

in the diary and will then leave it with you to complete. The interviewer will also leave you a gift voucher as a small token for completing this.

Many thanks for your help.

# Activity

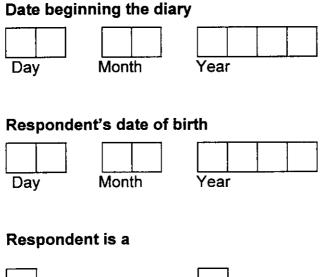
THE	номе	ROUTINE

1 Sleep, rest	1
2 Washing, dressing	2
3 Eating at home	3
4 Helping at home, doing dishes, cleaning bedroom	4
SCHOOL AND STUDYING	
5 At school	5
6 Doing homework (not using computer)	6
USING A COMPUTER AT HOME	
7 Using computer for games	7
8 Using computer for information, internet, email	8
9 Using a home computer for school work	9
HOME ENTERTAINMENT	
10 TV	10
11 Cable / Satellite	11
12 Video	12
13 Radio, CD, tapes	13
14 Reading books	14
15 Reading comics, magazines	15
16 Talking on the 'phone	16
17 Friends coming to your home	17
18 Other indoor hobbies or playing a musical instrument	18
OUTSIDE ENTERTAINMENT	
19 Doing sport, keeping fit (not during school hours)	19
20 Concerts, discos, cinema or watching sport with family	20
21 Concerts, discos, cinema or watching sport with friends	21
22 Meeting friends out of home (playing, talking)	22
23 Doing nothing	23
24 Other (PLEASE WRITE IN)	24

i

# For Interviewers Only - Please Ignore

- Make sure the respondent is eligible to do the youth time diary, i.e is their 1. birthday between 31st March 1981 and 1st April 1988?
- Enter the serial number at the top of the diary. Fill in the date of the week 2. that the respondent has to complete on the front page (begin on the day following the interview).
- Fill in the boxes below (date they are beginning the diary, respondents sex 3. and date of birth).



Boy

- Explain to the respondent that the aim of this diary is to show what they are 4.
- doing during each day of their selected week. Stress that they should try to record an activity for every part of each day.
- Explain that we would like the respondent to choose one main activity 5. they were doing at each time. However, if they are doing more than one thing at a time they should put a continuous line for the main activity, but a dashed line for the secondary activity (as shown in the example).
- Go through the example on the next page with the respondent in some detail. 6.

# For Interviewers Only - Please Ignore

#### On Monday 24th February this person:

Slept (code 1) between 6.00am - 8.00am
Washed and Dressed (code 2) between 8.00am - 8.15am
Ate Breakfast (code 3) between 8.15am - 8.30 am
At school (code 5) between 8.30am - 4.15pm
Watching TV (code 10) between 4.15 -5.30pm
Ate dinner (code 3) AND Watching TV (code 10) between 5.30pm - 6.00pm
Spoke on phone to friend (code 16) between 6.00pm - 6.15pm
Chatted with friend at home (code 17) between 6.15pm - 8.00pm
Played games on computer (code 7) between 8.00pm - 10pm
Slept (code 1) between 10pm - 12am

**Note:** Time spent travelling to an activity or place, for example travelling to school should be included as part of that activity itself.

