

First, we would like to know about all of the things that you did between 12:00 am and 1:00 am. What was the main thing you were doing at 12:00 am yesterday?

Select "Definitions" below for a more detailed description of the categories.

- Work (for pay)
- TV/Internet/Media
- Eat
- Education
- Social Activity
- Dress/Wash
- Housework
- Recreation/Hobby
- Sleep
- Child care
- Organizations
- Other
- Errands/Shop
- TRAVEL

Please select the category that best describes what you were doing (even though these categories may not exactly match your activity at the time, please select the category that best describes what you were doing

Definitions

HomeNet Diary**Welcome, Bob Kraut**Are you ready to fill in
your time diary for:

1:45pm to 2:15pm

[Begin](#)[Wait 15 minutes](#)**Primary Activity**What was the main thing you were
doing at: **1:45pm**

- 1. Job related
- 2. School related
- 3. Household chores/appts
- 4. Social/family/civic
- 5. Personal activity
- 6. Entertainment/media/computer
- 7. Active recreation
- 8. In transit

Primary Activity: Specifics**Job related**

More specifically, you were...

- 1. Doing individual work
- 2. Planning/organizing/sched
- 3. Meeting/discussing
- 4. Talking informally
- 5. Doing other job related

[Back](#)**Secondary Act**Did you do anythir
time as: **Job rela**

- 1. Job related
- 2. School relat
- 3. Household c
- 4. Social/fami
- 5. Personal ac
- 6. Entertnmt
- 7. Active recre
- 8. In transit

[Back](#)**Secondary Activities: Specifics****Personal activity**

More specifically, this activity was...

- 1. Sleeping/napping
- 2. Eating meal/snack
- 3. Planning/organizing/sched
- 4. Bathing/dressing/grooming
- 5. Personal appointment
- 6. Exercise/fitness
- 7. Thinking/relaxing
- 8. Doing other personal

[Back](#)**Entertainment/media/computer**

More specifically, this activity was...

- 1. Watching TV/video
- 2. Reading
- 3. Listening to music
- 4. Attending a show/event
- 5. Using the internet
- 6. Playing a game
- 7. Doing other entertainment

[Back](#)**Location**

Where were you while:

Doing individual work

- 1. Home
- 2. Work/school
- 3. Someone else's home
- 4. Store/business
- 5. Vehicle/train/plane
- 6. Outdoors
- 7. Other public place
- 8. Other location

[Back](#)**Location...**

Pick a specific room

- 1. Kitchen
- 2. Living room
- 3. Dining room
- 4. Family room
- 5. Parent's bedr
- 6. Child's bedr
- 7. Home office
- 8. Other

[Back](#)**Time**

How long were you:

Doing individual work

- Less than 2 min
- 2 to 5 min
- 5+ to 10 min
- 10+ to 15 min
- 15+ to 20 min
- 20+ to 25 min
- 25+ to 30 min
- Over 30 min

[Back](#)**People**Who was with you and/or involved
in your activity? with you involved

- 1. Fred - father
- 2. Sue - mother
- 3. Kim - daughter
- 4. Joe Bob - son
- 5. Friend/relative
- 6. Co-worker or classmate
- 7. Other person
- 8. NO ONE

[Back](#)**Communication**

Check any of these you did while:

Doing individual work

- 1. Talked face-to-face
- 2. Talked on phone
- 3. Left/checked phone message
- 4. Paged/got paged
- 5. Sent/read/checked email
- 6. Chatted/messaged online
- 7. Wrote letter/note
- 8. Did no communication

[Back](#)**Things**

Check any of thes

Doing individe

- 1. TV
- 2. Phone
- 3. Radio/mus
- 4. Movie/vid
- 5. Computer
- 6. Internet
- 7. Game cons
- 8. Used none

[Back](#)

