent). (See table 6.)
- Among workers age 25 and over, there was little difference in the likelihood to work on an average day for those with a bachelor's degree or higher (68 percent) and those with a high school diploma and no college (66 percent). However, workers with higher levels of education were more likely to work at home than were those who had less education. Fifty percent of employed people with a

bachelor's degree or higher performed some work at home on days worked, compared with 18 percent of those with a high school diploma and no college. (See table 6.)

- On days they worked, employed men worked 33 minutes more than employed women. This difference partly reflects women's greater likelihood of working part time. However, even among full-time workers (those usually working 35 hours or more per week), men worked more per day than women—8.2 hours, compared with 7.9 hours. (See table 4.)

Household Activities in 2024

- On an average day, 80 percent of people engaged in household activities—such as housework, cooking, lawn care, or household management—spending about two hours on these activities. (See table 1.)
- Eighty-seven percent of women and 74 percent of men spent some time doing household activities on an average day. On the days they did household activities, women spent an average of 2.7 hours on these activities, while men spent 2.3 hours doing so. (See table 1.)
- Among adults living with children under age 18, those who were not employed spent about an hour more than those who were employed doing household activities on an average day—2.9 hours compared to 1.8 hours. (See tables 8B and 8C.)
- More people engaged in housework on weekend days than on weekdays, on average—41 percent, compared with 36 percent. However, people were slightly more likely to do food preparation and cleanup on weekdays than weekend days—64 percent, compared to 62 percent. (See table 2.)

Leisure and Sports Activities in 2024

- Nearly everyone age 15 and over (94 percent) engaged in some sort of leisure and sport activity, such as watching TV, socializing, or exercising on an average day. While men and women were equally likely to engage in leisure and sports activities, men spent more time in these activities than did women (5.5 hours, compared with 4.7 hours). (See table 1.)
- On average, adults age 75 and over spent 7.6 hours engaged in leisure and sports activities per day—more than any other age group. Those ages 35 to 44 averaged 3.8 hours doing leisure and sports activities per day—less than all other age groups. (See table 11A.)
- Watching TV was the leisure and sports activity that occupied the most time (2.6 hours per day), accounting for over half of all leisure time, on average (5.1 hours per day). (See tables 1 and 11A.)
- Socializing and communicating, along with playing games and computer use for leisure, occupied the most amount of time spent in leisure and sports activities after watching TV. On an average day, individuals spent 35 minutes socializing and communicating and 34 minutes playing games and using a computer for leisure. They spent twice as much time socializing and communicating on weekend days (56 minutes) than on weekdays (26 minutes). (See tables 1, 11A, and 11B.)
- People were less likely to engage in socializing and communicating on an average day in 2024 than in 2014—30 percent compared with 38 percent. They also spent less time in these activities in 2024 than in 2014—35 minutes compared with 43 minutes. (See table 1.)

- Time spent reading for personal interest and playing games or using a computer for leisure varied greatly by age. On an average day, individuals age 75 and over spent 46 minutes reading while those ages 15 to 19 read for 9 minutes. Conversely, individuals ages 15 to 19 spent 1.3 hours playing games or using a computer for leisure on an average day, while those ages 75 and over spent 26 minutes doing so. (See table 11A.)
- Employed adults living in households with no children under age 18 engaged in leisure and sports activities for 4.5 hours per day, an hour and a half more than did employed adults living with a child under age 6 (3.0 hours). (See table 8B.)

Care of Household Children in 2024

- Adults living in households with children under age 6 spent an average of 2.5 hours per day providing primary childcare to household children. Adults living in households where the youngest child was between the ages of 6 and 17 spent one-third as much time providing primary childcare to household children—50 minutes per day. Primary childcare is childcare that is done as a main activity, such as providing physical care or reading to children. (See table 9.)
- On an average day, among adults living in households with children under age 6, women spent an hour more than men providing primary childcare to household children—3.0 hours compared to 2.0 hours. This includes providing physical care, such as bathing or feeding a child (1.3 hours compared to 42 minutes) and travel related to care of household children (19 minutes compared to 9 minutes), among other activities. (See table 9.)
- On average, among adults living with children under age 6, those who were not employed spent over an hour more per day caring for and helping household children than did employed adults—3.2 hours versus 2.0 hours. (See tables 8B and 8C.)
- Adults living in households with at least one child under age 13 spent an average of 5.2 hours per day providing secondary childcare—that is, they had at least one child in their care while doing activities other than primary childcare. Secondary childcare provided by adults living in households with children under age 13 was most commonly provided while doing leisure activities (1.8 hours) or household activities (1.2 hours). (See table 10.)
- Adults living in households with children under age 6 spent about the same amount of time providing primary childcare on an average weekday and weekend day (2.6 hours and 2.4 hours). However, they spent less time providing secondary childcare on weekdays (4.5 hours) than on weekend days (7.5 hours). (See tables 9 and 10.)

Additional Data

ATUS 2024 data files are available for users to do their own tabulations and analyses. In accordance with BLS and Census Bureau policies that protect the privacy of survey respondents, personally identifying information does not appear on the data files. The 2024 data files are available on the BLS website at www.bls.gov/tus/data.htm.

Technical Note

The estimates in this news release are based on annual average data from the American Time Use Survey (ATUS). The ATUS, which is conducted by the U.S. Census Bureau for the Bureau of Labor Statistics (BLS), is a continuous survey about how individuals age 15 and over spend their time.

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Survey methodology

Data collection for the ATUS began in January 2003. Sample cases for the survey are selected monthly, and interviews are conducted continuously throughout the year. In 2024, approximately 7,700 individuals were interviewed. Estimates are released annually.

ATUS sample households are chosen from the households that completed their eighth (final) interview for the Current Population Survey (CPS), the nation's monthly household labor force survey. ATUS sample households are selected to ensure that estimates will be nationally representative.

One individual age 15 or over is randomly chosen from each sampled household. This "designated person" is interviewed by telephone once about his or her activities on the day before the interview—the "diary day."

All ATUS interviews are conducted using Computer Assisted Telephone Interviewing. Procedures are in place to collect information from the small number of households that did not provide a telephone number during the CPS interview.

ATUS designated people are preassigned a day of the week about which to report. Preassignment is designed to reduce variability in response rates across the week and to allow oversampling of weekend days so that accurate weekend day measures can be developed. Interviews occur on the day following the assigned day. For example, a person assigned to report about a Monday would be contacted on the following Tuesday. Ten percent of designated people are assigned to report about each of the five weekdays. Twenty-five percent are assigned to report about each weekend day. Households are called for up to 8 consecutive weeks (for example, 8 Tuesdays) in order to secure an interview.

About the questionnaire

In the time diary portion of the ATUS interview, survey respondents sequentially report activities they did between 4 a.m. on the day before the interview until 4 a.m. on the day of the interview. For each activity, respondents are asked how long the activity lasted. For activities other than personal care activities (such as sleeping and grooming), interviewers also ask respondents where they were and who was in the room with them (if at home) or who accompanied them (if away from home). If respondents report doing more than one activity at a time, they are asked to identify which one was the "main" (primary) activity. If none can be identified, then the interviewer records the first activity

mentioned. After completing the time diary, interviewers ask respondents additional questions to clearly identify work, volunteering, eldercare, and secondary childcare activities. Secondary childcare is defined as having a child under age 13 in one's care while doing other activities.

In addition, the ATUS includes an update of the household composition from the last CPS interview (2 to 5 months prior to the ATUS interview), the labor force status of the respondent, and the employment status of his or her spouse or unmarried partner. For respondents who became employed or changed jobs between the last CPS interview and the ATUS interview, information also is collected on industry, occupation, class of worker, and earnings. Finally, a question about current school enrollment status is asked of all respondents ages 15 to 49.

After completing the interview, primary activity descriptions are assigned a single 6-digit code using the ATUS Coding Lexicon. The 3-tier coding system consists of 17 major activity categories, each with multiple second- and third-tier subcategories. These coding lexicon categories are then combined into composite categories for publication, such as in this news release. Descriptions of categories shown in this news release can be found in the Major activity category definitions section of this Technical Note. The ATUS Coding Lexicon can be accessed at www.bls.gov/tus/lexicons.htm.

Because of the complexity of coding everyday activities into narrowly defined lexicon categories, coders use a comprehensive set of rules to guide their decisions. In order to capture useful and detailed information, travel activities are coded according to the purpose of travel. For more information about coding travel, see Exhibit 5.1 of the ATUS User's Guide at www.bls.gov/tus/atususersguide.pdf.

Concepts and definitions

Average day. The average day measure reflects an average distribution across all people in the reference population and all days of the week. The ATUS collects data about daily activities from all segments of the population age 15 and over, including people who are employed and not employed. Activity profiles differ based upon age, employment status, sex, and other characteristics. For example, in 2024, people in the United States age 15 and over spent 3.1 hours per day working. By comparison, on an average weekday they worked, full-time employed people spent 8.4 hours working. Many activities typically are not done on a daily basis, and some activities only are done by a subset of the population.

Average hours per day. The average number of hours spent in a 24-hour day (between 4 a.m. on the diary day and 4 a.m. on the interview day) doing a specified activity.

- *Average hours per day, population.* The average number of hours per day is computed using all responses from a given sample of the population, including those of respondents who did not do a

particular activity on their diary day. These estimates reflect how many people engaged in an activity and the amount of time they spent doing it.

- *Average hours per day, people who did the activity.* The average number of hours per day is computed using only responses from those who engaged in a particular activity on their diary day.

Diary day. The diary day is the day about which the respondent reports. For example, the diary day of a respondent interviewed on Tuesday is the preceding Monday.

Earnings

- *Usual weekly earnings.* Estimates represent the earnings of full-time wage and salary workers with one job only (both incorporated and unincorporated self-employed are excluded), before taxes and other deductions. They include any overtime pay, commissions, or tips usually received. Usual weekly earnings are updated in the ATUS for about 40 percent of wage and salary workers—if the respondent changed jobs or employment status between the CPS and ATUS interviews, or if the CPS weekly earnings value was imputed. This means that the earnings information could be out of date because the CPS interview was done 2 to 5 months prior to the ATUS interview. Respondents are asked to identify the easiest way for them to report earnings (hourly, weekly, biweekly, twice monthly, annually, or other) and how much they usually earn in the reported time period. Earnings reported on a basis other than weekly are converted to a weekly equivalent. The term "usual" is as perceived by the respondent. If the respondent asks for a definition of usual, interviewers are instructed to define the term as more than half the weeks worked during the past 4 or 5 months.
- *Weekly earnings quartiles.* The ranges used for the quartiles represent approximately 25 percent of full-time wage and salary workers (both incorporated and unincorporated self-employed are excluded) who held only one job. For example, 25 percent of full-time wage and salary workers with one job only had weekly earnings of \$840 or less in 2024. These dollar values vary from year to year.

Employment status

- *Employed.* All people who:
 - 1) At any time during the 7 days prior to the interview did any work at all as paid employees, or worked in their own business or profession or on their own farm; or

- 2) Were not working during the 7 days prior to the interview but had jobs or businesses from which they were temporarily absent because of illness, bad weather, vacation, childcare problems, labor-management disputes, maternity or paternity leave, job training, or other family or personal reasons, whether or not they were paid for the time off or were seeking other jobs; or

- 3) Usually worked 15 hours or more as unpaid workers in a family-operated enterprise.

- *Employed full time.* Full-time workers are those who usually worked 35 or more hours per week at all jobs combined.
- *Employed part time.* Part-time workers are those who usually worked fewer than 35 hours per week at all jobs combined.
- *Not employed.* People are not employed if they do not meet the conditions for employment. Those who are not employed include individuals classified as unemployed as well as those classified as not in the labor force (using CPS definitions).