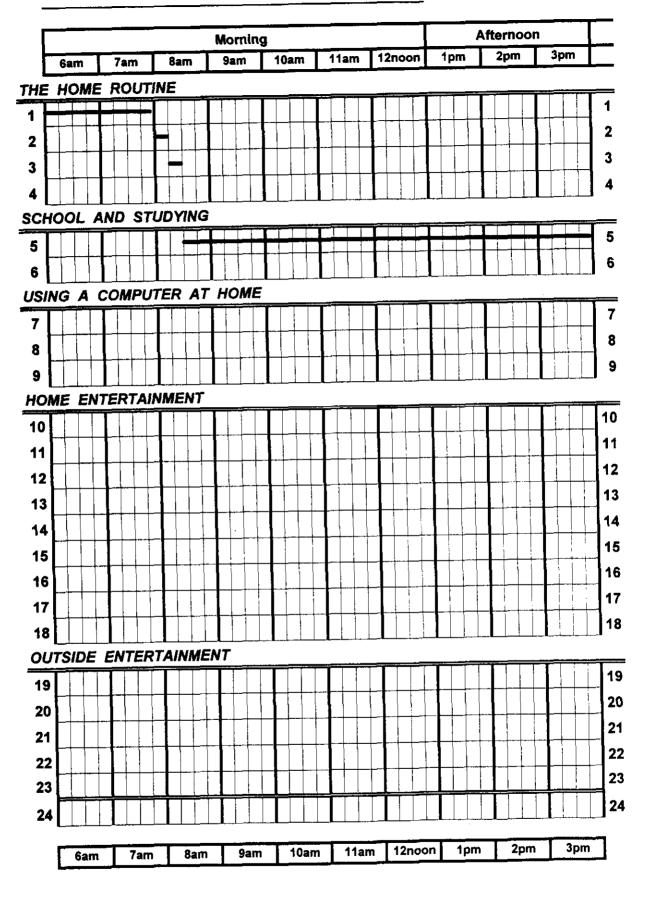
- 7. Show the respondent that if they make a mistake they should scribble through the boxes where the error has occurred.
- 8. Also explain that if the respondent cannot find an appropriate code to put what they were doing there is a "Other" code (code 24) which they can use. They should write on the form what the activity was.
- 9. Before leaving the diary with the respondent it is very important that you write in the day and enter a code for the day in the box on the right hand side of the page. The codes are as follows

Monday	1
Tuesday	2
Wednesday	3
Thursday	4
Friday	5
Saturday	6
Sunday	7

10. Finally, leave the pre-paid envelope and explain that they should post the diary once it has been completed. Give the respondent a £5 gift voucher and a Living in Britain pen and thank them, in advance, for their help.