FIGURE 5: SPECIMEN TIME DIARY

TIME BEGAN (1)	TIME ENDED (2)	DURATION IN MINUTES (3)	ACTIVITY (4)	ASSIGNED ACTIVITY CODE (5)	LOCATION CODE (6)
0:00 (12 midnight)	5:45 AM	345	Sleeping at night	45	5
5:45 AM	6:00 AM	15	Did stretching exercise	80	5
6:00 AM	6:05 AM	5	Went to bathroom, used toilet	40	4
6:05 AM	6:10 AM	5	Went out to backyard to get bike	89	11
6:10 AM	6:20 AM	10	Travelling: bicycling	82	59
6:20 AM	7:00 AM	40	Went to health club, exercising	80	31
7:00 AM	7:10 AM	10	Travelling: bicycling	82	59
7:10 AM	7:15 AM	5	Got home and put bike away	89	11
7:15 AM	7:35 AM	20	Took shower	40	4
7:35 AM	7:45 AM	10	Got dressed	47	5
7:45 AM	8:10 AM	25	Eating a meal or snack	43	1
8:10 AM	8:15 AM	5	Travelling: walking	9	53
8:15 AM	8:16 AM	1	Waited at bus stop	9	54
8:16 AM	8:35 AM	19	Travelling: in transit	9	55
8:35 AM	8:45 AM	10	Travelling: walking	9	53
8:45 AM	13:00 PM	255	Working (at main job)	1	21
13:00 PM	13:10 PM	10	Travelling: walking	3	53
13:10 PM	13:40 PM	30	Went shopping for birthday gifts	31	24
13:40 PM	13:50 PM	10	Travelling: walking	3	53
13:50 PM	14:10 PM	20	Went into office kitchen & ate lunch	6	21
14:10 PM	16:45 PM	155	Working (at main job)	1	21
16:45 PM	16:55 PM	10	Travelling: walking	9	53
16:55 PM	17:00 PM	5	Waited for bus	9	54
17:00 PM	17:35 PM	35	Travelling: in transit	9	55
17:35 PM	17:40 PM	5	Travelling: walking	9	53
17:40 PM	20:00 PM	140	Talked on phone	96	5
20:00 PM	20:10 PM	10	Travelling: walking	49	53
20:10 PM	22:00 PM	110	Eating a meal or snack	44	28
22:00 PM	22:10 PM	10	Travelling: walking	49	53
22:10 PM	22:20 PM	10	Changed clothes	47	5
22:20 PM	24:00 PM	100	Sleeping at night	45	5

Total in minutes = 1440

Table 1. Activity Codes for 1975 and 1985 National Studies (Based on Stalaj et al., 1972)

00-49 Non-Free Time	50-99 Free Time
00-09 Paid Work	50-59 Educational
00 (not used)	50 Students' classes
01 Main job	51 Other classes
02 Unemployment	52 (not used)
03 (not used)	53 (not used)
04 (not used)	54 Homework
05 Second job	55 (not used)
06 Eating at work	56 Other education
07 Before/after work	57 (not used)
08 Breaks	58 (not used)
09 Travel to/from work	59 Travel/education
10-19 Household Work	60-69 Organizational
10 Food preparation	60 Professional/union
11 Meal cleanup	61 Special interest
12 Cleaning house	62 Political/erric
13 Outdoor cleaning	63 Volunteer/helping
14 Clothes care	64 Religious groups
15 (not used)	65 Religious practice
16 Repair (by R)	66 Fraternal
17 Plant, pet care	67 Child/youth/family
18 (not used)	68 Other organizations
19 Other household	69 Travel/organizational
20-29 Child Care	70-79 Entertainment/Social
20 Baby care	70 Sports events
21 Child care	71 Entertainment
22 Helping/teaching	72 Movies
23 Talking/reading	73 Theater
24 Indoor playing	74 Museums
25 Outdoor playing	75 Visiting
26 Medical care—child	76 Parties
27 Other child care	77 Bars/linges
28 (not used)	78 Other social
29 Travel/child care	79 Travel/social
30-39 Obtaining Goods/Services	80-89 Recreation
30 Everyday shopping	80 Active sports
31 Durable/home shop	81 Outdoor
32 Personal services	82 Walking/hiking
33 Medical appointments	83 Hobbies
34 Govt/financial services	84 Domestic crafts
35 Repair services	85 Art
36 (not used)	86 Music/drama/dance
37 Other services	87 Games
38 Errands	88 Other computer use
39 Travel/goods and services	89 Travel/recreation
40-49 Personal Needs and Care	90-99 Communications
40 Washing, dressing, etc.	90 Radio
41 Medical care	91 TV
42 Help and care	92 Records/tapes
43 Meals at home	93 Read books
44 Meals out	94 Magazines, etc.
45 Night sleep	95 Reading newspaper
46 Nap/day sleep	96 Conversations
47 (not used)	97 Writing
48 NA activities	98 Think/relax
49 Travel/personal care	99 Travel/communication

SOURCE: Americans' Use of Time Project, University of Maryland.

reported) were then processed by a special computer program that generated "fixed-field" compilations of diary time for each of the 94 activities across the day—that is, total daily minutes spent working, cooking, watching television, and so on, for that respondent for that day.

Further details on the 1985 study are given in Robinson and Bostrom (1994).