The numbers of employed and not employed people in this release do not correspond to published totals from the CPS for several reasons. First, the reference population for the ATUS is age 15 and over, whereas it is age 16 and over for the CPS. Second, ATUS data are collected continuously, the employment reference period being the 7 days prior to the interview. By contrast, CPS data are usually collected during the week including the 19th of the month and generally refer to employment during the week containing the 12th of the month. Finally, the CPS accepts answers from household members about other household members whereas such proxy responses are not allowed in the ATUS. While the information on employment from the ATUS is useful for assessing work in the context of other daily activities, the employment data are not intended for analysis of current employment trends. Compared with the CPS and other estimates of employment, the ATUS estimates are based on a much smaller sample and are only available with a substantial lag since ATUS data and estimates are published during the year following data collection.

Household children. Household children are children under age 18 residing in the household of the ATUS respondent. The children may be related to the respondent (such as his or her own children, grandchildren, nieces or nephews, or brothers or sisters) or not related (such as foster children or children of roommates or boarders).

Primary activity. A primary activity is the main activity a respondent was doing at a specified time. With the exception of secondary childcare in table 10, the estimates presented in this release reflect time spent in primary activities only.

Secondary activities. A secondary (or simultaneous) activity is an activity done at the same time as a primary activity. With the exception of the care of children under age 13, information on secondary activities is not collected in the ATUS.

Secondary childcare. Secondary childcare is care for children under age 13 that is done while doing an activity other than primary childcare, such as cooking dinner. Secondary childcare estimates are derived by summing the durations of activities during which respondents had at least one child under age 13 in their care while doing other things. The time individuals spend providing secondary childcare is further restricted to the time between when the first household child under age 13 woke up and when the last household child under age 13 went to bed. It is also restricted to times the respondent was awake. If respondents report providing both primary and secondary care at the same time, the time is attributed to primary care only.

Weekday, weekend, and holiday estimates. Estimates for weekdays are an average of reports about Monday through Friday, excluding holidays. Estimates for weekend days and holidays are an average of reports about Saturdays, Sundays, and the following holidays: New Year's Day, Easter, Memorial Day, the Fourth of July, Labor Day, Thanksgiving Day, and Christmas Day.

Major activity category definitions

The following definitions describe the activity categories shown in this report. All major time-use categories in this release include related travel time and waiting time. For example, time spent "driving to the stadium" and time spent "waiting to get into the stadium to play ball" are included in Leisure and sports.

Personal care activities. Personal care activities include sleeping, grooming (such as bathing or dressing), health-related self-care, and personal or private activities. Receiving unpaid personal care from others (for example, "my sister put polish on my nails") also is captured in this category. In general, respondents are not asked who they were with or where they were for personal care activities, as such information can be sensitive.

Eating and drinking. All time spent eating or drinking (except eating and drinking done as part of a work or volunteer activity), whether alone, with others, at home, at a place of purchase, or somewhere else, is classified here.

Household activities. Household activities are activities done by individuals to maintain their households. These include housework; cooking; lawn and garden care; pet care; vehicle maintenance and repair; home maintenance, repair, decoration, and renovation; and household management and organizational activities (such as filling out paperwork or planning a party). Food preparation, whether or not reported as done specifically for another household member, is always classified as a household activity unless it was done

as a volunteer, work, or income-generating activity. For example, "making breakfast for my son" is coded as a household activity, not as childcare.

Purchasing goods and services. This category includes time spent purchasing consumer goods, professional and personal care services, household services, and government services. Consumer purchases include most purchases and rentals of consumer goods, regardless of the mode or place of purchase or rental (in person, online, via telephone, at home, or in a store). Gasoline, grocery, other food purchases, and all other shopping are further broken out in subcategories.

Time spent obtaining, receiving, and purchasing professional and personal care services provided by someone else also is classified in this category. Professional services include childcare, financial services and banking, legal services, medical and adult care services, real estate services, and veterinary services. Personal care services include day spas, hair salons and barbershops, nail salons, and tanning salons. Activities classified here include time spent paying, meeting with, or talking to service providers, as well as time spent receiving the service or waiting to receive the service.

Time spent arranging for and purchasing household services provided by someone else also is classified here. Household services include housecleaning; cooking; lawn care and landscaping; pet care; tailoring, laundering, and dry cleaning; vehicle maintenance and repairs; and home repairs, maintenance, and construction.

This category also captures the time spent obtaining government services—such as applying for food assistance and purchasing government-required licenses or paying fines or fees.

Caring for and helping household members. Time spent doing activities to care for or help any child (under age 18) or adult in the household, regardless of relationship to the respondent or the physical or mental health status of the person being helped, is classified here. Caring for and helping activities for household children and adults are coded separately in subcategories.

Primary childcare activities include time spent providing physical care; playing with children; reading with children; assisting with homework; attending children's events; taking care of children's health needs; and dropping off, picking up, and waiting for children. Passive childcare done as a primary activity (such as "keeping an eye on my son while he swam in the pool") also is included. A child's presence during the activity is not enough in itself to classify the activity as childcare. For example, "watching television with my child" is coded as a leisure activity, not as childcare.

Secondary childcare occurs when people have a child under age 13 "in their care" while doing activities other than primary childcare. For a complete definition, see the Concepts and definitions section of this Technical Note.

Caring for and helping household members also includes a range of activities done to benefit adult members of households, such as providing physical and medical care or obtaining medical services. Doing something as a favor

for or helping another household adult does not automatically result in classification as a helping activity. For example, a report of "helping my spouse cook dinner" is considered a household activity (food preparation), not a helping activity, because cooking dinner benefits the household as a whole. By contrast, doing paperwork for another person usually benefits the individual, so a report of "filling out an insurance application for my spouse" is considered a helping activity.

Caring for and helping nonhousehold members. This category includes time spent in activities done to care for or help others—both children (under age 18) and adults—who do not live in the household. When done for or through an organization, time spent helping nonhousehold members is classified as volunteering, rather than as helping nonhousehold members. Care of nonhousehold children, even when done as a favor or helping activity for another adult, is always classified as caring for and helping nonhousehold children, not as helping another adult.

Working and work-related activities. This category includes time spent working, doing activities as part of one's job, engaging in income-generating activities not as part of one's job, and job search activities. "Working" includes hours spent doing the specific tasks required of one's main or other job, regardless of location or time of day. "Work-related activities" include activities that are not obviously work but are done as part of one's job, such as having a business lunch and playing golf with clients. "Other income-generating activities" are those done "on the side" or under informal arrangement and are not part of a regular job. Such activities might include selling homemade crafts, maintaining a rental property, or having a yard sale. These activities are those for which individuals are paid or will be paid.

Travel time related to working and work-related activities includes time spent traveling to and from work, as well as time spent traveling for work-related, income-generating, and job search activities.

Educational activities. Time spent taking classes for a degree or for personal interest (including attending school virtually and taking internet or other distance-learning courses), time spent doing research and homework, and time spent taking care of administrative tasks related to education (such as registering for classes or obtaining a school ID) are included in this category. For high school students, before- and after-school extracurricular activities (except sports) also are classified as educational activities. Educational activities do not include time spent for classes or training received as part of a job. Time spent helping others with their education-related activities is classified as an activity involving caring for and helping others.

Organizational, civic, and religious activities. This category captures time spent volunteering for or through an organization, performing civic obligations, and participating in religious and spiritual activities. Civic obligations include government-required duties, such as serving jury duty or appearing in court, and activities that assist or influence

government processes, such as voting or attending town hall meetings. Religious activities include those normally associated with membership in or identification with specific religions or denominations, such as attending religious services; participating in choirs, youth groups, or unpaid teaching (unless identified as volunteer activities); and engaging in personal religious practices, such as praying.

Leisure and sports. The leisure and sports category includes time spent in sports, exercise, and recreation; socializing and communicating; and other leisure activities. Sports, exercise, and recreation activities include participating in—as well as attending or watching—sports, exercise, and recreational activities. Recreational activities include yard games like croquet or horseshoes, as well as activities like billiards and dancing. Socializing and communicating includes face-to-face social communication and hosting or attending social functions. Leisure activities include watching television; reading; relaxing or thinking; playing computer, board, or card games; using a computer or the internet for personal interest; playing or listening to music; and other activities, such as attending arts, cultural, and entertainment events.

Telephone calls, mail, and e-mail. This category captures time spent in telephone communication and household or personal mail or e-mail. This category also includes texting and internet voice and video calling. Telephone and internet purchases are classified in Purchasing goods and services. Telephone calls, mail, or e-mail identified as related to work or volunteering are classified as work or volunteering.

Other activities, not elsewhere classified. This residual category includes security procedures related to traveling, traveling not associated with a specific activity category, ambiguous activities that could not be coded, and missing activities. Missing activities result when respondents did not remember what they did for a period of time, or when they considered an activity too private or personal to report.

Processing and estimation

After ATUS data are collected, they go through an editing and imputation procedure. Responses to CPS questions that are re-asked in the ATUS go through the regular CPS edit and imputation procedures. Some item nonresponses for questions unique to the ATUS (such as where an activity took place or how much time was spent doing secondary childcare) also are imputed. Missing activities and missing values for who was present during an activity are never imputed.

ATUS records are weighted quarterly to reduce bias in the estimates due to differences in sampling and response rates across subpopulations and days of the week. Specifically, the data are weighted to ensure the following:

- Weekdays represent about 5/7 of the weighted data, and weekend days represent about 2/7 of the weighted data for the population as a whole and for selected subpopulations. The actual proportions

depend on the number of weekdays and weekend days in a given quarter.

- The sum of the weights is equal to the number of person-days in the quarter for the population as a whole and for selected subpopulations.

Reliability of the estimates

Statistics based on the ATUS are subject to both sampling and nonsampling error. When a sample, rather than the entire population, is surveyed, estimates differ from the true population values they represent. The component of this difference that occurs because samples differ by chance is known as sampling error, and its variability is measured by the standard error of the estimate.

Sample estimates from a given survey design are unbiased when an average of the estimates from all possible samples would yield, hypothetically, the true population value. In this case, the sample estimate and its standard error can be used to construct approximate confidence intervals, or ranges of values that include the true population value with known probabilities. If the process of selecting a sample from the population were repeated many times, an estimate made from each sample, and a suitable estimate of its standard error calculated for each sample, then approximately 90 percent of the intervals from 1.645 standard errors below the estimate to 1.645 standard errors above the estimate would include the true population value. BLS analyses are generally conducted at the 90-percent level of confidence.

The ATUS data also are affected by nonsampling error, which is the average difference between population and sample values for samples generated by a given process. Nonsampling error can occur for many reasons, including failure to sample a segment of the population, inability to obtain information for all people in the sample, inability or unwillingness of respondents to provide correct information, and errors made in the collection or processing of the data. Errors also could occur if nonresponse is correlated with time use.

Publication requirements

Estimates of average hours per day and participation rates are not published unless there are a minimum number of respondents representing the given population. Additional publication criteria are applied that include the number of respondents who reported doing a specified activity and the standard error or coefficient of variation for the estimate. Estimates that are considered "close to zero" or that round to 0.00, are published as approximately zero or "z". For a detailed description of the statistical reliability criteria necessary for publication, please contact ATUS staff at ATUSinfo@bls.gov.