#### EXAMPLE Monday 24 February

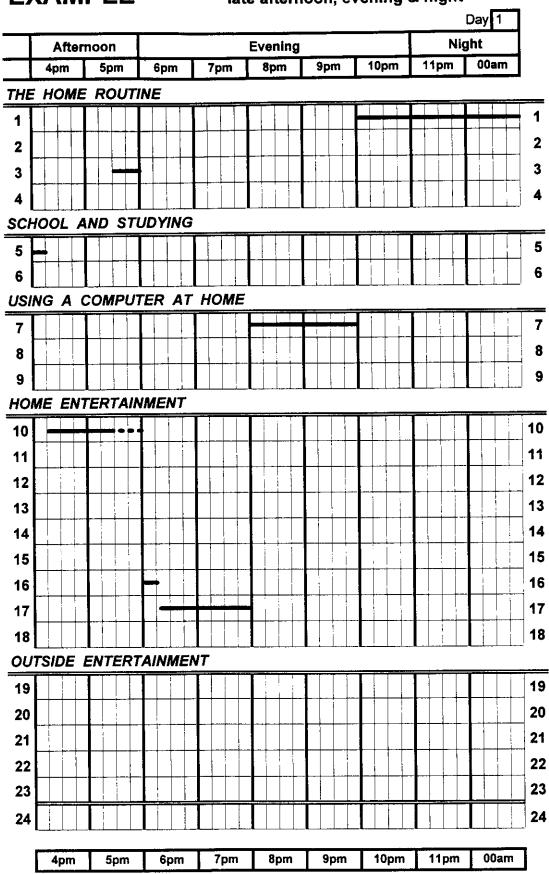
morning and early afternoon



EXAMPLE

# EXAMPLE

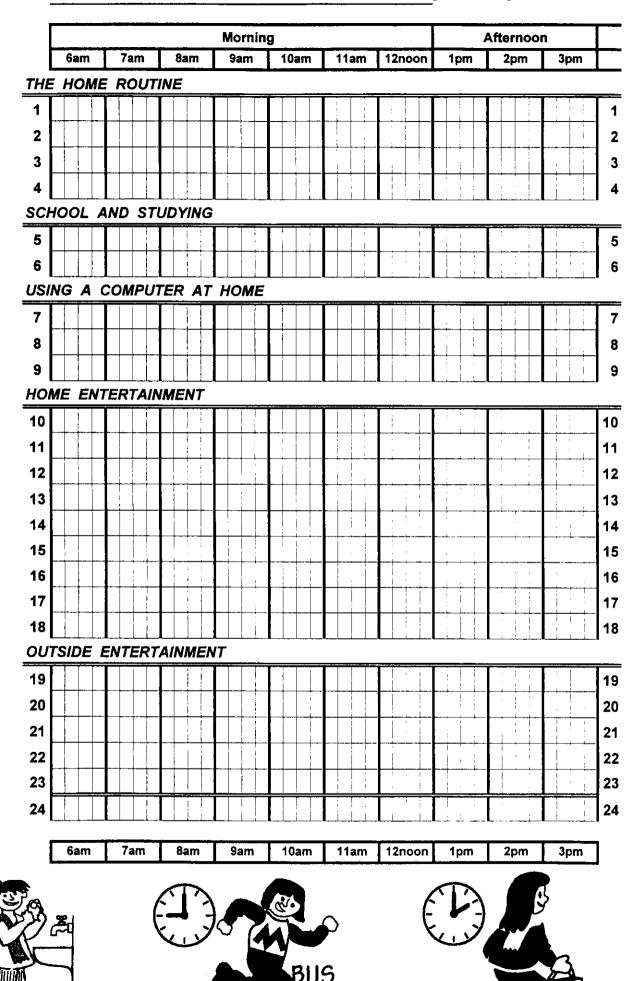
#### late afternoon, evening & night



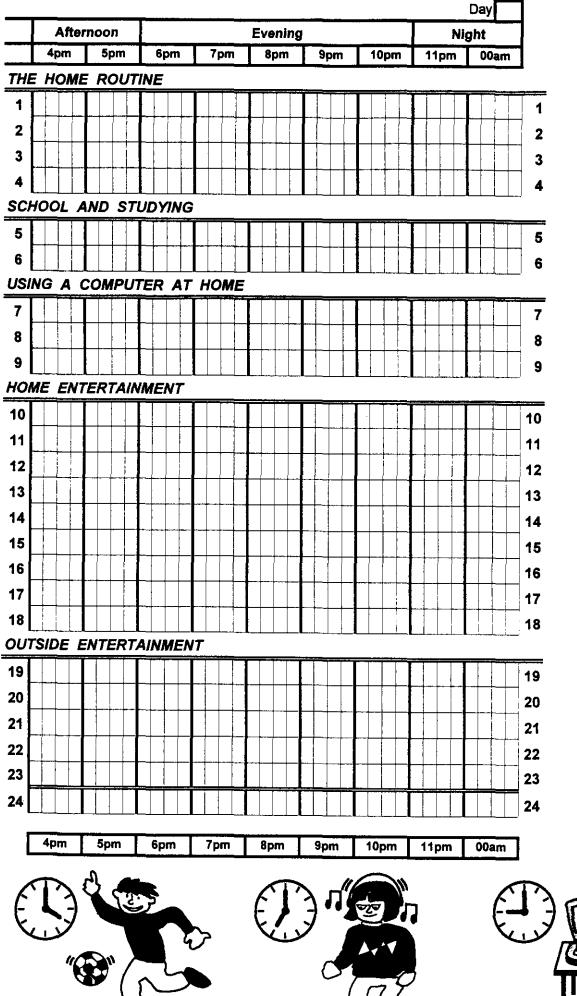
# EXAMPLE

#### morning and early afternoon

.



