



## **Short One Day Diary of Time Use**

Interviewer use or	nly			Interviewer number	
Respondent details:					
Forename:					
Date of birth:					
	Date	Month	Year		
Sex:	Mala				
	Male	Female			
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Interview date:					
	Date	Month	Year		
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Diary date					
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Please read the instructions and examples on pages 1, 2, 3 When the diary has been filled in please do the final checks and probes on page 15  $^{\circ}$ 

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Perso	Person No.										
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### Instructions to diarists:

## Time Use Diary

Time, and how we choose to spend it, is one of the main factors shaping our lives. The way in which we use time has important implications for public policy affecting for example employment, childcare, the labour market, health, provision of culture, education and transport.

This time use diary is a way of recording how you spent your time throughout two specified 24-hour days. The day for which you are asked to fill the diary is specified on the front page of this booklet.

#### Filling in the diary

Included in this time diary are notes and a pre-filled example diary page, which shows the way in which the diary should be filled in. Please refer to it when reading the instructions below. The example diary shows what the person was doing between 4.00am and 07.00am.

- The time of day is shown across the top of the diary, the
  activity codes are listed down the side. When filling in the
  diary take care to follow the activity rows across the page,
  and the time columns down the page.
- The diary is broken down into 10-minute periods. We would like you to record what you were doing in every 10-minute part of the day, with no gaps. Activities need to be assigned to one of 30 activity codes.
- Any activity that lasted 5 minutes or longer is to be recorded. In the example diary the person was:
   Sleeping (code 1): 4.00am to 7.10am; then
   Washed and dressed (code 3): 7.10am to 7.40am; then
   Prepared breakfast (code 5): 7.40am to 7.50am; then
   Ate breakfast (code 4): 7.50am to 8.10am; then
   Travelled (code 10): 8.10am to 8.50am; then
   Worked (code 11): 8.50am to 10.00am
- Activities lasting between 5 to 10 minutes should be marked with an X in the appropriate slot for the time of day. Please put the X in the time slot between the vertical lines, not on the line. This shows that the activity was done during that 10-minute period. E.g. in the example diary the person was having breakfast between 7:50 and 8:10 and so put the X in the appropriate time slots against the activity 4 "Eating or drinking/having a meal (at home)".



- Activities lasting more than 10 minutes should be recorded by drawing an X at both the first and last 10 minute spaces in which the activity took place, joined by a continuous line. E.g. in the example diary the person was sleeping (code 1) between 4am and 7:10am.
- If you were doing more than one thing at a time (for example watching television and eating a meal, or reading while on the train), we want to know what else you were doing in addition to the main activity. These additional activities are referred to as secondary activities.
- Record a secondary activity in the same way as a main activity but using a dot • instead of X. E.g. in the example diary the person was reading (activity code 21) while travelling for work (activity code 11). The main activity here is travelling and the secondary activity is reading.
- Only one main activity can be recorded for the same time slot. If you were doing two or more activities you have to decide which you want to classify as the main activity.
   More than one secondary activity can be indicated if necessary.
- The length of time spent on a secondary activity may be different from the length of time spent on the main activity. An activity may switch from being the main to a secondary, or the other way round.
- Only 'active time' of being involved in an activity should be counted. For example, preparation of a meal might take an hour from start to finish, but for 40 minutes of that time the food is left cooking in the oven, while you do something else not related to food preparation. Those 40 minutes should not be coded as food preparation, but as whatever it was you were actively doing. Similarly, for washing clothes, only the active time of putting the clothes in the washing machine and setting it going at the beginning, and taking and hanging the clothes out at the end of the cycle should be recorded, not the time between.