Table 1. Time spent in primary activities and percent of the civilian population engaging in each activity, averages per day by sex, 2024 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 ¹	24.00	24.00	24.00	—	—	—	—	—	—
Personal care activities.....	9.80	9.58	10.00	100.0	99.9	100.0	9.80	9.59	10.00
Sleeping ²	9.04	8.96	9.11	99.9	99.9	100.0	9.04	8.97	9.11
Eating and drinking.....	1.24	1.26	1.21	95.9	95.8	96.0	1.29	1.32	1.26
Household activities.....	2.01	1.67	2.34	80.4	73.9	86.6	2.50	2.26	2.71
Housework.....	0.62	0.36	0.88	37.0	24.9	48.5	1.68	1.43	1.80
Food preparation and cleanup.....	0.67	0.46	0.86	63.1	54.2	71.6	1.06	0.86	1.20
Lawn and garden care.....	0.20	0.27	0.13	9.9	12.1	7.8	2.01	2.25	1.67
Household management.....	0.15	0.13	0.17	17.5	15.2	19.6	0.86	0.83	0.89
Purchasing goods and services.....	0.67	0.59	0.75	39.9	38.6	41.2	1.69	1.54	1.83
Consumer goods purchases.....	0.31	0.25	0.36	35.9	34.6	37.1	0.85	0.73	0.96
Professional and personal care services.....	0.09	0.07	0.11	7.3	6.2	8.3	1.25	1.12	1.35
Caring for and helping household members.....	0.51	0.38	0.63	21.7	18.6	24.6	2.35	2.05	2.57
Caring for and helping household children.....	0.38	0.27	0.48	17.7	14.2	21.0	2.14	1.89	2.31
Caring for and helping nonhousehold members.....	0.17	0.14	0.19	8.5	6.4	10.5	1.97	2.18	1.85
Caring for and helping nonhousehold adults.....	0.06	0.07	0.06	5.7	4.8	6.5	1.10	1.37	0.91
Working and work-related activities.....	3.43	3.92	2.95	42.6	47.1	38.2	8.04	8.32	7.73
Working.....	3.13	3.56	2.73	41.2	45.4	37.3	7.60	7.85	7.31
Educational activities.....	0.42	0.41	0.43	8.3	8.0	8.5	5.10	5.13	5.06
Attending class.....	0.22	0.23	0.21	4.6	4.5	4.7	4.83	5.16	4.52
Homework and research.....	0.16	0.14	0.18	5.7	5.2	6.2	2.76	2.61	2.89
Organizational, civic, and religious activities.....	0.30	0.25	0.36	12.7	10.4	14.9	2.40	2.43	2.38
Religious and spiritual activities.....	0.14	0.12	0.16	8.7	7.0	10.3	1.57	1.64	1.52
Volunteering (organizational and civic activities).....	0.13	0.11	0.16	5.0	4.2	5.8	2.64	2.54	2.71
Leisure and sports.....	5.07	5.48	4.67	94.1	94.2	93.9	5.39	5.82	4.97
Socializing and communicating.....	0.59	0.56	0.61	29.9	28.6	31.2	1.96	1.96	1.96
Watching television.....	2.60	2.82	2.39	72.8	74.2	71.4	3.57	3.80	3.34
Participating in sports, exercise, and recreation.....	0.31	0.38	0.25	21.5	23.6	19.4	1.46	1.61	1.28
Telephone calls, mail, and e-mail.....	0.18	0.13	0.22	17.7	15.0	20.3	1.01	0.89	1.09
Other activities, not elsewhere classified.....	0.21	0.18	0.23	15.5	13.8	17.1	1.34	1.34	1.34

¹ All major activity categories include related travel time. See Technical Note for activity category definitions.

² Includes naps and spells of sleeplessness.

- Not applicable.

NOTE: A primary activity refers to an individual's main activity. Other activities done simultaneously are not included. Data refer to persons 15 years and over.

Table 2. Time spent in primary activities and percent of the civilian population engaging in each activity, averages per day on weekdays and weekends, 2024 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	
	Weekdays	Weekends and holidays	Weekdays	Weekends and holidays	Weekdays	Weekends and holidays
Total, all activities ¹	24.00	24.00	–	–	–	–
Personal care activities.....	9.56	10.35	100.0	100.0	9.56	10.35
Sleeping ²	8.80	9.59	100.0	99.9	8.80	9.61
Eating and drinking.....	1.18	1.36	95.9	95.8	1.23	1.42
Household activities.....	1.87	2.35	79.8	81.8	2.34	2.87
Housework.....	0.56	0.77	35.5	40.6	1.57	1.90
Food preparation and cleanup.....	0.65	0.70	63.8	61.5	1.02	1.14
Lawn and garden care.....	0.18	0.25	9.2	11.5	1.91	2.21
Household management.....	0.14	0.18	16.7	19.2	0.82	0.95
Purchasing goods and services.....	0.63	0.78	38.4	43.4	1.63	1.81
Consumer goods purchases.....	0.25	0.43	33.4	41.8	0.76	1.03
Professional and personal care services.....	0.12	0.03	9.3	2.6	1.26	1.20
Caring for and helping household members.....	0.54	0.44	23.0	18.7	2.35	2.36
Caring for and helping household children.....	0.38	0.37	18.6	15.4	2.05	2.40
Caring for and helping nonhousehold members.....	0.15	0.21	7.8	10.1	1.93	2.04
Caring for and helping nonhousehold adults.....	0.05	0.09	4.9	7.4	0.98	1.29
Working and work-related activities.....	4.37	1.22	51.8	21.1	8.44	5.77
Working.....	4.01	1.08	50.5	19.6	7.95	5.50
Educational activities.....	0.53	0.17	9.5	5.3	5.55	3.20
Attending class.....	0.32	0.01	6.4	0.4	4.89	2.25
Homework and research.....	0.17	0.14	6.4	4.2	2.62	3.28
Organizational, civic, and religious activities.....	0.24	0.46	11.0	16.6	2.15	2.79
Religious and spiritual activities.....	0.09	0.25	7.0	12.6	1.26	1.97
Volunteering (organizational and civic activities).....	0.12	0.16	4.8	5.5	2.54	2.83
Leisure and sports.....	4.56	6.24	93.1	96.3	4.90	6.47
Socializing and communicating.....	0.44	0.94	27.1	36.7	1.61	2.55
Watching television.....	2.36	3.16	71.0	76.9	3.32	4.11
Participating in sports, exercise, and recreation.....	0.30	0.33	22.5	19.1	1.35	1.75
Telephone calls, mail, and e-mail.....	0.18	0.18	18.4	16.3	0.97	1.11
Other activities, not elsewhere classified.....	0.19	0.24	15.3	15.8	1.27	1.51

¹ All major activity categories include related travel time. See Technical Note for activity category definitions.

² Includes naps and spells of sleeplessness.

- Not applicable.

NOTE: A primary activity refers to an individual's main activity. Other activities done simultaneously are not included. Data refer to persons 15 years and over.

Table 3. Time spent in primary activities for the civilian population by age, sex, race, Hispanic or Latino ethnicity, marital status, and educational attainment, 2024 annual averages

Characteristic	Average hours per day spent in primary activities ¹											
	Personal care activities	Eating and drinking	Household activities	Purchasing goods and services	Caring for and helping household members	Caring for and helping non-household members	Working and work-related activities	Educational activities	Organizational, civic, and religious activities	Leisure and sports	Telephone calls, mail, and e-mail	Other activities, not elsewhere classified
Age and sex												
Total, 15 years and over.....	9.80	1.24	2.01	0.67	0.51	0.17	3.43	0.42	0.30	5.07	0.18	0.21
15 to 19 years.....	10.66	1.23	0.95	0.55	0.07	0.08	1.21	3.20	0.24	5.36	0.25	0.21
20 to 24 years.....	10.42	1.19	1.54	0.49	0.43	0.16	3.58	1.03	0.15	4.67	0.21	0.13
25 to 34 years.....	9.74	1.20	1.71	0.55	0.87	0.09	4.73	0.29	0.18	4.26	0.13	0.24
35 to 44 years.....	9.38	1.19	1.92	0.64	1.18	0.09	5.05	0.15	0.25	3.80	0.11	0.24
45 to 54 years.....	9.50	1.15	1.99	0.75	0.54	0.15	4.91	0.03	0.35	4.32	0.14	0.19
55 to 64 years.....	9.63	1.20	2.27	0.67	0.21	0.29	3.74	0.02	0.27	5.34	0.18	0.18
65 to 74 years.....	9.76	1.36	2.85	0.94	0.12	0.32	1.20	0.01	0.49	6.52	0.23	0.20
75 years and over.....	10.13	1.47	2.51	0.76	0.14	0.13	0.25	– ²	0.53	7.56	0.29	0.23
Men, 15 years and over.....	9.58	1.26	1.67	0.59	0.38	0.14	3.92	0.41	0.25	5.48	0.13	0.18
15 to 19 years.....	10.33	1.22	1.02	0.42	0.06	0.08	1.23	3.17	– ³	6.04	0.16	0.14
20 to 24 years.....	10.16	1.19	1.00	0.44	– ³	0.10	3.82	1.09	0.17	5.43	0.20	0.12
25 to 34 years.....	9.55	1.23	1.44	0.53	0.50	0.08	5.30	0.14	0.12	4.73	0.14	0.24
35 to 44 years.....	9.24	1.20	1.60	0.54	0.88	0.10	5.70	0.16	0.23	4.05	0.07	0.23
45 to 54 years.....	9.24	1.25	1.49	0.63	0.45	0.15	5.60	– ²	0.38	4.55	0.12	0.15
55 to 64 years.....	9.54	1.20	1.77	0.58	0.25	0.23	4.17	– ²	0.18	5.81	0.11	0.16
65 to 74 years.....	9.48	1.44	2.68	0.84	0.09	0.23	1.56	– ²	0.43	6.89	0.16	0.20
75 years and over.....	9.85	1.45	2.20	0.75	0.10	0.11	0.37	– ²	0.42	8.34	0.19	0.20
Women, 15 years and over.....	10.00	1.21	2.34	0.75	0.63	0.19	2.95	0.43	0.36	4.67	0.22	0.23
15 to 19 years.....	11.00	1.24	0.87	0.67	0.08	0.07	1.19	3.22	– ³	4.65	– ³	– ³
20 to 24 years.....	10.69	1.18	2.09	0.53	– ³	0.22	3.33	0.97	0.12	3.91	– ³	0.15
25 to 34 years.....	9.94	1.18	1.98	0.57	1.23	0.10	4.17	0.45	– ³	3.79	0.11	0.24
35 to 44 years.....	9.52	1.18	2.23	0.75	1.47	0.08	4.41	0.14	0.27	3.54	0.14	0.26
45 to 54 years.....	9.75	1.05	2.49	0.87	0.62	0.15	4.22	0.05	0.32	4.09	0.17	0.23
55 to 64 years.....	9.73	1.19	2.75	0.75	0.17	0.35	3.32	– ³	0.37	4.89	0.25	0.20
65 to 74 years.....	10.00	1.29	3.01	1.02	0.16	0.40	0.87	0.02	0.55	6.19	0.29	0.21
75 years and over.....	10.34	1.48	2.74	0.77	0.17	0.14	0.15	– ²	0.62	6.96	0.37	0.25

See footnotes at end of table.

