

Time Use Study – ACTIVITIES LIST

Sleeping, personal care, medication

1. Sleeping
2. Washing, dressing, using the bathroom and self-grooming
Includes getting ready, other personal hygiene (e.g. teeth cleaning), hair care, painting nails, applying make-up, shaving etc.
3. Medication, other health related care (e.g. blood pressure, injections)
Includes sorting medication, self-testing (e.g. blood sugar, lateral flow), injections (e.g. insulin), tending to injuries (e.g. applying plasters, dressings)

Eating, drinking, cooking

4. Making food and drinks, cooking
Including for other people if unpaid
5. Eating a meal, eating out, take-away (e.g. breakfast, lunch, dinner)
6. Snacking
7. Drinking (e.g. tea, coffee, alcohol)

Work and other activities for pay

8. Working
Exclude lunch and other breaks. Exclude other work-related activities below
9. Working from home
10. Working from a café or other workspace
11. Providing childcare, cleaning, or doing odd jobs for pay
Exclude if done for main job or business (use codes 8, 9, 10) or delivery services (use code 13)
12. Leasing or renting things you own (e.g. a spare room, storage space, power tools, furniture, or clothes)
Exclude if done for main job or business (use codes 8, 9, 10)
13. Using your private vehicle to earn money (e.g. delivery services)
Exclude commuting and vehicles registered for business use
14. Showing your own house, flat, or building to potential buyers
15. Selling your things, apart from your home (e.g. eBay, Facebook Marketplace, Vinted)

Travel and getting around

16. Travelling to or from paid work (e.g. commuting, to attend a conference, to visit clients)
17. Travelling to or from unpaid work (e.g. caring for others, volunteering)
18. Travelling to or from a shop (e.g. supermarket, garden centres, takeaways)
19. Travelling to or from socialising with others outside a private home (e.g. restaurant, pub, park)

20. Travelling to escort children to or from childcare or school
Exclude college or university
21. Travelling to or from another place (e.g. holiday, visiting family or friends, escorting others, medical centre, dentist, gym, appointments or errands)
Exclude travel done for exercise purposes (e.g. use code 63 for running or jogging, 64 for cycling or 67 for walking)
22. Packing or unpacking, preparing for journey

Housework, pets, DIY and gardening (includes for other people if unpaid)

23. Cleaning, hoovering, tidying house, sorting the bins (e.g. recycling)
24. Using dishwasher or washing up
25. Arranging, sorting or unpacking household items (e.g. unpacking shopping, organising and clearing out storage or rooms)
26. Ironing, washing, other laundry tasks or mending clothes
27. Repairing, maintaining or making household goods, or vehicles
Include car cleaning or repair, assembling furniture, or similar
28. Lighting fire or cleaning fireplace, log burner or wood burning stove
29. Feeding, caring for or playing with animals (pets)
Exclude livestock
30. Walking the dog
31. DIY
32. Gardening

Volunteering

33. Volunteering as part of a group, organisation, charity, or sports club
Include helping or caring for other people if done for a voluntary organisation or a charity

Caring for and looking after children and adults

(Only if unpaid. If done for work or pay, use codes 8, 9, 10, 11)

34. Feeding, washing, dressing or preparing meals for children
35. Reading with children, helping with homework, doing other educational activities with children
Include home-schooling
36. Playing with children
Include indoor and outdoor play
37. Attending or watching a child's event or activity
Include sports activities, music lessons, parents' evening or baby groups

- 38. Supporting, comforting or cuddling children
- 39. Other childcare not elsewhere listed
Include helping neighbours or friends if unpaid
- 40. Helping, caring for and looking after adults (aged 18+)
Include caring for spouse or partner, family, neighbours or friends

Shopping, household administration tasks and appointments

- 41. Buying something, shopping
- 42. Browsing things to buy later, or window shopping
Include viewing a property to buy as well as browsing for other items
- 43. Household administration tasks (e.g. banking, sorting out bills)
- 44. Attending appointments or errands (e.g. doctor, vet, bank, hospital, haircut, beautician, garage, etc).
- 45. Queueing or waiting
- 46. Completing a document (e.g. job or university application, passport or benefit form or similar)

Free time, entertainment and socialising, including online

- 47. Watching TV and DVDs
Include streaming (e.g. Sky, Netflix, Amazon Prime, Disney+, YouTube etc).
- 48. Checking phone or tablet
Include combination of checking emails, messages, news, apps
- 49. Listening to music, podcasts, audiobooks, talk shows, radio or news
- 50. Playing games or computer gaming
- 51. Checking or using social media
- 52. Browsing internet
Exclude browsing for activities covered by other categories
- 53. Checking email
- 54. Reading books, magazines or newspapers
Exclude browsing internet
- 55. Socialising, spending time with friends, family, neighbours and colleagues
Include unplanned contact in person
- 56. Having a conversation
Include telephoning and video calling
- 57. Writing, texting or emailing
Include writing letters, personal diaries, journaling
- 58. Visits to cinema, theatre, concerts, sporting events, museums, galleries, library etc.
Include virtual reality (VR) and online visits
- 59. Attending a meeting or an event
Include a place of worship, support groups or community affairs
- 60. Hobbies and other leisure activities

- 61. Resting (doing nothing) or in bed not asleep
Include daydreaming, lying awake or being ill in bed, intimacy

Exercise, health and being active

- 62. Gym, fitness, or exercise classes
- 63. Running or jogging
- 64. Cycling
- 65. Playing team sports
- 66. Playing other sports and exercising
Include dancing, swimming or other activities if done for exercise
- 67. Going for a walk as exercise
- 68. Meditating, having a massage, spa or well-being treatments
- 69. Other health or well-being activity

Education and study

- 70. Attending formal education or taking a course
- 71. Learning or teaching yourself a skill not involving taught classes
Include cooking, coding, photography, DIY or similar
- 72. Studying, revising or doing homework
Include group study and researching for self-improvement purposes

Other computer use

- 73. Other computer or laptop use (e.g. creating or coding a website, writing online or creating content for public, assisting others online)

Other or personal

- 74. Other activities not listed (if private time then please write 'personal')
- 75. Praying
- 76. Smoking or vaping
- 77. Completing the time-use diary
Include reading instructions and reminders, jotting down notes