- If one of your activities was travelling, in addition to time spent travelling (code 10) we also ask you to record the method of travel (Code 10a). This is done using letters
   C (for car/van), or W (for walk/jog), or P (for pedal bike), or B (for bus/coach) or T (for train/underground) to mark the start and finish of that particular type of travel and drawing a horizontal line between these two points. E.g. in the example diary (code 10a) the person was walking between 8:10am and 8:30am and on a train between 8:30am and 8:50am.
- For every **main** activity you should also record in code 31 at the bottom of the diary how much you enjoyed that activity on a scale from 1 (not at all) to 7 (very much), writing the enjoyment score at the start and finish of the activity. E.g. in the example diary (code 31), the person enjoyed sleeping quite a lot (recorded a score of 6), felt more neutral about all the preparation involved in getting ready to go out (scores 3, 2, and 4), then enjoyed walking with the children and reading on the train (scoring 5) before arriving at work, which she didn't enjoy so much (scoring 2).
- For every activity you should also record in code 32 at the bottom of the diary who you were with at the time, using C (for child under 12), or Y (for young person 12-16), or S (for spouse/partner), or F (for family: spouse/partner and children), or O (for other) to mark the start and finish of being with this person or people and drawing a continuous line between the two points.

While filling in the diary you can also refer to the 'Notes and Instructions' on the right hand side of the page for further details relating to particular activities. A more detailed list of instructions about specific activities is given at the end of this document.

Activity		Activity codes and descriptions													
groups		(Also see notes on right hand page)		Early morning											
		g-a	ct	4am			5am			6am			7am		
		9 a	50		30			30			30			30	
				g-s	tar	`t	g	-en	d						
	1	Sleeping	1	X			X								
Personal care	2	Resting (doing nothing, 'time out')	2												
	3	Washing, dressing/undressing, etc	3				>		X						
Eating, drinking	4	Eating or drinking/ having a meal (at home)	4							ΧX					
	5	Preparing food and drinks, cooking, washing up	5						X						
Housework	6	Cleaning, tidying house	6												
and other household	7	Washing, ironing or mending clothes etc	7												
tasks	8	Maintenance of house, DIY, gardening	8												
	9	Other household tasks, pet care	9												
	10	Travelling	10							\		Y			
g-add	10a	How you travelled (enter letter - see right page)	10a								PPT	T			
												1			
Work for paid job	11	Work for job (include paid and unpaid overtime and work brought home)	11									X	-pri	sec	-X
Education	12	Formal education	12												
and courses	13	Recreational courses and study	13												
Voluntary work	14	Voluntary work for or on behalf of an organisation, charity or sports club	14				g-	pri	sec						
	15	Caring for/ looking after and playing with own children	15					•		+	-				
Caring for	16	Caring for/looking after other children	16												
children and adults	17	Helping or caring for adults who live with you	17												
	18	Helping or caring for other adults who don't live with you (not as voluntary or paid work)	18												
Shopping and appointments	19	Shopping (incl. internet shopping), banking (incl internet banking), post-office, appointments with the doctor, dentist, hairdresser, plumber etc.	19						4						
	20	Watching TV and DVDs, listening to radio or music	20								•	-			
	21	Reading (including e-books)	21												
	22	Playing sports, exercising	22												
	23	Going out to eat/drink (e.g. to the pub, restaurant etc.)	23			X									
	24	Spending time with friends, family or neighbours	24												
Leisure	25	Contact with friends and family by telephone, text, e-mail, instant message or letter	25												
	26	Visits to cinema, theatre, concerts, sporting events, museums, galleries, historical monuments, library etc.	26												
	27	Attending church, temple, mosque, synagogue, or other religious meetings, praying alone, attending political or other meetings	27												
	28	Hobbies and other leisure activities	28												
Computer and internet use g-add	29	Using a computer or accessing the internet - Code as secondary activity. Record what the computer is being used for as primary activity e.g. internet shopping or banking - code 19; playing games - code 28; e-mailing friends - code 25	29												
0ther g-add	30	Other activities not listed (please write in below)	30												
				4am			5am			6am			7am		
ENJOYMENT g-add	31	How much did you enjoy this activity? 1=not at all 7=very much (enter score 1-7)	31												
co-presence	32	Who were you with? (enter letter - see right page)	32												
5 2.34					30			30	)		30			30	
				4am	50		5am	30		6am			7am	50	
				44111			Jam						74111		
								Ŀ	arly	mori	ning				