Table 3. Time spent in primary activities for the civilian population by age, sex, race, Hispanic or Latino ethnicity, marital status, and educational attainment, 2024 annual averages — Continued

Characteristic	Average hours per day spent in primary activities ¹											
	Personal care activities	Eating and drinking	Household activities	Purchasing goods and services	Caring for and helping household members	Caring for and helping non-household members	Working and work-related activities	Educational activities	Organizational, civic, and religious activities	Leisure and sports	Telephone calls, mail, and e-mail	Other activities, not elsewhere classified
Race and Hispanic or Latino ethnicity												
White, 15 years and over.....	9.75	1.27	2.12	0.69	0.51	0.17	3.42	0.36	0.28	5.07	0.16	0.20
Men.....	9.56	1.31	1.77	0.59	0.37	0.15	3.93	0.31	0.22	5.50	0.11	0.18
Women.....	9.92	1.25	2.46	0.78	0.64	0.20	2.94	0.40	0.33	4.66	0.21	0.22
Black or African American, 15 years and over.....	10.04	0.86	1.47	0.66	0.43	0.17	3.26	0.52	0.49	5.62	0.30	0.18
Men.....	9.61	0.83	1.13	0.64	0.34	0.15	3.69	0.74	0.39	5.99	0.31	0.18
Women.....	10.41	0.89	1.77	0.67	0.51	0.18	2.89	0.33	0.57	5.30	0.29	0.19
Asian, 15 years and over.....	9.93	1.45	1.73	0.65	0.60	0.09	3.89	0.92	0.30	3.98	0.16	0.32
Men.....	9.91	1.46	1.30	0.59	0.40	0.07	4.06	0.91	– ³	4.57	0.07	0.28
Women.....	9.94	1.44	2.18	0.70	0.81	0.12	3.71	– ³	0.22	3.34	0.25	0.36
Hispanic or Latino ethnicity, 15 years and over.....	10.15	1.29	1.97	0.55	0.54	0.10	3.91	0.52	0.27	4.45	0.11	0.15
Men.....	9.92	1.35	1.50	0.51	0.31	0.09	4.58	– ³	0.18	4.90	0.11	0.12
Women.....	10.38	1.23	2.44	0.59	0.76	0.10	3.23	0.61	0.36	4.00	0.12	0.18
Marital status and sex												
Married, spouse present.....	9.52	1.31	2.33	0.74	0.77	0.17	3.65	0.07	0.34	4.74	0.13	0.23
Men.....	9.32	1.34	1.90	0.66	0.60	0.16	4.18	0.06	0.30	5.17	0.09	0.22
Women.....	9.72	1.27	2.77	0.82	0.95	0.18	3.11	0.09	0.37	4.30	0.17	0.25
Other marital statuses.....	10.08	1.17	1.69	0.61	0.24	0.16	3.19	0.78	0.27	5.40	0.23	0.18
Men.....	9.87	1.18	1.40	0.52	0.13	0.12	3.62	0.80	0.20	5.83	0.18	0.15
Women.....	10.27	1.16	1.95	0.69	0.33	0.20	2.81	0.75	0.34	5.02	0.27	0.21
Educational attainment, 25 years and over												
Less than a high school diploma.....	10.28	1.21	2.51	0.55	0.49	0.13	2.90	– ²	0.41	5.30	0.12	0.11
High school graduates, no college.....	9.80	1.16	2.14	0.72	0.43	0.18	3.37	0.09	0.30	5.52	0.13	0.17
Some college or associate degree.....	9.64	1.20	2.22	0.72	0.49	0.26	3.26	0.10	0.35	5.36	0.20	0.20
Bachelor's degree and higher.....	9.46	1.32	2.08	0.71	0.69	0.14	4.10	0.12	0.32	4.58	0.19	0.27
Bachelor's degree only.....	9.48	1.29	2.14	0.73	0.65	0.12	4.00	0.14	0.30	4.67	0.19	0.27
Advanced degree.....	9.42	1.37	1.99	0.67	0.75	0.18	4.26	0.09	0.35	4.46	0.19	0.27

¹ All major activity categories include related travel time. See Technical Note for activity category definitions.

² Estimate is approximately zero.

³ Estimate is suppressed because it does not meet the American Time Use Survey publication standards.

NOTE: A primary activity refers to an individual's main activity. Other activities done simultaneously are not included. Unless otherwise specified, data refer to persons 15 years and over. Persons of Hispanic or Latino ethnicity may be of any race.

Table 4. Employed persons working and time spent working on days worked by full- and part-time status and sex, jobholding status, educational attainment, and day of week, 2024 annual averages

[Numbers in thousands]

Characteristic	Total Employed	Employed persons who worked on an average day			Employed persons who worked on an average weekday			Employed persons who worked on an average Saturday, Sunday, and holiday		
		Number	Percent of employed	Average hours of work	Number ¹	Percent of employed	Average hours of work	Number ²	Percent of employed	Average hours of work
Full- and part-time status and sex										
Total, 15 years and over ³	172,537	112,224	65.0	7.60	138,404	80.2	7.95	52,416	30.4	5.51
Full-time workers.....	134,979	93,864	69.5	8.05	117,664	87.2	8.40	38,846	28.8	5.55
Part-time workers.....	37,558	18,361	48.9	5.35	20,584	54.8	5.34	13,491	35.9	5.39
Men ³	89,779	60,336	67.2	7.86	75,014	83.6	8.24	28,561	31.8	5.70
Full-time workers.....	75,779	53,625	70.8	8.15	67,120	88.6	8.53	23,400	30.9	5.65
Part-time workers.....	14,000	6,711	47.9	5.56	7,617	54.4	5.43	5,068	36.2	5.91
Women ³	82,758	51,889	62.7	7.31	63,492	76.7	7.63	23,749	28.7	5.25
Full-time workers.....	59,200	40,239	68.0	7.91	50,567	85.4	8.23	15,364	26.0	5.39
Part-time workers.....	23,558	11,650	49.5	5.23	12,961	55.0	5.29	8,413	35.7	5.01
Jobholding status										
Single jobholders.....	156,545	100,204	64.0	7.58	124,873	79.8	7.91	44,917	28.7	5.47
Multiple jobholders.....	15,992	12,021	75.2	7.85	13,490	84.4	8.29	7,937	49.6	5.78
Educational attainment, 25 years and over										
Less than a high school diploma.....	8,106	5,293	65.3	7.81	— ⁴	— ⁴	8.00	— ⁴	— ⁴	7.04
High school graduates, no college.....	38,258	25,346	66.3	7.96	30,680	80.2	8.21	12,381	32.4	6.43
Some college or associate degree.....	30,545	19,362	63.4	7.61	24,130	79.0	7.93	8,491	27.8	5.54
Bachelor's degree and higher.....	71,811	48,943	68.2	7.55	61,614	85.8	8.01	19,506	27.2	4.16
Bachelor's degree only.....	42,196	27,820	65.9	7.74	35,220	83.5	8.06	9,821	23.3	4.93
Advanced degree.....	29,615	21,123	71.3	7.31	26,428	89.2	7.95	9,564	32.3	3.43

¹ Number was derived by multiplying the "Total employed" by the percent of employed persons who worked on an average weekday.

² Number was derived by multiplying the "Total employed" by the percent of employed persons who worked on an average Saturday, Sunday, and holiday.

³ Includes workers whose hours vary.

⁴ Estimate is suppressed because it does not meet the American Time Use Survey publication standards.

NOTE: Includes work at main and other job(s), and excludes travel related to work. Unless otherwise specified, data refer to persons 15 years and over.

Table 5. Employed persons working on main job and time spent working on days worked by class of worker, occupation, earnings, and day of week, 2024 annual averages

[Numbers in thousands]

Characteristic	Total Employed	Employed persons who worked on an average day			Employed persons who worked on an average weekday			Employed persons who worked on an average Saturday, Sunday, and holiday		
		Number	Percent of employed	Average hours of work	Number ¹	Percent of employed	Average hours of work	Number ²	Percent of employed	Average hours of work
Class of worker (main job only)										
Wage and salary workers.....	161,157	103,513	64.2	7.59	129,186	80.2	7.91	44,953	27.9	5.53
Self-employed workers ³	11,273	7,197	63.8	6.38	8,416	74.7	6.73	4,336	38.5	4.81
Occupation (main job only)										
Management, business, and financial operations....	31,374	22,176	70.7	7.67	28,850	92.0	8.00	6,758	21.5	4.43
Professional and related.....	48,324	31,756	65.7	7.39	40,134	83.1	7.85	12,490	25.8	3.99
Service.....	28,485	15,726	55.2	7.11	17,399	61.1	7.27	11,782	41.4	6.58
Sales and related.....	13,800	8,818	63.9	7.43	10,519	76.2	7.65	- ⁴	- ⁴	6.18
Office and administrative support.....	15,738	9,499	60.4	7.45	13,123	83.4	7.69	2,784	17.7	5.26
Farming, fishing, and forestry.....	- ⁴	- ⁴	- ⁴	7.19	- ⁴	- ⁴	8.39	- ⁴	- ⁴	4.07
Construction and extraction.....	7,967	5,297	66.5	7.35	6,787	85.2	7.89	- ⁴	- ⁴	3.72
Installation, maintenance, and repair.....	5,002	- ⁴	- ⁴	7.60	- ⁴	- ⁴	7.79	- ⁴	- ⁴	- ⁴
Production.....	8,849	5,841	66.0	8.70	7,012	79.2	8.84	1,910	21.6	6.88
Transportation and material moving.....	11,186	7,335	65.6	7.78	8,687	77.7	7.81	4,699	42.0	7.67
Usual weekly earnings of full-time wage and salary workers (single jobholders only)⁵										
\$0 - \$840.....	28,317	19,508	68.9	7.92	24,080	85.0	8.09	8,802	31.1	6.83
\$841 - \$1,250.....	28,023	18,818	67.2	8.05	24,288	86.7	8.36	6,770	24.2	5.68
\$1,251 - \$1,970.....	27,215	18,042	66.3	8.00	23,468	86.2	8.35	6,251	23.0	5.19
\$1,971 and higher.....	27,837	19,363	69.6	7.91	25,156	90.4	8.44	6,557	23.6	3.48

¹ Number was derived by multiplying the "Total employed" by the percent of employed persons who worked on an average weekday.

² Number was derived by multiplying the "Total employed" by the percent of employed persons who worked on an average Saturday, Sunday, and holiday.

³ Includes self-employed workers whose businesses are unincorporated. Self-employed workers whose businesses are incorporated are classified as wage and salary workers.

⁴ Estimate is suppressed because it does not meet the American Time Use Survey publication standards.

⁵ The earnings data are limited to wage and salary workers (both incorporated and unincorporated self-employed workers are excluded). Each earnings range represents approximately 25 percent of full-time wage and salary workers who held only one job.

NOTE: Includes work at main job only and excludes travel related to work. Data refer to persons 15 years and over.