#### late afternoon, evening & night



# THANK YOU VERY MUCH FOR COMPLETING THE DIARY

# NOW PLEASE PUT IT IN THE ENVELOPE PROVIDED BY YOUR INTERVIEWER AND GIVE IT TO YOUR PARENT TO POST BACK TO US OR POST IT BACK YOURSELF.

REGION AREA ADDRESS CYCLE No

Address label

#### HOW DO YOU SPEND YOUR TIME?

We all spend our time in different ways. This questionnaire asks you to record your daily activities

for .....

We are very grateful for your help, the instructions inside explain how to complete the form.

# Confidential

#### **INTERVIEWER ONLY**

1. Designated date	Year	3.	Enter time started	
2. Designated day Please circle Monday Tuesday Wednesday Thursday Friday Saturday Sunday	1 2 3 4 5 6 7	4.	Interviewer completed Informant completed Enter time finished Hours Minutes	1 2

**BEFORE YOU BEGIN** Please take a moment to read these instructions.

The aim is to show the main thing you were doing through the whole day.

For example, the form on the next page shows that this person:

Slept between 4am - 8am Washed and Dressed between 8am - 8.30am Watched TV between 8.30am - 9am Walked between 9am - 10.15am Visited friends between 10.15 - 1pm Swam between 1pm - 3pm

If you make a mistake while recording your activities just block the boxes as shown in the example.

Please try not to have two activities recorded at the same time. Sometimes you may be doing two things at the same time, but please try and choose what your main activity was. For example, keeping an eye on children while doing housework should be recorded as `Cleaning house/tidying' rather than `Care of own children and play'. If you can't choose between two or more activities record the one you did for the **longest** time as the main activity.

Please try to record an activity for every part of your selected day.

In order to record your activities for a whole day you will need to <u>turn the pages</u> <u>twice</u> to record events for the whole 24 hour period.

These are the categories in which to place some common activities.

#### Paid Work

People who travel in the course of their work, eg bus drivers, delivery men and sales people should classify this as paid work and not travel.

Shopping/appointments - includes: Taking the car to a garage Going to the Hairdressers Going to the Doctor/Dentist Going to Solicitors/Estate Agents etc

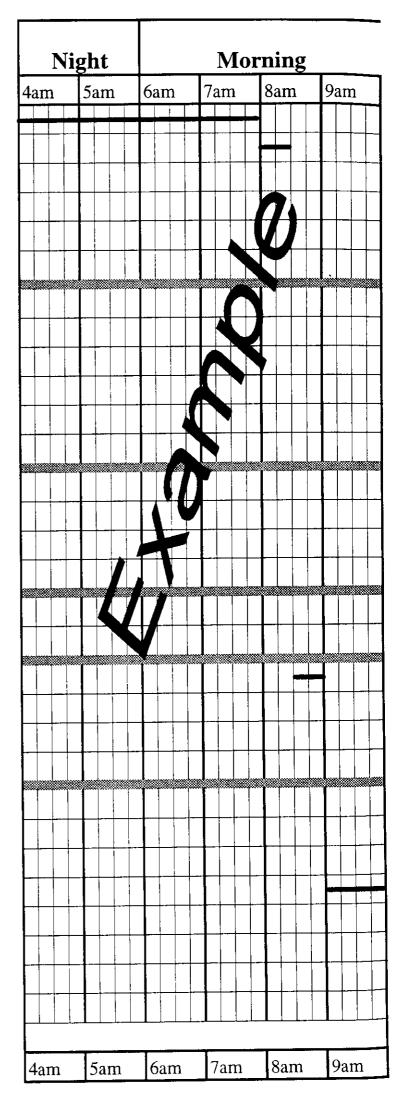
**Cleaning house/tidying** - includes: Bed making Washing up