#### Include intending to sleep or trying to sleep Include doing nothing, sitting thinking, smoking breaks Include make up, beauty treatments, taking medication Include meals, snacks and drinks After you have completed your diary please 5 6 check these points (please tick boxes to 7 indicate that): 8 Include pet care 9 You have recorded the time correctly: 10 The whole 24-hour period has been accounted for; 10a Car/van, Walk/jog, Pedal bike, Bus/Coach, Train/underground, Other There is no overlapping time i.e. no two main activities are 11 Travel in the course of work (e.g. to get to a meeting, a plumber driving to a job); record work as main activity and travel as secondary. However do not record work recorded in the same 10 minute period travel for people who earn their living by travelling e.g. bus driver, delivery person You have coded the activities correctly: Studies as part of formal educatioon, including general and vocational training 13 Recreational courses and informal study activities or self improvement Enjoyment of activities (code 31): 14 Include work on behalf of political organisations, Include helping, caring An enjoyment score has been included for all activities or nursing other people if done for a voluntary organisation or charity 15 Include step/adopted/foster children. Childcare takes precedence over any other Who was with you (code 32): secondary activity A code has been entered whenever you were with someone 16 Exclude caring for children as part of job (e.g. childminder, nursery assistant) during the activity 17 Include caring for spouse or partner 18 Includes helping neighbours or friends Childcare: If you had a child in your care during any part of the diary 19 Include telephone/internet banking, paying bills, home shopping. Include appointments for respondents only. Include appointments at home day, you recorded it as a main or secondary activity (code 15 or 16). 20 Exclude accessing internet/e-mailing via digital TV Telephone use: 21 Include e-books Include jogging or walking for exercise here 22 If you made or received a call (other than while at work) 23 during the diary day which lasted for at least 5 minutes, 24 Include unplanned contact in person e.g. meeting a neighbour in the street please record it as an activity 25 Include e-mail and instant messaging and also code Computer Use as secondary Computers: 26 If you used a computer (other than during paid work) for 5 minutes or more, please record as a secondary activity at 27 Include religious activities performed at home code 29, and what you were using it for as the main activity e.g. for Hobbies and other leisure activities (code 28) 28 Include time spent in the park (Include internet access using Digital TV, games console, mobile phones etc.) Code as Travelling: primary activity what the computer or internet access was being used for E.g. Playing computer games, hobbies - Code 28; Internet shopping - Code 19; e-mailing a Check you have recorded the means of travel, for all journeys friend, Facebook - Code 25, Code Computer Use as secondary. Other activities not listed - please write in Travelling in the course of work: If you travelled in the course of work (e.g. to get to a meeting, a plumber driving to a job): record work as main activity, 31 travel as secondary activity Who was with you?: Child under 12? Young person 12-16? Spouse/partner? Fam-However for people who earn their living by travelling (e.g. ily (Spouse/Partner & children)? Other? bus driver, delivery person), record this activity as 'work for paid job' (code 11)