Table 6. Employed persons working at home, workplace, and time spent working at each location by full- and part-time status and sex, jobholding status, and educational attainment, 2024 annual averages

[Numbers in thousands]

Characteristic	Total Employed	Employed persons who worked on an average day			Employed persons who worked at their workplace on an average day ¹			Employed persons who worked at home on an average day ^{1, 2}		
		Number	Percent of employed	Average hours of work	Number	Percent of those who worked	Average hours of work at workplace	Number	Percent of those who worked	Average hours of work at home
Full- and part-time status and sex										
Total, 15 years and over ³	172,537	112,224	65.0	7.60	81,252	72.4	7.79	36,447	32.5	5.14
Full-time workers.....	134,979	93,864	69.5	8.05	68,399	72.9	8.15	31,332	33.4	5.45
Part-time workers.....	37,558	18,361	48.9	5.35	12,853	70.0	5.90	5,114	27.9	3.22
Men ³	89,779	60,336	67.2	7.86	45,991	76.2	7.94	17,569	29.1	5.04
Full-time workers.....	75,779	53,625	70.8	8.15	41,076	76.6	8.21	16,068	30.0	5.12
Part-time workers.....	14,000	6,711	47.9	5.56	4,914	73.2	5.68	1,501	22.4	4.22
Women ³	82,758	51,889	62.7	7.31	35,261	68.0	7.60	18,878	36.4	5.23
Full-time workers.....	59,200	40,239	68.0	7.91	27,323	67.9	8.05	15,264	37.9	5.80
Part-time workers.....	23,558	11,650	49.5	5.23	7,938	68.1	6.03	3,613	31.0	2.80
Jobholding status										
Single jobholders.....	156,545	100,204	64.0	7.58	72,551	72.4	7.78	31,957	31.9	5.21
Multiple jobholders.....	15,992	12,021	75.2	7.85	8,701	72.4	7.86	4,490	37.4	4.66
Educational attainment, 25 years and over										
Less than a high school diploma.....	8,106	5,293	65.3	7.81	4,624	87.4	7.93	266	5.0	— ⁴
High school graduates, no college.....	38,258	25,346	66.3	7.96	21,293	84.0	8.07	4,514	17.8	4.74
Some college or associate degree.....	30,545	19,362	63.4	7.61	14,967	77.3	7.70	5,012	25.9	5.03
Bachelor's degree and higher.....	71,811	48,943	68.2	7.55	28,664	58.6	7.84	24,467	50.0	5.42
Bachelor's degree only.....	42,196	27,820	65.9	7.74	17,087	61.4	7.92	12,899	46.4	5.70
Advanced degree.....	29,615	21,123	71.3	7.31	11,576	54.8	7.72	11,568	54.8	5.11

¹ Individuals may have worked at more than one location.

² Working at home includes any time persons did work at home and is not restricted to persons whose usual workplace is their home.

³ Includes workers whose hours vary.

⁴ Estimate is suppressed because it does not meet the American Time Use Survey publication standards.

NOTE: Includes work at main and other job(s) and at locations other than home or workplace. Excludes travel related to work. Unless otherwise specified, data refer to persons 15 years and over.

Table 7. Employed persons working on main job at home, workplace, and time spent working at each location by class of worker, occupation, and earnings, 2024 annual averages

[Numbers in thousands]

Characteristic	Total Employed	Employed persons who worked on an average day			Employed persons who worked at their workplace on an average day ¹			Employed persons who worked at home on an average day ^{1,2}		
		Number	Percent of employed	Average hours of work	Number	Percent of those who worked	Average hours of work at workplace	Number	Percent of those who worked	Average hours of work at home
Class of worker (main job only)										
Wage and salary workers.....	161,157	103,513	64.2	7.59	76,196	73.6	7.77	31,172	30.1	5.30
Self-employed workers ³	11,273	7,197	63.8	6.38	3,939	54.7	6.94	- ⁴	- ⁴	4.00
Occupation (main job only)										
Management, business, and financial operations....	31,374	22,176	70.7	7.67	13,421	60.5	7.71	10,670	48.1	5.79
Professional and related.....	48,324	31,756	65.7	7.39	19,198	60.5	7.94	14,753	46.5	4.98
Service.....	28,485	15,726	55.2	7.11	13,714	87.2	7.22	1,657	10.5	4.41
Sales and related.....	13,800	8,818	63.9	7.43	6,327	71.8	7.60	2,819	32.0	5.23
Office and administrative support.....	15,738	9,499	60.4	7.45	7,123	75.0	7.61	2,536	26.7	5.72
Farming, fishing, and forestry.....	- ⁴	- ⁴	- ⁴	7.19	- ⁴	- ⁴	8.21	- ⁴	- ⁴	5.23
Construction and extraction.....	7,967	5,297	66.5	7.35	4,785	90.3	7.65	875	16.5	2.17
Installation, maintenance, and repair.....	5,002	- ⁴	- ⁴	7.60	- ⁴	- ⁴	7.72	- ⁴	- ⁴	- ⁴
Production.....	8,849	5,841	66.0	8.70	5,413	92.7	8.84	484	8.3	- ⁴
Transportation and material moving.....	11,186	7,335	65.6	7.78	6,554	89.4	7.62	426	5.8	3.09
Usual weekly earnings of full-time wage and salary workers (single jobholders only)⁵										
\$0 - \$840.....	28,317	19,508	68.9	7.92	17,453	89.5	7.91	2,593	13.3	4.78
\$841 - \$1,250.....	28,023	18,818	67.2	8.05	14,173	75.3	8.40	4,881	25.9	5.35
\$1,251 - \$1,970.....	27,215	18,042	66.3	8.00	12,945	71.8	8.21	6,414	35.6	5.60
\$1,971 and higher.....	27,837	19,363	69.6	7.91	11,175	57.7	8.04	9,879	51.0	5.88

¹ Individuals may have worked at more than one location.

² Working at home includes any time persons did work at home and is not restricted to persons whose usual workplace is their home.

³ Includes self-employed workers whose businesses are unincorporated. Self-employed workers whose businesses are incorporated are classified as wage and salary workers.

⁴ Estimate is suppressed because it does not meet the American Time Use Survey publication standards.

⁵ The earnings data are limited to wage and salary workers (both incorporated and unincorporated self-employed workers are excluded). Each earnings range represents approximately 25 percent of full-time wage and salary workers who held only one job.

NOTE: Includes work at main job only and at locations other than home or workplace. Excludes travel related to work. Data refer to persons 15 years and over.

Table 8A. Time spent in primary activities for the civilian population 18 years and over by presence and age of youngest household child and sex, 2024 annual averages, total

Activity	Average hours per day spent in primary activities											
	Household child under 18									No household children under 18		
	Total			Youngest household child under 6			Youngest household child 6 to 17			Total	Men	Women
	Total	Men	Women	Total	Men	Women	Total	Men	Women			
Total, all activities ¹	24.00	24.00	24.00	24.00	24.00	24.00	24.00	24.00	24.00	24.00	24.00	24.00
Personal care activities.....	9.51	9.19	9.77	9.50	8.98	9.89	9.51	9.31	9.70	9.86	9.66	10.06
Sleeping ²	8.79	8.59	8.96	8.82	8.48	9.08	8.77	8.65	8.88	9.09	9.05	9.13
Eating and drinking.....	1.19	1.25	1.14	1.25	1.36	1.17	1.15	1.19	1.12	1.26	1.27	1.25
Household activities.....	2.05	1.59	2.43	2.15	1.82	2.40	1.99	1.47	2.44	2.09	1.77	2.42
Housework.....	0.67	0.37	0.91	0.74	0.47	0.94	0.62	0.31	0.89	0.63	0.36	0.90
Food preparation and cleanup.....	0.84	0.52	1.11	0.91	0.59	1.14	0.80	0.48	1.09	0.62	0.46	0.79
Lawn and garden care.....	0.14	0.24	0.06	0.16	– ³	0.04	0.13	0.20	0.07	0.24	0.30	0.18
Household management.....	0.13	0.12	0.14	0.13	0.13	0.12	0.13	0.11	0.15	0.17	0.14	0.20
Purchasing goods and services.....	0.63	0.58	0.68	0.59	0.59	0.59	0.66	0.57	0.74	0.71	0.63	0.79
Consumer goods purchases.....	0.32	0.29	0.35	0.32	0.33	0.32	0.32	0.27	0.38	0.31	0.25	0.36
Professional and personal care services.....	0.06	0.05	0.08	0.04	0.02	0.06	0.08	0.06	0.09	0.11	0.08	0.13
Caring for and helping household members.....	1.52	1.17	1.82	2.57	2.01	3.00	0.88	0.71	1.03	0.08	0.08	0.08
Caring for and helping household children.....	1.26	0.96	1.51	2.29	1.81	2.64	0.63	0.49	0.75	–	–	–
Caring for and helping nonhousehold members.....	0.10	0.13	0.09	0.13	0.14	0.13	0.09	0.12	0.06	0.20	0.15	0.26
Caring for and helping nonhousehold adults.....	0.05	0.08	0.02	0.04	0.06	0.02	0.05	0.10	0.02	0.07	0.06	0.08
Working and work-related activities.....	4.25	5.21	3.45	3.76	4.96	2.87	4.55	5.36	3.83	3.25	3.64	2.87
Working.....	3.90	4.73	3.22	3.46	4.51	2.68	4.17	4.85	3.58	2.97	3.31	2.63
Educational activities.....	0.35	0.38	0.33	0.29	0.13	– ³	0.39	0.52	– ³	0.19	0.17	0.21
Attending class.....	0.16	0.18	0.14	0.13	– ³	– ³	0.18	– ³	– ³	0.07	0.07	0.06
Homework and research.....	0.16	0.14	0.17	0.14	0.12	0.16	0.16	0.16	0.17	0.11	0.08	0.14
Organizational, civic, and religious activities.....	0.29	0.28	0.29	0.22	0.25	0.20	0.32	0.29	0.35	0.32	0.25	0.40
Religious and spiritual activities.....	0.14	0.14	0.14	0.12	0.14	0.10	0.16	0.14	0.17	0.14	0.11	0.17
Volunteering (organizational and civic activities).....	0.10	0.10	0.10	0.07	0.08	0.07	0.12	0.12	0.12	0.15	0.11	0.19
Leisure and sports.....	3.75	3.92	3.61	3.20	3.45	3.02	4.09	4.18	4.02	5.64	6.06	5.22
Socializing and communicating.....	0.60	0.58	0.62	0.69	0.74	0.65	0.55	0.50	0.60	0.58	0.56	0.61
Watching television.....	1.80	1.87	1.74	1.45	1.53	1.40	2.01	2.05	1.97	3.04	3.31	2.77
Participating in sports, exercise, and recreation.....	0.23	0.27	0.21	0.20	0.25	0.16	0.26	0.27	0.24	0.30	0.37	0.24
Telephone calls, mail, and e-mail.....	0.11	0.09	0.13	0.08	0.05	0.10	0.14	0.12	0.16	0.20	0.15	0.25
Other activities, not elsewhere classified.....	0.24	0.21	0.26	0.24	0.26	0.23	0.24	0.18	0.28	0.19	0.17	0.21

¹ All major activity categories include related travel time. See Technical Note for activity category definitions.

² Includes naps and spells of sleeplessness.

³ Estimate is suppressed because it does not meet the American Time Use Survey publication standards.

– Not applicable.

NOTE: A primary activity refers to an individual's main activity. Other activities done simultaneously are not included.

