

Time Use Study – ACTIVITIES LIST

Sleeping, personal care, medication

1. Sleeping
2. Washing, dressing, using the bathroom and self-grooming
Include 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)

Eating, drinking, cooking

4. Making food and drinks, cooking
Including for other people if unpaid
5. Eating a meal, eating out, takeaway (e.g. breakfast, lunch, dinner)
6. Snacking
7. Drinking (e.g. tea, coffee, water, 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 68 for running or jogging, 69 for cycling or 72 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. Laundry tasks (e.g. washing, ironing, mending clothes)
26. Arranging, sorting or unpacking household items (e.g. organising and clearing out garage, shed, storage or rooms)
27. Making household goods
Include making craft items, growing your own vegetables
28. Repairing, maintaining property or vehicles
Include car, window, patio or similar cleaning or repair
29. DIY
Include constructing flat-pack furniture
30. Gardening
31. Charging electric vehicles
Include waiting inside or outside vehicle for charge to complete
32. Lighting fire or cleaning fireplace, log burner or wood burning stove
Include chopping wood
33. Feeding, caring for or playing with animals (pets)
Exclude livestock as a business (use code 8)
34. Walking the dog

Volunteering

35. 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)

36. Feeding, washing, dressing or preparing meals for children
37. Bedtime routine for children (e.g. getting ready for bed, reading a story)
38. Teaching children, reading with children, helping with homework, doing other educational activities with children (e.g. writing, counting or baking)

- 39. Homeschooling children
- 40. Playing with children
Include indoor and outdoor play
- 41. Attending or watching a child's event or activity
Include sports activities, music lessons, parents' evening or baby groups
- 42. Supporting, comforting or cuddling children
- 43. Other childcare not elsewhere listed
Include helping neighbours or friends if unpaid
- 44. 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

- 45. Buying something, shopping
Include all goods (e.g. food, clothing, travel, a holiday, fuel, tyres, takeaway)
- 46. Browsing things to buy later, or window shopping
Include viewing a property to buy as well as browsing for other items
- 47. Household administration tasks (e.g. banking, sorting out bills)
- 48. Attending appointments or errands (e.g. doctor, vet, bank, hospital, haircut, beautician, garage, etc)
Include taking a car for MOT or service, job interview
- 49. Queueing or waiting
- 50. Completing a document (e.g. job or university application, passport or benefit form or similar)

Free time, entertainment and socialising, including online

- 51. Watching TV and DVDs
Include streaming (e.g. Sky, Netflix, Amazon Prime, Disney+, YouTube etc)
- 52. Checking or using phone or tablet
Include combination of checking emails, messages, news or apps, taking pictures
- 53. Listening to music, podcasts, audiobooks, talk shows, radio or news
- 54. Playing games or computer gaming
- 55. Checking or using social media
- 56. Browsing internet
Exclude browsing for activities covered by other categories
- 57. Checking or using email
- 58. Reading books, magazines or newspapers
Exclude browsing internet
- 59. Visiting, socialising or spending time with friends, family, neighbours and colleagues
Include unplanned contact in person
- 60. Making or receiving a telephone call

- 61. Having a conversation
Include talking to people you know or do not know (e.g. a tradesperson or stranger, providing emotional support)
- 62. Writing (e.g. writing letters, journalling)
Include personal diaries
- 63. Visits to cinema, theatre, concerts, sporting events, museums, galleries, library etc
Include virtual reality (VR) and online visits
- 64. Attending a meeting or an event (e.g. church, community)
- 65. Hobbies and other leisure activities
- 66. Taking a break, resting (doing nothing) or in bed not asleep

Exercise, health and being active

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

Education and study

- 75. Attending formal education or taking a course
Include attending university, school or college, doing an online course
- 76. Learning or teaching yourself a skill not involving taught classes
Include cooking, coding, photography, DIY or similar
- 77. Studying, revising or doing homework
Include group study and researching for self-improvement purposes

Other computer use

- 78. Other computer or laptop use (e.g. creating or coding a website, writing online or creating content for the public, assisting others online)
Include taking part in online surveys

Other or personal

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