Notes and Instructions

Final checks

Activity groups	Activity codes and descriptions (Also see notes on right hand page)						Early n	nornir	ıg		
	4		4am		5am		6am				
				3	0		30		30	7am	30
	1	Sleeping	1								
Personal care	2	Resting (doing nothing, 'time out')	2								
	3	Washing, dressing/undressing, etc	3								
Eating, drinking	4	Eating or drinking/ having a meal (at home)	4								
	5	Preparing food and drinks, cooking, washing up	5								
Housework	6	Cleaning, tidying house	6								
and other household	7	Washing, ironing or mending clothes etc	7								
tasks	8	Maintenance of house, DIY, gardening	8								
	9	Other household tasks, pet care	9								
	10	Travelling	10								
Travel	10a	How you travelled (enter letter - see right page)	10a								
Work for paid job	11	Work for job (include paid and unpaid overtime and work brought home)	11								
	12	Formal education	12								
Education and courses	13	Recreational courses and study	13								
Voluntary work	14	Voluntary work for or on behalf of an organisation, charity or sports club	14								
	15	Caring for/ looking after and playing with own children	15								
Caring for	16	Caring for/looking after other children	16								
children and adults	17	Helping or caring for adults who live with you	17								
	18	Helping or caring for other adults who don't live with you (not as voluntary or paid work)	18								
Shopping and appointments	19	Shopping (incl. internet shopping), banking (incl internet banking), post-office, appointments with the doctor, dentist, hairdresser, plumber etc.	19								
	20	Watching TV and DVDs, listening to radio or music	20								
	21	Reading (including e-books)	21								
	22	Playing sports, exercising	22								
	23	Going out to eat/drink (e.g. to the pub, restaurant etc.)	23								
	24	Spending time with friends, family or neighbours	24								
Leisure	25	Contact with friends and family by telephone, text, e-mail, instant message or letter	25								
	26	Visits to cinema, theatre, concerts, sporting events, museums, galleries, historical monuments, library etc.	26								
	27	Attending church, temple, mosque, synagogue, or other religious meetings, praying alone, attending political or other meetings	27								
	28	Hobbies and other leisure activities	28								
Computer and internet use	29	Using a computer or accessing the internet - Code as secondary activity. Record what the computer is being used for as primary activity e.g. internet shopping or banking - code 19; playing games - code 28; e-mailing friends - code 25	29								
Other	30	Other activities not listed (please write in below)	30								
				4am		5am		6am		7am	
ENJOYMENT	31	How much did you enjoy this activity? 1=not at all 7=very much (enter score 1-7) $$	31								
CO-PRESENCE	32	Who were you with? (enter letter - see right page)	32								
							20		20		20
				3 <b>4am</b>	U	5am	30	6am	30	7am	30
							Early n		) (I		
							Larty I	ווווווווווווווווווווווווווווווווווווווו	ıy		

	Мо	orning		VV	Notes and Instructions				
<b>8am</b> 30	<b>9am</b> 30	<b>10am</b>	<b>11am</b> 30						
				1	Include intending to clean or to inside				
				2	Include intending to sleep or trying to sleep  Include doing nothing, sitting thinking, smoking breaks				
				3	Include make up, beauty treatments, taking medication				
				4	Include meals, snacks and drinks				
				5					
				6					
				7 8					
				9	Include pet care				
				-	include per care				
				10	Continue Mallifice Badal hills Bus/Cook Trainfordsuppound Other				
				10a	Car/van, Walk/jog, Pedal bike, Bus/Coach, Train/underground, Other				
				11	Travel in the course of work (e.g. to get to a meeting, a plumber driving to a job); record work as main activity and travel as secondary. However do not record work travel for people who earn their living by travelling e.g. bus driver, delivery person				
				12	Studies as part of formal educatioon, including general and vocational training				
				13	Recreational courses and informal study activities or self improvement				
				14	Include work on behalf of political organisations. Include helping, caring or nursing other people if done for a voluntary organisation or charity				
				15	Include step/adopted/foster children. Childcare takes precedence over any other secondary activity				
				16	Exclude caring for children as part of job (e.g. childminder, nursery assistant)				
				17	Include caring for spouse or partner				
				18	Includes helping neighbours or friends				
				19	Include telephone/internet banking, paying bills, home shopping. Include appointments for respondents only. Include appointments at home				
				20	Exclude accessing internet/e-mailing via digital TV				
				21	Include e-books				
				22	Include jogging or walking for exercise here				
				23					
				24	Include unplanned contact in person e.g. meeting a neighbour in the street				
				25	Include e-mail and instant messaging and also code Computer Use as secondary activity (Code 29)				
				26					
				27	Include religious activities performed at home				
				28	Include time spent in the park				
				29	(Include internet access using Digital TV, games console, mobile phones etc.) Code as primary activity what the computer or internet access was being used for E.g. Playing computer games, hobbies - Code 28; Internet shopping - Code 19; e-mailing a friend, Facebook - Code 25. Code Computer Use as secondary.				
				30	Other activities not listed - please write in				
8am	9am	10am	11am						
				31					
				32	<b>Who was with you?</b> : <i>C</i> hild under 12? Young person 12-16? Spouse/partner? Family (Spouse/Partner & children)? Other?				
30	30	30	30						
8am	9am	10am	11am						
	Mo	orning							