Table 8B. Time spent in primary activities for the civilian population 18 years and over by presence and age of youngest household child and sex, 2024 annual averages, employed

Activity	Average hours per day spent in primary activities												
	Household child under 18									No household children under 18			
	Total			Youngest household child under 6			Youngest household child 6 to 17			Total	Men	Women	
	Total	Men	Women	Total	Men	Women	Total	Men	Women				
Total, all activities ¹	24.00	24.00	24.00	24.00	24.00	24.00	24.00	24.00	24.00	24.00	24.00	24.00	24.00
Personal care activities.....	9.31	9.04	9.58	9.29	8.96	9.63	9.32	9.08	9.55	9.67	9.53	9.83	
Sleeping ²	8.59	8.45	8.72	8.59	8.44	8.75	8.59	8.46	8.71	8.88	8.88	8.88	
Eating and drinking.....	1.15	1.21	1.10	1.27	1.40	1.14	1.08	1.09	1.07	1.18	1.20	1.16	
Household activities.....	1.81	1.56	2.05	1.82	1.81	1.84	1.80	1.40	2.18	1.67	1.40	1.98	
Housework.....	0.54	0.37	0.72	0.57	0.47	0.68	0.53	0.30	0.75	0.50	0.30	0.73	
Food preparation and cleanup.....	0.74	0.51	0.97	0.72	0.54	0.92	0.75	0.49	1.01	0.54	0.43	0.66	
Lawn and garden care.....	0.14	0.23	0.05	0.19	– ³	0.04	0.11	0.17	0.06	0.16	0.19	0.11	
Household management.....	0.13	0.13	0.13	0.11	0.14	0.08	0.14	0.12	0.16	0.12	0.09	0.15	
Purchasing goods and services.....	0.60	0.54	0.66	0.60	0.59	0.62	0.60	0.52	0.69	0.61	0.53	0.71	
Consumer goods purchases.....	0.31	0.27	0.34	0.33	0.32	0.34	0.29	0.24	0.35	0.27	0.22	0.33	
Professional and personal care services.....	0.06	0.04	0.08	0.04	– ⁴	0.06	0.07	0.05	0.08	0.08	0.06	0.11	
Caring for and helping household members.....	1.36	1.10	1.63	2.23	1.76	2.73	0.85	0.69	1.01	0.06	0.06	0.06	
Caring for and helping household children.....	1.13	0.90	1.35	1.98	1.59	2.40	0.63	0.48	0.77	–	–	–	
Caring for and helping nonhousehold members.....	0.09	0.12	0.06	0.11	0.12	0.10	0.08	0.11	0.04	0.14	0.10	0.19	
Caring for and helping nonhousehold adults.....	0.05	0.08	0.02	0.05	0.07	0.02	0.05	0.09	0.02	0.06	0.05	0.07	
Working and work-related activities.....	5.41	6.02	4.81	4.98	5.44	4.50	5.67	6.38	4.97	5.44	5.68	5.17	
Working.....	5.01	5.52	4.49	4.60	4.98	4.21	5.24	5.85	4.65	5.00	5.20	4.78	
Educational activities.....	0.21	0.19	0.22	0.19	– ³	– ³	0.22	– ³	– ³	0.15	0.16	0.15	
Attending class.....	0.06	– ³	0.07	– ³	– ⁴	– ³	– ³	– ³	– ³	0.06	0.07	0.05	
Homework and research.....	0.11	0.09	0.14	0.14	– ³	0.18	0.10	0.08	0.12	0.08	0.08	0.09	
Organizational, civic, and religious activities.....	0.26	0.27	0.25	0.21	0.25	0.16	0.30	0.28	0.31	0.23	0.15	0.31	
Religious and spiritual activities.....	0.14	0.14	0.13	0.10	0.13	0.06	0.16	0.15	0.16	0.10	0.07	0.13	
Volunteering (organizational and civic activities).....	0.08	0.09	0.08	0.08	0.08	0.07	0.09	0.09	0.08	0.10	0.06	0.15	
Leisure and sports.....	3.47	3.65	3.28	2.97	3.24	2.68	3.76	3.90	3.62	4.53	4.92	4.08	
Socializing and communicating.....	0.56	0.57	0.55	0.67	0.75	0.58	0.50	0.46	0.53	0.52	0.49	0.55	
Watching television.....	1.68	1.82	1.55	1.31	1.43	1.19	1.90	2.06	1.75	2.23	2.41	2.02	
Participating in sports, exercise, and recreation.....	0.23	0.26	0.20	0.19	0.24	0.14	0.25	0.27	0.23	0.30	0.36	0.23	
Telephone calls, mail, and e-mail.....	0.09	0.08	0.10	0.06	0.05	0.07	0.11	0.10	0.12	0.14	0.12	0.17	
Other activities, not elsewhere classified.....	0.24	0.22	0.26	0.27	0.28	0.25	0.22	0.19	0.26	0.17	0.16	0.18	

¹ All major activity categories include related travel time. See Technical Note for activity category definitions.

² Includes naps and spells of sleeplessness.

³ Estimate is suppressed because it does not meet the American Time Use Survey publication standards.

⁴ Estimate is approximately zero.

– Not applicable.

NOTE: A primary activity refers to an individual's main activity. Other activities done simultaneously are not included.

Table 8C. Time spent in primary activities for the civilian population 18 years and over by presence and age of youngest household child and sex, 2024 annual averages, not employed

Activity	Average hours per day spent in primary activities												
	Household child under 18									No household children under 18			
	Total			Youngest household child under 6			Youngest household child 6 to 17			Total	Men	Women	
	Total	Men	Women	Total	Men	Women	Total	Men	Women				
Total, all activities ¹	24.00	24.00	24.00	24.00	24.00	24.00	24.00	24.00	24.00	24.00	24.00	24.00	24.00
Personal care activities.....	10.21	10.11	10.25	10.15	9.18	10.34	10.25	10.40	10.16	10.14	9.90	10.34	
Sleeping ²	9.50	9.41	9.53	9.53	8.85	9.66	9.48	9.58	9.41	9.39	9.33	9.43	
Eating and drinking.....	1.32	1.50	1.25	1.18	1.03	1.21	1.42	1.64	1.28	1.38	1.41	1.35	
Household activities.....	2.89	1.82	3.33	3.16	1.92	3.40	2.70	1.79	3.27	2.72	2.42	2.95	
Housework.....	1.09	0.39	1.38	1.24	— ³	1.41	0.98	— ³	1.34	0.82	0.45	1.11	
Food preparation and cleanup.....	1.20	0.62	1.43	1.46	1.08	1.53	1.00	0.47	1.33	0.75	0.52	0.94	
Lawn and garden care.....	0.15	— ³	0.07	0.06	— ³	— ³	0.21	— ³	0.11	0.35	0.48	0.25	
Household management.....	0.13	0.06	0.16	— ³	— ³	— ³	0.10	0.07	0.12	0.25	0.23	0.26	
Purchasing goods and services.....	0.72	0.76	0.71	0.55	— ³	0.53	0.85	0.80	0.89	0.85	0.79	0.89	
Consumer goods purchases.....	0.37	0.39	0.37	0.29	— ³	0.28	0.44	0.39	0.46	0.36	0.30	0.40	
Professional and personal care services.....	0.08	— ³	0.08	— ³	— ³	— ³	0.10	— ³	— ³	0.14	0.12	0.15	
Caring for and helping household members.....	2.08	1.61	2.28	3.61	4.36	3.46	0.97	— ³	1.10	0.11	0.11	0.10	
Caring for and helping household children.....	1.72	1.31	1.89	3.20	3.87	3.08	0.64	— ³	0.72	—	—	—	
Caring for and helping nonhousehold members.....	0.16	— ³	0.15	— ³	— ³	— ³	0.13	— ³	0.12	0.29	0.23	0.34	
Caring for and helping nonhousehold adults.....	0.04	— ³	0.02	— ³	— ³	— ³	0.06	— ³	— ³	0.08	0.07	0.09	
Working and work-related activities ⁴	0.22	— ³	— ³	— ³	— ³	— ³	— ³	— ³	— ³	0.06	0.06	0.05	
Working ⁴	— ³	— ⁵	— ³	— ⁵	— ³	— ⁵	— ³	— ³	— ³	— ⁵	— ⁵	— ⁵	
Educational activities.....	0.86	— ³	— ³	— ³	— ³	— ³	— ³	— ³	— ³	0.24	0.18	0.29	
Attending class.....	— ³	— ³	— ³	— ³	— ³	— ³	— ³	— ³	— ³	0.08	0.08	0.08	
Homework and research.....	0.30	— ³	0.23	— ³	— ³	— ³	— ³	— ³	— ³	0.14	0.08	0.19	
Organizational, civic, and religious activities.....	0.36	— ³	0.38	— ³	— ³	— ³	0.42	— ³	0.49	0.46	0.41	0.50	
Religious and spiritual activities.....	0.16	— ³	0.18	0.17	— ³	0.17	0.15	— ³	0.19	0.20	0.18	0.22	
Volunteering (organizational and civic activities).....	0.17	— ³	0.16	0.06	— ³	— ³	— ³	— ³	— ³	0.21	0.19	0.23	
Leisure and sports.....	4.74	5.50	4.43	3.91	5.48	3.61	5.35	5.50	5.25	7.26	8.07	6.61	
Socializing and communicating.....	0.75	0.66	0.80	0.74	— ³	0.77	0.77	— ³	0.82	0.67	0.67	0.67	
Watching television.....	2.19	2.14	2.21	1.88	2.52	1.76	2.41	2.02	2.65	4.21	4.88	3.68	
Participating in sports, exercise, and recreation.....	0.26	— ³	0.23	0.21	— ³	0.19	0.29	— ³	— ³	0.31	0.38	0.25	
Telephone calls, mail, and e-mail.....	0.19	0.16	0.21	0.12	— ³	0.14	0.24	0.19	0.27	0.29	0.21	0.35	
Other activities, not elsewhere classified.....	0.23	0.14	0.27	0.16	— ³	0.18	— ³	0.16	— ³	0.22	0.19	0.23	

¹ All major activity categories include related travel time. See Technical Note for activity category definitions.

² Includes naps and spells of sleeplessness.

³ Estimate is suppressed because it does not meet the American Time Use Survey publication standards.

⁴ Estimates include a small amount of work time done by persons who do not meet the American Time Use Survey definition for employed.

⁵ Estimate is approximately zero.

- Not applicable.

NOTE: A primary activity refers to an individual's main activity. Other activities done simultaneously are not included.

Table 9. Time adults spent caring for household children as a primary activity by sex, age, and day of week, 2024 annual averages

Childcare activities	Average hours per day adults spent caring for household children								
	Total			Weekdays			Weekends and holidays		
	Total	Men	Women	Total	Men	Women	Total	Men	Women
Children under age 18, total									
Caring for household children as a primary activity.....	1.48	1.11	1.79	1.54	1.09	1.90	1.35	1.18	1.51
Physical care.....	0.50	0.33	0.64	0.52	0.33	0.67	0.46	0.34	0.56
Education-related activities.....	0.07	0.05	0.09	0.08	0.06	0.10	0.06	0.05	0.07
Reading to/with children.....	0.03	0.03	0.04	0.03	0.03	0.04	0.04	0.03	0.04
Talking to/with children.....	0.04	0.03	0.05	0.05	0.04	0.06	0.02	0.02	0.03
Playing/doing hobbies with children.....	0.30	0.28	0.32	0.25	0.21	0.28	0.44	0.45	0.43
Looking after children.....	0.07	0.08	0.06	0.06	0.09	0.04	0.07	0.05	0.09
Attending children's events.....	0.08	0.07	0.10	0.07	0.05	0.10	0.11	0.11	0.10
Travel related to care of household children.....	0.22	0.15	0.27	0.27	0.18	0.34	0.10	0.08	0.11
Other childcare activities.....	0.16	0.09	0.21	0.19	0.10	0.27	0.07	0.06	0.08
Youngest child ages 6 to 17									
Caring for household children as a primary activity.....	0.83	0.65	1.00	0.90	0.65	1.11	0.68	0.62	0.72
Physical care.....	0.17	0.12	0.21	0.19	0.14	0.23	0.13	0.08	0.17
Education-related activities.....	0.08	0.06	0.09	0.08	0.06	0.09	0.07	0.06	0.07
Reading to/with children.....	0.01	0.01	0.02	0.01	- ¹	0.01	0.01	- ¹	0.02
Talking to/with children.....	0.05	0.04	0.06	0.06	0.05	0.07	0.02	- ¹	0.03
Playing/doing hobbies with children.....	0.07	0.09	0.05	0.05	0.06	0.04	0.11	0.15	0.07
Looking after children.....	0.02	0.02	0.02	0.01	- ¹	0.01	0.04	- ²	0.03
Attending children's events.....	0.10	0.09	0.12	0.09	0.06	0.12	0.14	0.16	0.12
Travel related to care of household children.....	0.20	0.15	0.25	0.25	0.19	0.30	0.10	0.07	0.12
Other childcare activities.....	0.13	0.07	0.18	0.16	0.08	0.23	0.07	0.05	0.08
Child under age 6									
Caring for household children as a primary activity.....	2.53	1.95	2.96	2.58	1.91	3.05	2.41	2.05	2.72
Physical care.....	1.03	0.70	1.28	1.06	0.68	1.32	0.97	0.75	1.16
Education-related activities.....	0.07	0.04	0.10	0.09	- ²	0.12	0.04	- ²	- ²
Reading to/with children.....	0.07	0.07	0.06	0.07	0.07	0.07	0.07	0.08	0.06
Talking to/with children.....	0.03	0.02	0.04	0.04	- ²	0.04	0.02	- ²	0.03
Playing/doing hobbies with children.....	0.69	0.64	0.73	0.58	0.51	0.62	0.95	0.91	0.99
Looking after children.....	0.14	- ²	0.11	0.15	- ²	0.09	0.13	0.07	0.18
Attending children's events.....	0.05	0.03	0.07	0.05	- ²	0.06	0.06	- ²	0.08
Travel related to care of household children.....	0.24	0.15	0.32	0.31	0.18	0.40	0.09	0.09	0.10
Other childcare activities.....	0.20	0.12	0.26	0.25	0.14	0.34	0.07	0.07	0.07

¹ Estimate is approximately zero.

