TRANSFORMATIONS OF CZECH SOCIETY – ADULT RESPONDENT (18 YEARS OR OLDER)

TIME USE DIARY: ADDITIONAL QUESTIONS

O.0 Write in the following information here.										
Date of completing the time use diary (TODAY'S date) diaryday day: diarymon month: 2016 orday 0.1 First we would like to know what yesterday was like for you. Was yesterday an ordinary day or was it special in any way (for example, someone in the family was ill, someone visited your home, etc.)?										
Ordinary day										
Special day – DESCRIBE what made it special: ordayun										
daytype O.2 Yesterday was a day when I was:										
A day when I was at work or at school										
A day when I stayed at home due to illness										
Weekend, holiday, leave	□ 3									
None of that	□ 4									

INSTRUCTIONS TO COMPLETE THE TIME USE DIARY FOR YESTERDAY (REVERSE SIDE):

How did you spend **yesterday**? Please mark in the table **on the reverse side** what you did at the different times yesterday. The table **starts yesterday morning at six** o'clock and **ends this morning**. It divides your day into **half-hour** parts. Draw a line in each cell that stands for the time and the activity you did at that time. This could be one or more activities at the same time, so **there will be one or more lines in each column.** If you did an activity for more than 30 minutes, draw a line across the cells that apply. If there were 30 minutes during which you did several activities one after another, mark them all, even if any of them took less than 30 minutes.

			> MORNING							> AFTERNOON>							>						
	DULTS – ACTIVITY AND TIME		6:00	7:00	8:00	9:00	10:00	11:00		12:00	13:00	14:00	15:00	16:00	17:00		18:00	19:00	20:00	21:00	22:00	23:00	
ADOLIS - ACTIVITY AND TIME			7:00	8:00	9:00	10:00	11:00	- 12:00		- 13:00	- 14:00	- 15:00	- 16:00	- 17:00	18:00		- 19:00	20:00	- 21:00	- 22:00	23:00	- 0:00	
1	Sleep	1							1							1					_		
2	Rest	2							2							2							
3	Personal care, hygiene, getting dressed	3							3							3					-		
4	Eating, drinking	4							4							4	-			-			
5	Traveling, commuting to/from work/school	5	K					V	5						_	5	-						
6	Employment (including overtime, working from home, self-employment)	6						F	6	_					_	6							
7	Study, education	7							7							7							
8	Breaks from work, study (including lunch breaks)	8							8							8			_				
9	Cooking, preparing meals, washing up	9							9							9			_				
10	Household cleaning, washing laundry, ironing, vacuuming	10							10							10							
11	Household, garden, car repairs and maintenance	11							11							11							
12	Shopping, errands, appointments (includes seeing the doctor, going to the hairdresser, post office etc.)	12							12							12		—					