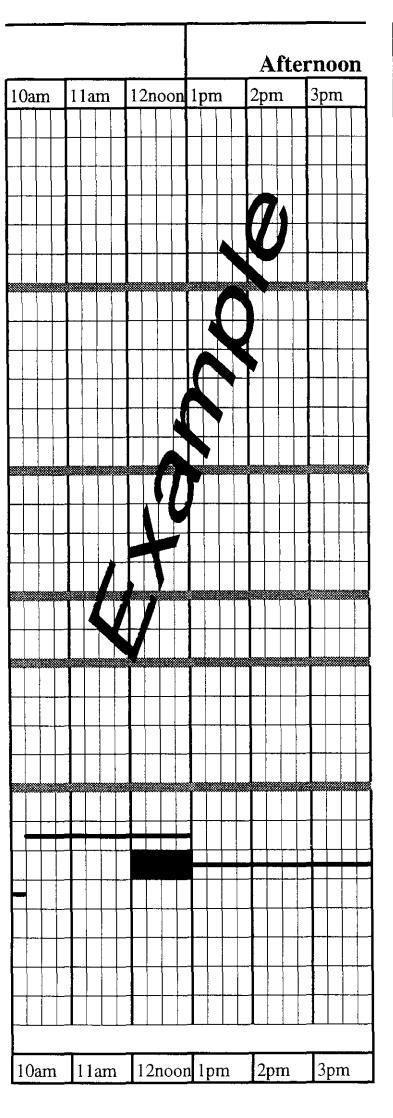
Helping people outside home, charities - includes: Voluntary work

**Religious, political other meetings** - includes: Praying alone

Many thanks for your help, now please turn to the first clean page in order to begin.

Activity .	
Sleep, rest	1
Washing, dressing	2
Cooking, baking, washing up	3
Eating at home	4
Care of own children and play	5
Care of adults in own home	6
	-
Travel	7
Paid work	8
Courses and education outside home	9
Breaks and meals at work or study	10
Shopping, appointments	11
Helping people outside home, charities	12
Cleaning house, tidying	13
Clothes washing, ironing, sewing etc	14
Maintenance, odd jobs, DIY	15
Gardening, pet care	16
Study at home	17
Paid work at home	18
TV, radio	19
Talking, visited by friends, telephone calls	20
Reading	21
Hobbies, games, computing, music	21
	23
Eating, drinking out, (pubs, restaurant)	
Visiting friends (may include eating)	24
Sports participation, exercising	25
Walks, outings etc	26
Concerts, theatre, cinema, sport spectacles	27
Religious, political, other meetings	28
Doing nothing (may include illness)	29
Other, not elsewhere specified	30
please write in	





	Activity
1	Sleep, rest
2	Washing, dressing
3	Cooking, baking, washing up
4	Eating at home
5	Care of own children and play
6	Care of adults in own home
7	Travel
8	Paid work
9	Courses and education outside home
10	Breaks and meals at work or study
11	Shopping, appointments
12	Helping people outside home, charities
13	Cleaning house, tidying
	Clothes washing, ironing, sewing etc
	Maintenance, odd jobs, DIY
	Gardening, pet care
17	Study at home
	Paid work at home
	TV, radio Talking, visited by friends, telephone calls
20 21	Reading
$\frac{21}{22}$	· · · ·
23	Eating, drinking out, (pubs, restaurant)
24	
	Sports participation, exercising
	Walks, outings etc
	Concerts, theatre, cinema, sport spectacles
	Religious, political, other meetings
	Doing nothing (may include illness)
30	Other, not elsewhere specified
	please write in