² Estimate is suppressed because it does not meet the American Time Use Survey publication standards.

NOTE: Includes persons 18 years and over living in households with children under 18, whether or not they provided childcare.

Table 10. Time adults spent in primary activities while providing childcare as a secondary activity by sex, age, and day of week, 2024 annual averages

Childcare activities ¹	Average hours per day adults spent caring for household children ²								
	Total			Weekdays			Weekends and holidays		
	Total	Men	Women	Total	Men	Women	Total	Men	Women
Children under age 13, total									
Total.....	5.20	4.53	5.72	4.14	3.27	4.81	7.71	7.33	8.04
Personal care activities.....	0.28	0.20	0.34	0.26	0.19	0.32	0.32	0.24	0.40
Household activities.....	1.24	0.86	1.53	0.95	0.57	1.23	1.93	1.50	2.30
Purchasing goods and services.....	0.32	0.30	0.33	0.22	0.17	0.26	0.55	0.59	0.53
Working and work-related activities.....	0.45	0.33	0.54	0.56	0.40	0.68	0.17	0.16	0.19
Eating and drinking.....	0.70	0.68	0.72	0.56	0.51	0.60	1.04	1.05	1.03
Leisure and sports.....	1.80	1.78	1.81	1.26	1.13	1.36	3.07	3.22	2.94
Other activities.....	0.41	0.37	0.45	0.33	0.28	0.37	0.61	0.57	0.65
Youngest child ages 6 to 12									
Total.....	4.98	4.27	5.58	3.78	2.95	4.48	7.90	7.39	8.35
Personal care activities.....	0.27	0.23	0.30	0.24	0.23	0.24	0.35	0.25	0.44
Household activities.....	1.06	0.75	1.33	0.74	0.45	0.98	1.86	1.47	2.21
Purchasing goods and services.....	0.27	0.24	0.30	0.15	0.13	0.16	0.59	0.49	0.67
Working and work-related activities.....	0.51	0.26	0.73	0.64	– ³	0.93	0.19	0.16	0.22
Eating and drinking.....	0.61	0.58	0.64	0.47	0.40	0.52	0.97	1.00	0.95
Leisure and sports.....	1.86	1.89	1.83	1.26	1.23	1.29	3.32	3.45	3.20
Other activities.....	0.39	0.32	0.45	0.30	0.21	0.37	0.61	0.57	0.66
Child under age 6									
Total.....	5.41	4.81	5.85	4.49	3.61	5.10	7.53	7.28	7.76
Personal care activities.....	0.29	0.17	0.38	0.28	0.14	0.38	0.30	0.23	0.36
Household activities.....	1.40	0.98	1.72	1.15	0.71	1.46	1.99	1.53	2.38
Purchasing goods and services.....	0.36	0.37	0.36	0.29	0.22	0.34	0.53	0.68	0.40
Working and work-related activities.....	0.38	0.40	0.37	0.48	– ³	0.45	0.16	– ³	0.16
Eating and drinking.....	0.79	0.78	0.79	0.65	0.63	0.67	1.10	1.09	1.11
Leisure and sports.....	1.74	1.68	1.78	1.26	1.03	1.42	2.85	3.01	2.71
Other activities.....	0.44	0.43	0.45	0.37	0.35	0.38	0.61	0.58	0.64

¹ All major activity categories include related travel time. See Technical Note for activity category definitions.

² Secondary childcare is defined as time one has a child under 13 years “in his or her care” while doing something else as a primary activity; information on secondary childcare is not collected for children over 12 years.

³ Estimate is suppressed because it does not meet the American Time Use Survey publication standards.

NOTE: Includes persons 18 years and over living in households with children under 13 years, whether or not they provided childcare.

Table 11A. Time spent in leisure and sports activities for the civilian population by selected characteristics, averages per day, 2024 annual averages

Characteristic	Average hours per day spent in leisure and sports activities, all days of week							
	Total, all leisure and sports activities	Participating in sports, exercise and recreation	Socializing and communicating	Watching TV	Reading	Relaxing/ thinking	Playing games and computer use for leisure	Other leisure and sports activities, including travel ¹
Sex								
Men.....	5.48	0.38	0.56	2.82	0.25	0.37	0.71	0.38
Women.....	4.67	0.25	0.61	2.39	0.31	0.36	0.43	0.33
Age								
Total, 15 years and over.....	5.07	0.31	0.59	2.60	0.28	0.36	0.57	0.35
15 to 19 years.....	5.36	0.64	0.59	2.01	0.15	0.17	1.31	0.49
20 to 24 years.....	4.67	0.46	0.65	1.70	0.13	0.26	0.93	0.55
25 to 34 years.....	4.26	0.26	0.56	1.84	0.17	0.27	0.83	0.33
35 to 44 years.....	3.80	0.23	0.57	1.89	0.15	0.29	0.39	0.27
45 to 54 years.....	4.32	0.28	0.62	2.13	0.18	0.46	0.32	0.32
55 to 64 years.....	5.34	0.26	0.59	3.08	0.33	0.42	0.33	0.33
65 to 74 years.....	6.52	0.32	0.55	3.95	0.47	0.43	0.43	0.37
75 years and over.....	7.56	0.27	0.58	4.58	0.77	0.58	0.44	0.34
Race and Hispanic or Latino ethnicity								
White.....	5.07	0.32	0.60	2.57	0.31	0.33	0.56	0.37
Black or African American.....	5.62	0.21	0.48	3.37	0.14	0.64	0.49	0.27
Asian.....	3.98	0.49	0.57	1.46	0.17	0.25	0.71	0.33
Hispanic or Latino ethnicity.....	4.45	0.28	0.69	2.25	0.10	0.40	0.46	0.28
Employment status								
Employed.....	4.13	0.28	0.53	2.01	0.18	0.31	0.49	0.33
Full-time workers.....	3.97	0.27	0.52	1.94	0.17	0.31	0.44	0.32
Part-time workers.....	4.68	0.30	0.55	2.27	0.20	0.31	0.70	0.36
Not employed.....	6.68	0.37	0.68	3.61	0.46	0.46	0.69	0.40
Usual weekly earnings of full-time wage and salary workers (single jobholders only)²								
\$0 - \$840.....	3.91	0.16	0.48	2.10	0.10	0.32	0.50	0.23
\$841 - \$1,250.....	4.22	0.21	0.55	2.03	0.19	0.36	0.52	0.36
\$1,251 - \$1,970.....	4.05	0.34	0.50	1.87	0.15	0.35	0.52	0.33
\$1,971 and higher.....	4.00	0.38	0.55	1.87	0.22	0.21	0.39	0.38

See footnotes at end of table.

Table 11A. Time spent in leisure and sports activities for the civilian population by selected characteristics, averages per day, 2024 annual averages — Continued

Characteristic	Average hours per day spent in leisure and sports activities, all days of week							
	Total, all leisure and sports activities	Participating in sports, exercise and recreation	Socializing and communicating	Watching TV	Reading	Relaxing/ thinking	Playing games and computer use for leisure	Other leisure and sports activities, including travel ¹
Presence and age of household children								
No household children under 18.....	5.66	0.32	0.58	3.01	0.35	0.39	0.62	0.38
Household children under 18.....	3.87	0.30	0.59	1.77	0.14	0.31	0.45	0.30
Children 13 to 17 years, none younger.....	4.74	0.42	0.59	2.36	0.12	0.26	0.63	0.38
Children 6 to 12 years, none younger.....	3.86	0.30	0.52	1.61	0.20	0.43	0.50	0.30
Youngest child under 6 years.....	3.23	0.22	0.67	1.47	0.09	0.24	0.27	0.25
Marital status and sex								
Married, spouse present.....	4.74	0.28	0.63	2.52	0.29	0.35	0.36	0.31
Men.....	5.17	0.32	0.59	2.90	0.26	0.40	0.36	0.32
Women.....	4.30	0.24	0.66	2.13	0.32	0.30	0.36	0.29
Other marital statuses.....	5.40	0.35	0.54	2.68	0.27	0.38	0.78	0.40
Men.....	5.83	0.45	0.52	2.73	0.24	0.34	1.10	0.44
Women.....	5.02	0.25	0.56	2.63	0.29	0.41	0.50	0.37
Educational attainment, 25 years and over								
Less than a high school diploma.....	5.30	0.20	0.74	3.01	0.08	0.83	0.27	0.17
High school graduates, no college.....	5.52	0.19	0.55	3.36	0.20	0.44	0.48	0.30
Some college or associate degree.....	5.36	0.22	0.59	2.94	0.31	0.44	0.48	0.37
Bachelor's degree and higher.....	4.58	0.35	0.57	2.17	0.41	0.27	0.48	0.34
Bachelor's degree only.....	4.67	0.35	0.57	2.26	0.36	0.29	0.52	0.32
Advanced degree.....	4.46	0.36	0.56	2.04	0.49	0.24	0.40	0.37

¹ Includes other leisure and sports activities, not elsewhere classified, and travel related to leisure and sports activities.

² The earnings data are limited to wage and salary workers (both incorporated and unincorporated self-employed workers are excluded). Each earnings range represents approximately 25 percent of full-time wage and salary workers who held only one job.

NOTE: Unless otherwise specified, data refer to persons 15 years and over. Persons of Hispanic or Latino ethnicity may be of any race.

