

Interviewer ID

PSU no. (1-1275)

Household no. (1-10)

Person no.

Respondent (first name): .....

Respondent age: .....

| <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> |  |

| MORNING |      |      |       |       |       |       |
|---------|------|------|-------|-------|-------|-------|
| 6:00    | 7:00 | 8:00 | 9:00  | 10:00 | 11:00 | 12:00 |
| 7:00    | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 |       |
| 1       |      |      |       |       |       |       |
| 2       |      |      |       |       |       |       |
| 3       |      |      |       |       |       |       |
| 4       |      |      |       |       |       |       |
| 5       |      |      |       |       |       |       |
| 6       |      |      |       |       |       |       |
| 7       |      |      |       |       |       |       |
| 8       |      |      |       |       |       |       |
| 9       |      |      |       |       |       |       |
| 10      |      |      |       |       |       |       |
| 11      |      |      |       |       |       |       |
| 12      |      |      |       |       |       |       |
| 13      |      |      |       |       |       |       |
| 14      |      |      |       |       |       |       |
| 15      |      |      |       |       |       |       |
| 16      |      |      |       |       |       |       |
| 17      |      |      |       |       |       |       |
| 18      |      |      |       |       |       |       |
| 19      |      |      |       |       |       |       |
| 20      |      |      |       |       |       |       |
| 21      |      |      |       |       |       |       |
| 22      |      |      |       |       |       |       |
| 23      |      |      |       |       |       |       |
| 24      |      |      |       |       |       |       |
| 6:00    | 7:00 | 8:00 | 9:00  | 10:00 | 11:00 | 12:00 |
| 7:00    | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 |       |

| AFTERNOON |       |       |       |       |       |
|-----------|-------|-------|-------|-------|-------|
| 12:00     | 13:00 | 14:00 | 15:00 | 16:00 | 17:00 |
| 13:00     | 14:00 | 15:00 | 16:00 | 17:00 | 18:00 |
| 1         |       |       |       |       |       |
| 2         |       |       |       |       |       |
| 3         |       |       |       |       |       |
| 4         |       |       |       |       |       |
| 5         |       |       |       |       |       |
| 6         |       |       |       |       |       |
| 7         |       |       |       |       |       |
| 8         |       |       |       |       |       |
| 9         |       |       |       |       |       |
| 10        |       |       |       |       |       |
| 11        |       |       |       |       |       |
| 12        |       |       |       |       |       |
| 13        |       |       |       |       |       |
| 14        |       |       |       |       |       |
| 15        |       |       |       |       |       |
| 16        |       |       |       |       |       |
| 17        |       |       |       |       |       |
| 18        |       |       |       |       |       |
| 19        |       |       |       |       |       |
| 20        |       |       |       |       |       |
| 21        |       |       |       |       |       |
| 22        |       |       |       |       |       |
| 23        |       |       |       |       |       |
| 24        |       |       |       |       |       |
| 12:00     | 13:00 | 14:00 | 15:00 | 16:00 | 17:00 |
| 13:00     | 14:00 | 15:00 | 16:00 | 17:00 | 18:00 |

| EVENING/NIGHT |       |       |       |       |       |
|---------------|-------|-------|-------|-------|-------|
| 18:00         | 19:00 | 20:00 | 21:00 | 22:00 | 23:00 |
| 19:00         | 20:00 | 21:00 | 22:00 | 23:00 | 0:00  |
| 1             |       |       |       |       |       |
| 2             |       |       |       |       |       |
| 3             |       |       |       |       |       |
| 4             |       |       |       |       |       |
| 5             |       |       |       |       |       |
| 6             |       |       |       |       |       |
| 7             |       |       |       |       |       |
| 8             |       |       |       |       |       |
| 9             |       |       |       |       |       |
| 10            |       |       |       |       |       |
| 11            |       |       |       |       |       |
| 12            |       |       |       |       |       |
| 13            |       |       |       |       |       |
| 14            |       |       |       |       |       |
| 15            |       |       |       |       |       |
| 16            |       |       |       |       |       |
| 17            |       |       |       |       |       |
| 18            |       |       |       |       |       |
| 19            |       |       |       |       |       |
| 20            |       |       |       |       |       |
| 21            |       |       |       |       |       |
| 22            |       |       |       |       |       |
| 23            |       |       |       |       |       |
| 24            |       |       |       |       |       |
| 18:00         | 19:00 | 20:00 | 21:00 | 22:00 | 23:00 |
| 19:00         | 20:00 | 21:00 | 22:00 | 23:00 | 0:00  |

| NIGHT/MORNING |      |      |      |      |      |
|---------------|------|------|------|------|------|
| 0:00          | 1:00 | 2:00 | 3:00 | 4:00 | 5:00 |
| 1:00          | 2:00 | 3:00 | 4:00 | 5:00 | 6:00 |
| 1             |      |      |      |      |      |
| 2             |      |      |      |      |      |
| 3             |      |      |      |      |      |
| 4             |      |      |      |      |      |
| 5             |      |      |      |      |      |
| 6             |      |      |      |      |      |
| 7             |      |      |      |      |      |
| 8             |      |      |      |      |      |
| 9             |      |      |      |      |      |
| 10            |      |      |      |      |      |
| 11            |      |      |      |      |      |
| 12            |      |      |      |      |      |
| 13            |      |      |      |      |      |
| 14            |      |      |      |      |      |
| 15            |      |      |      |      |      |
| 16            |      |      |      |      |      |
| 17            |      |      |      |      |      |
| 18            |      |      |      |      |      |
| 19            |      |      |      |      |      |
| 20            |      |      |      |      |      |
| 21            |      |      |      |      |      |
| 22            |      |      |      |      |      |
| 23            |      |      |      |      |      |
| 24            |      |      |      |      |      |
| 0:00          | 1:00 | 2:00 | 3:00 | 4:00 | 5:00 |
| 1:00          | 2:00 | 3:00 | 4:00 | 5:00 | 6:00 |

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