Activity groups	Activity codes and descriptions (Also see notes on right hand page)				Afternoon									
					_									
				12pm			1pm		2pm		3pm			
					30			30		30		30		
	1	Sleeping	1											
Personal care	2	Resting (doing nothing, 'time out')	2											
	3	Washing, dressing/undressing, etc	3											
Eating,	4	Eating or drinking/ having a meal (at home)	,											
drinking	4	Eating of uninking/ naving a meat (at nome)	4											
	5	Preparing food and drinks, cooking, washing up	5											
Housework	6	Cleaning, tidying house	6											
and other household	7	Washing, ironing or mending clothes etc	7											
tasks	8	Maintenance of house, DIY, gardening	8											
	9	Other household tasks, pet care	9											
Torrest	10	Travelling	10											
Travel	<b>10</b> a	How you travelled (enter letter - see right page)	<b>10</b> a											
Work for paid job	11	Work for job (include paid and unpaid overtime and work brought home)	11											
Education	12	Formal education	12						1					
Education and courses	13	Recreational courses and study	13											
Voluntary work	14	Voluntary work for or on behalf of an organisation, charity or sports club	14											
	15	Caring for/ looking after and playing with own children	15											
Caring for	16	Caring for/looking after other children	16											
children	17	Helping or caring for adults who live with you	17											
and adults	18	Helping or caring for other adults who don't live with you	18											
	10	(not as voluntary or paid work)	10											
Shopping and appointments	19	Shopping (incl. internet shopping), banking (incl internet banking), post-office, appointments with the doctor, dentist, hairdresser, plumber etc.	19											
	20	Watching TV and DVDs, listening to radio or music	20											
	21	Reading (including e-books)	21											
	22	Playing sports, exercising	22											
	23	Going out to eat/drink (e.g. to the pub, restaurant etc.)	23											
	24	Spending time with friends, family or neighbours	24											
Leisure	25	Contact with friends and family by telephone, text, e-mail, instant message or letter	25											
	26	Visits to cinema, theatre, concerts, sporting events, museums, galleries, historical monuments, library etc.	26											
	27	Attending church, temple, mosque, synagogue, or other religious meetings, praying alone, attending political or other meetings	27											
	28	Hobbies and other leisure activities	28											
Computer and internet use	29	Using a computer or accessing the internet - Code as secondary activity. Record what the computer is being used for as primary activity e.g. internet shopping or banking - code 19; playing games - code 28; e-mailing friends - code 25	29											
Other	30	Other activities not listed (please write in below)	30											
				12pm			1pm		2pm		3pm			
ENJOYMENT	31	How much did you enjoy this activity? 1=not at all 7=very much (enter score 1-7)	31											
CO-PRESENCE	32	Who were you with? (enter letter - see right page)	32											
										20		20		
				4-	30			30		30		30		
				12pm			1pm		2pm		3pm			
								Aft	ernoor	1				