Table 11B. Time spent in leisure and sports activities for the civilian population by selected characteristics, averages per day on weekdays and weekends, 2024 annual averages

Characteristic	Average hours per day spent in leisure and sports activities, weekdays and weekends															
	Total, all leisure and sports activities		Participating in sports, exercise and recreation		Socializing and communicating		Watching TV		Reading		Relaxing/ thinking		Playing games and computer use for leisure		Other leisure and sports activities, including travel ¹	
	Week-days	Week-ends and holi-days	Week-days	Week-ends and holi-days	Week-days	Week-ends and holi-days	Week-days	Week-ends and holi-days	Week-days	Week-ends and holi-days	Week-days	Week-ends and holi-days	Week-days	Week-ends and holi-days	Week-days	Week-ends and holi-days
Sex																
Men.....	4.90	6.82	0.36	0.42	0.40	0.93	2.52	3.53	0.26	0.24	0.37	0.38	0.68	0.78	0.31	0.54
Women.....	4.25	5.67	0.25	0.25	0.47	0.94	2.21	2.81	0.29	0.35	0.35	0.37	0.41	0.47	0.27	0.48
Age																
Total, 15 years and over.....	4.56	6.24	0.30	0.33	0.44	0.94	2.36	3.16	0.27	0.30	0.36	0.37	0.54	0.62	0.29	0.51
15 to 19 years.....	4.93	6.38	0.65	0.61	0.46	0.90	1.90	2.26	- ²	0.14	0.14	0.24	1.24	1.48	0.38	0.75
20 to 24 years.....	4.20	5.70	0.50	0.37	0.51	0.93	1.52	2.10	0.08	- ²	0.18	- ²	0.95	0.89	0.46	0.75
25 to 34 years.....	3.64	5.71	0.24	0.30	0.36	1.01	1.56	2.50	0.16	0.18	0.24	0.33	0.80	0.91	0.27	0.48
35 to 44 years.....	3.15	5.34	0.21	0.29	0.36	1.08	1.65	2.46	0.14	0.18	0.30	0.28	0.30	0.60	0.19	0.45
45 to 54 years.....	3.70	5.77	0.24	0.38	0.44	1.07	1.86	2.80	0.17	0.19	0.50	0.36	0.27	0.43	0.22	0.55
55 to 64 years.....	4.88	6.40	0.25	0.27	0.47	0.89	2.78	3.78	0.34	0.30	0.44	0.38	0.33	0.32	0.27	0.46
65 to 74 years.....	6.22	7.21	0.32	0.33	0.49	0.70	3.73	4.48	0.47	0.46	0.43	0.43	0.46	0.36	0.33	0.45
75 years and over.....	7.28	8.22	0.29	0.24	0.49	0.78	4.39	5.04	0.73	0.85	0.58	0.60	0.47	0.37	0.34	0.34
Race and Hispanic or Latino ethnicity																
White.....	4.55	6.29	0.30	0.34	0.44	0.98	2.35	3.11	0.30	0.34	0.32	0.35	0.53	0.63	0.30	0.54
Black or African American.....	5.20	6.56	0.22	0.21	0.38	0.72	3.01	4.18	0.16	0.09	0.67	0.59	0.51	0.43	0.24	0.34
Asian.....	3.47	5.30	0.47	0.55	0.46	0.85	1.25	1.99	0.12	0.27	0.26	0.22	0.64	0.92	0.27	0.50
Hispanic or Latino ethnicity.....	4.03	5.45	0.27	0.31	0.52	1.07	2.11	2.57	0.09	0.13	0.40	0.41	0.43	0.52	0.22	0.44
Employment status																
Employed.....	3.46	5.65	0.25	0.36	0.34	0.95	1.71	2.70	0.16	0.21	0.30	0.33	0.45	0.60	0.25	0.50
Full-time workers.....	3.18	5.81	0.24	0.36	0.31	1.02	1.58	2.78	0.16	0.20	0.30	0.34	0.37	0.59	0.23	0.52
Part-time workers.....	4.49	5.10	0.28	0.34	0.48	0.70	2.20	2.42	0.18	0.24	0.31	0.30	0.72	0.66	0.31	0.44
Not employed.....	6.42	7.30	0.40	0.30	0.59	0.91	3.45	4.00	0.46	0.46	0.46	0.45	0.71	0.66	0.36	0.52
Usual weekly earnings of full-time wage and salary workers (single jobholders only)³																
\$0 - \$840.....	3.24	5.47	0.13	0.25	0.31	0.89	1.81	2.78	0.09	0.14	0.29	0.40	0.42	0.68	0.19	0.34
\$841 - \$1,250.....	3.34	6.16	0.18	0.27	0.34	1.01	1.60	2.98	0.19	0.19	0.35	0.38	0.39	0.79	0.28	0.54
\$1,251 - \$1,970.....	3.18	5.95	0.27	0.49	0.23	1.08	1.51	2.65	0.15	0.15	0.35	0.34	0.50	0.55	0.17	0.68
\$1,971 and higher.....	3.09	6.02	0.33	0.48	0.33	1.03	1.47	2.75	0.19	0.29	0.17	0.32	0.31	0.56	0.29	0.59

See footnotes at end of table.

Table 11B. Time spent in leisure and sports activities for the civilian population by selected characteristics, averages per day on weekdays and weekends, 2024 annual averages — Continued

Characteristic	Average hours per day spent in leisure and sports activities, weekdays and weekends															
	Total, all leisure and sports activities		Participating in sports, exercise and recreation		Socializing and communicating		Watching TV		Reading		Relaxing/ thinking		Playing games and computer use for leisure		Other leisure and sports activities, including travel ¹	
	Week-days	Week-ends and holi-days	Week-days	Week-ends and holi-days	Week-days	Week-ends and holi-days	Week-days	Week-ends and holi-days	Week-days	Week-ends and holi-days	Week-days	Week-ends and holi-days	Week-days	Week-ends and holi-days	Week-days	Week-ends and holi-days
Presence and age of household children																
No household children under 18.....	5.17	6.78	0.30	0.35	0.46	0.87	2.74	3.65	0.34	0.37	0.39	0.40	0.62	0.64	0.33	0.51
Household children under 18.....	3.35	5.12	0.30	0.30	0.39	1.07	1.60	2.16	0.13	0.15	0.31	0.33	0.39	0.59	0.21	0.52
Children 13 to 17 years, none younger.....	4.32	5.81	0.43	0.39	0.42	1.01	2.20	2.76	0.11	0.14	0.27	0.22	0.58	0.74	0.31	0.55
Children 6 to 12 years, none younger.....	3.25	5.32	0.29	0.34	0.33	0.96	1.43	2.05	0.19	0.22	0.41	0.47	0.42	0.70	0.18	0.59
Youngest child under 6 years.....	2.70	4.43	0.22	0.21	0.43	1.21	1.31	1.84	0.09	0.09	0.23	0.27	0.23	0.37	0.17	0.43
Marital status and sex																
Married, spouse present.....	4.22	5.97	0.26	0.33	0.46	1.01	2.28	3.10	0.29	0.29	0.35	0.36	0.34	0.41	0.23	0.48
Men.....	4.56	6.58	0.29	0.38	0.41	1.03	2.61	3.58	0.28	0.21	0.41	0.39	0.33	0.45	0.23	0.54
Women.....	3.86	5.34	0.23	0.27	0.52	0.99	1.93	2.60	0.30	0.37	0.29	0.32	0.35	0.38	0.24	0.42
Other marital statuses.....	4.92	6.51	0.35	0.34	0.41	0.86	2.45	3.23	0.25	0.31	0.37	0.39	0.75	0.84	0.34	0.54
Men.....	5.28	7.08	0.45	0.46	0.40	0.82	2.41	3.47	0.23	0.27	0.33	0.37	1.08	1.15	0.39	0.55
Women.....	4.61	5.99	0.26	0.24	0.42	0.89	2.48	3.01	0.27	0.34	0.41	0.41	0.47	0.56	0.30	0.54
Educational attainment, 25 years and over																
Less than a high school diploma.....	5.02	5.87	0.18	0.23	0.57	1.09	2.82	3.39	0.08	0.08	0.91	0.66	– ²	0.18	0.13	0.25
High school graduates, no college.....	5.06	6.67	0.20	0.19	0.41	0.92	3.09	4.04	0.18	0.24	0.43	0.44	0.48	0.46	0.27	0.39
Some college or associate degree.....	4.85	6.51	0.21	0.25	0.45	0.92	2.68	3.52	0.31	0.33	0.46	0.40	0.45	0.57	0.30	0.53
Bachelor's degree and higher.....	3.99	5.98	0.32	0.42	0.41	0.94	1.90	2.81	0.41	0.41	0.26	0.28	0.43	0.59	0.26	0.52
Bachelor's degree only.....	4.12	6.02	0.31	0.44	0.43	0.91	2.01	2.88	0.37	0.34	0.28	0.30	0.47	0.66	0.24	0.50
Advanced degree.....	3.80	5.91	0.34	0.41	0.37	0.98	1.72	2.73	0.48	0.51	0.23	0.25	0.36	0.50	0.29	0.53

¹ Includes other leisure and sports activities, not elsewhere classified, and travel related to leisure and sports activities.

² Estimate is suppressed because it does not meet the American Time Use Survey publication standards.

³ The earnings data are limited to wage and salary workers (both incorporated and unincorporated self-employed workers are excluded). Each earnings range represents approximately 25 percent of full-time wage and salary workers who held only one job.

NOTE: Unless otherwise specified, data refer to persons 15 years and over. Persons of Hispanic or Latino ethnicity may be of any race.

Table 12. Average hours per day spent in primary activities for the civilian population, 2024 quarterly and annual averages

[Not seasonally adjusted]

Activity	2024				
	Quarterly averages				Annual average
	I	II	III	IV	
Total, all activities ¹	24.00	24.00	24.00	24.00	24.00
Personal care activities.....	9.74	9.79	9.86	9.79	9.80
Sleeping ²	8.99	9.01	9.11	9.03	9.04
Eating and drinking.....	1.22	1.25	1.23	1.24	1.24
Household activities.....	1.94	2.17	1.95	1.99	2.01
Housework.....	0.65	0.61	0.62	0.60	0.62
Food preparation and cleanup.....	0.69	0.64	0.67	0.66	0.67
Lawn and garden care.....	0.09	0.32	0.25	0.15	0.20
Household management.....	0.15	0.17	0.12	0.17	0.15
Purchasing goods and services.....	0.63	0.66	0.67	0.74	0.67
Consumer goods purchases.....	0.29	0.29	0.30	0.35	0.31
Professional and personal care services.....	0.08	0.08	0.11	0.10	0.09
Caring for and helping household members.....	0.52	0.48	0.49	0.54	0.51
Caring for and helping household children.....	0.38	0.35	0.36	0.41	0.38
Caring for and helping nonhousehold members.....	0.13	0.18	0.18	0.18	0.17
Caring for and helping nonhousehold adults.....	0.05	0.05	0.09	0.05	0.06
Working and work-related activities.....	3.56	3.36	3.27	3.51	3.43
Working.....	3.25	3.08	2.99	3.22	3.13
Educational activities.....	0.52	0.32	0.30	0.53	0.42
Attending class.....	0.26	0.16	0.12	0.35	0.22
Homework and research.....	0.20	0.14	0.15	0.15	0.16
Organizational, civic, and religious activities.....	0.29	0.27	0.31	0.35	0.30
Religious and spiritual activities.....	0.15	0.12	0.14	0.14	0.14
Volunteering (organizational and civic activities).....	0.11	0.12	0.13	0.17	0.13
Leisure and sports.....	5.02	5.11	5.31	4.82	5.07
Socializing and communicating.....	0.54	0.61	0.61	0.58	0.59
Watching television.....	2.76	2.48	2.72	2.45	2.60
Participating in sports, exercise, and recreation.....	0.23	0.38	0.37	0.27	0.31
Telephone calls, mail, and e-mail.....	0.18	0.19	0.20	0.14	0.18
Other activities, not elsewhere classified.....	0.24	0.21	0.22	0.15	0.21

¹ All major activity categories include related travel time. See Technical Note for activity category definitions.

² Includes naps and spells of sleeplessness.

NOTE: A primary activity refers to an individual's main activity. Other activities done simultaneously are not included. Data refer to persons 15 years and over.