

Interviewer ID

PSU no. (1-1275)

Household no. (1-10)

Person no.

Respondent (first name): .....

Respondent age: .....

**FILL IN YESTERDAY'S ACTIVITIES**

<b>ADULTS – ACTIVITY AND TIME</b>	
1	Sleep
2	Rest
3	Personal care, hygiene, getting dressed
4	Eating, drinking
5	Travelling, commuting to/from work/school
6	Employment (including overtime, working from home, self-employment)
7	Study, education
8	Breaks from work, study (including lunch breaks)
9	Cooking, preparing meals, washing up
10	Household cleaning, washing laundry, ironing, vacuuming
11	Household, garden, car repairs and maintenance
12	Shopping, errands, appointments (includes seeing the doctor, going to the hairdresser, post office etc.)
13	Childcare (including grandchildren)
14	Playing and chatting with children/grandchildren (also reading, games, help with homework, taking to extracurricular activities)
15	Care for adults with special needs, seniors
16	Volunteering (for charities, sports clubs or other organizations)
17	Religious activity (attending church, prayers)
18	Spending time/chatting/texting with family, friends, neighbours
19	Going out to a concert, theatre, cinema, gallery, museum, sports event, library
20	Sports, exercise, spending time outdoors (includes dog walking)
21	Internet, e-mail, social networks (Facebook, Twitter...)
22	Gaming (on a computer, console, phone...)
23	Watching TV, DVDs, movies, videos
24	Reading books, magazines, newspapers, listening to radio or music

<b>ADULTS – ACTIVITY AND TIME</b>	
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	MORNING					
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	6:00	7:00	8:00	9:00	10:00	11:00
	7:00	8:00	9:00	10:00	11:00	12:00
	MORNING					

	AFTERNOON					
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	13:00	14:00	15:00	16:00	17:00	18:00
	AFTERNOON					

	EVENING/NIGHT					
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	19:00	20:00	21:00	22:00	23:00	0:00
	EVENING/NIGHT					

	NIGHT/MORNING					
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	0:00	1:00	2:00	3:00	4:00	5:00
	1:00	2:00	3:00	4:00	5:00	6:00
	NIGHT/MORNING					

Don't forget to complete the questions on the reverse side!