record work as man activity and travel as secondary, However do not free travels for people who earn their living by travelling e.g. bus driver, delivery person.  12 Studies as part of formal study activities or self improvement.  13 Recordance courses and elicitorial study activities or self improvement.  14 Include work on behalf of political organisations. Include helping, caring or nursing other people if done for a voluntary organisation or charry.  15 Include supplication of the provided provided and the provided provided and the provided provided and the provided pr		Early	y evening			Notes and Instructions
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lectular make, seaks, and drinks,  lectular make, seaks, and drinks, Beoffauth, Trainfundergraph, Other  lectular interment of work legy together conventing, state-of-doing and seaks, and drinks, and seaks of seaks, and drinks, and drinks, and seaks, and drinks, and seaks, and drinks, and					1	Include intending to sleep or trying to sleep
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Include metals, snacks and drinks.						
10   10   10   10   10   10   10   10					4	
7 8 9 Include pet care 9 Include pet care 10 10 Car/vm. Walk/pg. Pedal bite. Bus/Caach. Trans/underground. Other 11 Travel in the course of work (e.g. to get to a meeting, a plumber driving to record work as main activity and travel as secondary. However, of not record work as main activity and travel as secondary. However, of not record work as main activity and travel as secondary. However, of not record work as main activity and travel as secondary. However, of not record work as main activity and travel as secondary. However, and not record work as main activity and the work on behalf of political organisations. Include halping, caring or nursing other people if done for a voluntary organisation are charty. 15 Include work on behalf of political organisations. Include halping, caring or nursing other people if done for a voluntary organisation or charty. 15 Include work on behalf of political organisations. Include halping, caring or nursing other for a voluntary organisation or charty. 16 Include caring for spouse or partner. 18 Includes helping neighbours or friends. 19 Includes replane/information paying blais, home-shopping, Include and Includes helping neighbours or friends. 19 Include interplane/internal basing, paying blais, home-shopping, Include and includes helping neighbours or friends. 19 Include interplane/internal basing, paying blais, home-shopping, Include and includes helping neighbours or friends. 20 Exclude societies only. Include appointments at home. 21 Include interplane/internal basing, paying blais, home-shopping, Include and includes helping neighbours or friends. 22 Include interplane/internal basing, paying blais, home-shopping, Include and includes helping neighbours or friends. 21 Include interplane/internal basing, paying blais, home-shopping, Include and includes helping neighbours or friends. 22 Include interplane/internal basing, paying blais, home-shopping, Include and helping, and paying blais, home-shopping, Include and helping, and paying blais, home-shopping include and					5	
Include pet care  Include the course of work does to get to a meeting a plurable driving to move dependent on the course of work does to get to a meeting a plurable driving to move dependent on most worky on the course of the cour					6	
9 Include pet care 10 10 10 Carrivan, Walk/jog, Pedal bike, Bus/Coath, Train/underground, Other 11 Trainel in the course of work (e.g. to get to a meeting, a plumber driving to record work so man activity and travel as excending y blewered an out record work so man activity and travel as excending y blewered and necessary of the course of propose for work and the living by traveling e.g. bus drivers, otherwise proposed in the part of mortal study activities or self improvement. 11 Secretional courses and informal study activities or self improvement. 12 Soudies as part of formal education. Including general and vocational train. 13 Recreational courses and informal study activities or self improvement. 14 Include stepladopted/foster children. Children teleping, camp or mursing other pose of indice for a number of relative teleping neighbours or finding to activities or relative to the course of the course of the proposed proposed in the course of the part of the part of the course of the course of the part of police g. thildiminder, nursery assistant of the course of the course of the part o					7	
and the state of t					8	
10 10 10 10 10 10 10 10 10 10 10 10 11 11					9	Include pet care
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31					30	Other activities not listed - please write in
31	pm	5pm	6pm	7pm		
					31	
32 Who was with you?: Child under 12? Young person 12-16? Spouse/partily (Spouse/Partner & children)? Other?					32	Who was with you?: Child under 12? Young person 12-16? Spouse/partner? Family (Spouse/Partner & children)? Other?
30 30 30 30	30	30	30	30		
pm 5pm 6pm 7pm						
	Early evening					