Methodology of the 1975 Study

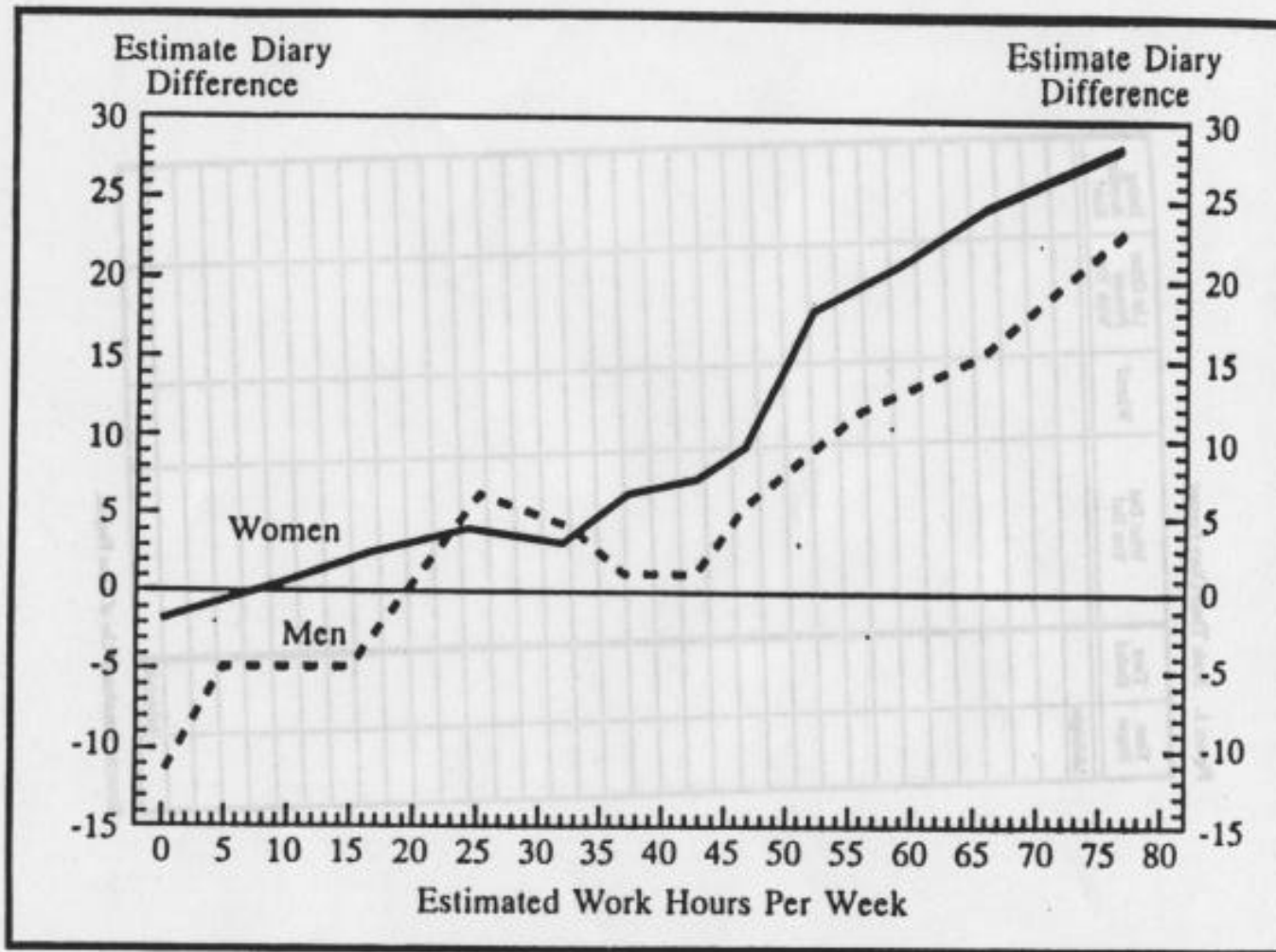
The 1975 study was based on data collected from a sample of Americans first interviewed in October–November 1975, as part of the 1975 fall omnibus study conducted by the University of Michigan's Institute for Social Research. It was designed to facilitate development of a fully articulated system of national economic and social accounts. Particular emphasis was placed on obtaining accurate estimates of yearly productive uses of time on a household basis for analysis using a microdata perspective (Juster and Stafford, 1985).

The respondents in the 1975 omnibus were chosen to form a representative sample of American adults 18 years of age and older living in the coterminous United States (excluding Alaska and Hawaii). As part of the time-use measurement effort, spouses of the respondents were interviewed too. The original respondents and their spouses were then reinterviewed three times during 1976 (in February, May, and September 1976), mainly by telephone. Only the first-wave personal-interview data ($n = 2,406$) are described in our analyses, because of the difference in activity patterns of those who stayed in this panel, compared with those who dropped out.

Methodology of the 1965 Study

The 1965 study, also conducted by the University of Michigan, interviewed an urban, largely employed sample of more than 2,000 American adults aged 18–65 who kept complete diaries of their activities for a single day. Data were collected mainly between November 1 and December 15, 1965 (with the remainder collected in the spring of 1966). The sample was deliberately chosen to be an urban and employed group conforming to the guidelines of the multinational study of which it was a part (Stalaj et al., 1972). Thus residents of non-SMSAs (areas with no city greater than 50,000 in population) were excluded, as well as residents of households in which no member

Figure 7. Differences Between Estimated and Diary Work Hours for Men and Women, 1985 data (in hours per week)



SOURCE: Robinson and Bostrom, 1994; Americans' Use of Time Project.