Activity groups		Activity codes and descriptions (Also see notes on right hand page)	Evening								
				8pm		9pm		10pm		11pm	
				31	)		80	·	30		30
	1	Sleeping	1								
Personal care	2	Resting (doing nothing, 'time out')	2								
	3	Washing, dressing/undressing, etc	3								
Eating, drinking	4	Eating or drinking/ having a meal (at home)	4								
	5	Preparing food and drinks, cooking, washing up	5								
Housework	6	Cleaning, tidying house	6								
and other household	7	Washing, ironing or mending clothes etc	7								
tasks	8	Maintenance of house, DIY, gardening	8								
	9	Other household tasks, pet care	9								
	10	Travelling	10								
Travel	10a	How you travelled (enter letter - see right page)	10a								
Work for paid job	11	Work for job (include paid and unpaid overtime and work brought home)	11								
Education	12	Formal education	12								
and courses	13	Recreational courses and study	13								
Voluntary work	14	Voluntary work for or on behalf of an organisation, charity or sports club	14								
	15	Caring for/ looking after and playing with own children	15								
Caring for children	16	Caring for/looking after other children	16								
and adults	17	Helping or caring for adults who live with you	17								
	18	Helping or caring for other adults who don't live with you (not as voluntary or paid work)	18								
Shopping and appointments	19	Shopping (incl. internet shopping), banking (incl internet banking), post-office, appointments with the doctor, dentist, hairdresser, plumber etc.	19								
	20	Watching TV and DVDs, listening to radio or music	20								
	21	Reading (including e-books)	21								
	22	Playing sports, exercising	22								
	23	Going out to eat/drink (e.g. to the pub, restaurant etc.)	23								
	24	Spending time with friends, family or neighbours	24								
Leisure	25	Contact with friends and family by telephone, text, e-mail, instant message or letter	25								
	26	Visits to cinema, theatre, concerts, sporting events, museums, galleries, historical monuments, library etc.	26								
	27	Attending church, temple, mosque, synagogue, or other religious meetings, praying alone, attending political or other meetings	27								
	28	Hobbies and other leisure activities	28								
Computer and internet use	29	Using a computer or accessing the internet - Code as secondary activity. Record what the computer is being used for as primary activity e.g. internet shopping or banking - code 19; playing games - code 28; e-mailing friends - code 25	29								
Other	30	Other activities not listed (please write in below)	30								
				8pm		9pm		10pm		11pm	
ЕИЈОУМЕИТ	31	How much did you enjoy this activity? 1=not at all 7=very much (enter score 1-7)	31								
CO-PRESENCE	32	Who were you with? (enter letter - see right page)	32								
				30	)		80		30		30
				8pm		9pm		10pm		11pm	
							Eve	ning			

		light			Notes and Instructions
42			2		
<b>12am</b> 30	<b>1am</b> 30	<b>2am</b> 30	<b>3am</b> 30		
				2	Include intending to sleep or trying to sleep  Include doing nothing, sitting thinking, smoking breaks
				3	Include make up, beauty treatments, taking medication
				4	Include meals, snacks and drinks
					medae medis, shacis and armis
				5	
				6	
				7	
				8	
				9	Include pet care
				10	
				10a	Car/van, Walk/jog, Pedal bike, Bus/Coach, Train/underground, Other
				11	Travel in the course of work (e.g. to get to a meeting, a plumber driving to a job); record work as main activity and travel as secondary. However do not record work travel for people who earn their living by travelling e.g. bus driver, delivery person
				12	Studies as part of formal educatioon, including general and vocational training
				13	Recreational courses and informal study activities or self improvement
				14	Include work on behalf of political organisations. Include helping, caring or nursing other people if done for a voluntary organisation or charity
				15	Include step/adopted/foster children. Childcare takes precedence over any other secondary activity
				16	Exclude caring for children as part of job (e.g. childminder, nursery assistant)
				17	Include caring for spouse or partner
				18	Includes helping neighbours or friends
				19	Include telephone/internet banking, paying bills, home shopping. Include appointments for respondents only. Include appointments at home
				20	Exclude accessing internet/e-mailing via digital TV
				21	Include e-books
				22	Include jogging or walking for exercise here
				23	
				24	Include unplanned contact in person e.g. meeting a neighbour in the street
				25	Include e-mail and instant messaging and also code Computer Use as secondary activity (Code 29)
				26	
				27	Include religious activities performed at home
				28	Include time spent in the park
				29	(Include internet access using Digital TV, games console, mobile phones etc.) Code as
					primary activity what the computer or internet access was being used for E.g. Playing computer games, hobbies - Code 28; Internet shopping - Code 19; e-mailing a friend, Facebook - Code 25. Code Computer Use as secondary.
				30	Other activities not listed - please write in
12am	1am	2am	3am		
				31	
				32	$\label{thm:waswithyou?} \textbf{Who was with you?}: \textbf{\textit{C}} \textbf{hild under 12? Young person 12-16? Spouse/partner? Family (Spouse/Partner & children)? \textbf{\textit{O}} \textbf{ther?}$
30	30	30	30		
12am	1am	2am	3am		
		light			
		MgHC			11

# Further notes on specific activities and activity codes:

The 'Notes and Instructions' on the right-hand side of the diary give examples of the types of activities that should be recorded in each code. However, this list does not cover every possibility. The following instructions about specific activities add to those notes.

#### Work for job (code 11)

- Include all paid work and overtime (whether paid or unpaid).
- Include all jobs.
- Job seeking activities should also be included here.
- Unpaid work which is not voluntary work (code 14) or caring (codes 15-18) should be coded as Other (code 30) with a note to specify what it is (for example unpaid work in a family business) written into the right hand side of the page.

#### Activities to be recorded during work time

- Secondary activities do not need to be recorded for the time when you are at work, with the following exceptions:
- Travel during work time (e.g. to a business meeting, or for a builder, plumber etc. going on a call) should be recorded as a secondary activity. If travelling is the main job (e.g. bus driver, delivery person), record as work only – do not record travel as secondary activity.
- During lunch or other formal breaks, main activities and any secondary activities should be recorded.

#### Education (codes 12 and 13)

- 'Formal education' (code 12) means studies at secondary and tertiary education institutions as part of the formal education system, including general and vocational training.
- 'Recreational courses and study' (code 13) covers all other courses and informal study activities or self-improvement.
- Both categories would include the respective course attendance and related work (e.g. at home, in the library).
- Courses or training attended in the course of work should be coded as paid work.

#### Caring for or helping children or adults (codes 15-18)

- 'Active' childcare and care for adults, where you are actually doing something for a child or adult, should be recorded as a main or secondary activity.
- 'Passive' care, such as keeping an eye on children or listening out for an elderly person, may be missed, as you may not feel that you are actually doing anything for someone at that time. We therefore ask you to record passive caring as a secondary activity.
- If you are caring at the same time as another activity, you should decide which you consider to be your main activity whether it is, for example, cooking or ironing, or care.
- Care may also be a secondary activity when it takes place out of the house e.g. when a parent goes shopping and takes a young child, that child is still being looking after.

#### Shopping (code 19)

- Includes activities like picking up a shopping order, or a take away.
- As well as visits to shops, the bank, the post office etc., shopping also includes these activities when done at home or elsewhere,
   e.g. internet shopping, phone banking, mail order shopping,
   paying utility bills.

## Watching TV and videos/DVDs, listening to radio or music (code 20)

Only code as a main activity if any one of these is the only
activity being done at the time. For example if the radio is on
while you are ironing, the main activity should be 'Washing,
ironing or mending clothes etc', with listening to the radio as a
secondary activity.

#### 'Dual nature' activities

A secondary activity will generally be a different, separate activity being done at the same time as a main activity. However, for the purpose of this survey, certain individual activities have a 'dual' nature and we want them recorded as both a main and secondary activity. These are:

- Jogging: main activity is exercise (code 22) and secondary is travel (code 10, with 10a coded as Walking);
- Dog walking: main activity is pet care (code 9) and secondary would be travel (Walking);
- Using a computer or accessing the internet (code 29) would be a secondary activity and the main activity would be what respondents were using the internet or computer for (e.g. playing games (hobbies and other leisure activities, code 28) or emailing a friend (contact with friends or family by telephone, email or letter, code 25).

#### Going out to eat/drink, eating with friends

- You should decide if going out to eat/drink or eating with friends counts as one activity or more than one and, if more than one (e.g. being with friends and drinking), which was the main and which the secondary.
- For example, if you eat with friends at their home you might
  decide that spending time with friends was the main activity
  (code 24), and eating (code 4) was the secondary. Alternatively,
  if you go out to eat with them you could select going out to eat/
  drink (code 23) as main and spending time with friends (code 24)
  as secondary.

#### Code 30 - 'Other activities not listed'

- Only use Code 30 as a last resort you should try to fit all activities into codes 1–29 if possible.
- If an activity cannot be placed in one of the pre-coded activities, it should be coded as Code 30 and a description written in on the right-hand side of the diary.
- If you feel something you are doing is too private to record, it should be entered as 'Other', code 30, with 'Personal' written in the space on the right-hand side of the diary.