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Activity	
Sleep, rest	1
Washing, dressing	2
Cooking, baking, washing up	3
Eating at home	4
Care of own children and play	5
Care of adults in own home	6
Travel	7
Paid work	8
Courses and education outside home	9
Breaks and meals at work or study	10
Shopping, appointments	11
Helping people outside home, charities	12
Cleaning house, tidying	13
Clothes washing, ironing, sewing etc	14
Maintenance, odd jobs, DIY	15
Gardening, pet care	16
Study at home	17
Paid work at home	18
TV, radio	19
Talking, visited by friends, telephone calls	20
Reading	20
Hobbies, games, computing, music	21
Eating, drinking out, (pubs, restaurant)	23
Visiting friends (may include eating)	23
Sports participation, exercising	24
Walks, outings etc	26
Concerts, theatre, cinema, sport spectacles	27
Religious, political, other meetings	28
Doing nothing (may include illness)	20
Other, not elsewhere specified	30
please write in	L

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1	Activity
1	Sleep, rest
	Washing, dressing
3	Cooking, baking, washing up
4	Eating at home
5	Care of own children and play
6	Care of adults in own home
7	Travel
	Paid work
9	Courses and education outside home
10	Breaks and meals at work or study
	Shopping, appointments
12	Helping people outside home, charities
13	Cleaning house, tidying
	Clothes washing, ironing, sewing etc
16	Gardening, pet care
	Study at home
	Paid work at home
*****	TV, radio
	Talking, visited by friends, telephone calls
	Reading
	Hobbies, games, computing, music
	Eating, drinking out, (pubs, restaurant)
	Visiting friends (may include eating)
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26 27	
27	
28 20	
	Doing nothing (may include illness)
50	Other, not elsewhere specified
	please write in

Activity	1
Sleep, rest	1
Washing, dressing	2
Cooking, baking, washing up	3
Eating at home	4
Care of own children and play	5
Care of adults in own home	6
Travel	7
Paid work	8
Courses and education outside home	<u> </u>
Breaks and meals at work or study	10
Shopping, appointments	11
Helping people outside home, charities	12
Cleaning house, tidying	13
Clothes washing, ironing, sewing etc	14
Maintenance, odd jobs, DIY	15
Gardening, pet care	16
Study at home	17
Paid work at home	18
TV, radio	19
Talking, visited by friends, telephone calls	20
Reading	21
Hobbies, games, computing, music	22
Eating, drinking out, (pubs, restaurant)	23
Visiting friends (may include eating)	24
Sports participation, exercising	25
Walks, outings etc	26
Concerts, theatre, cinema, sport spectacles	27
Religious, political, other meetings	28
Doing nothing (may include illness)	29
Other, not elsewhere specified	30
please write in	

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10pm	11pm	00am	1am	2am	3am

	Activity
1	Sleep, rest
	Washing, dressing
	Cooking, baking, washing up
4	Eating at home
5	Care of own children and play
6	Care of adults in own home
7	Travel
	Paid work
-	Courses and education outside home
10	Breaks and meals at work or study
11	Shopping, appointments
12	Helping people outside home, charities
13	Cleaning house, tidying
14	Clothes washing, ironing, sewing etc
15	Maintenance, odd jobs, DIY
16	Gardening, pet care
17	Study at home
18	Paid work at home
	TV, radio
	Talking, visited by friends, telephone calls
	Reading
22	Hobbies, games, computing, music
23	Eating, drinking out, (pubs, restaurant)
	Visiting friends (may include eating)
25	Sports participation, exercising
26	Walks, outings etc
27	Concerts, theatre, cinema, sport spectacles
28	Religious, political, other meetings
29	Doing nothing (may include illness)
30	Other, not elsewhere specified
	please write in

Wave	Serial Number	Household No	Check No	Person No
7				

## **HOW DO YOU SPEND YOUR TIME?**

How people spend their time varies with many other circumstances, such as how much spare time people actually have, family commitments, what people want to do with their time and so on. The only way to understand how this varies is to measure time use. The enclosed diary will help you do this.

This diary asks you to record your activities for the week of:

------ until ------

Your interviewer will explain how to fill in the diary and will then leave it with you to complete. Once you have finished recording your activities for the whole week we would be very grateful if you would return the diary to us in the prepaid envelope provided by your interviewer. Also your interviewer will leave you a gift voucher as a small token of thanks.

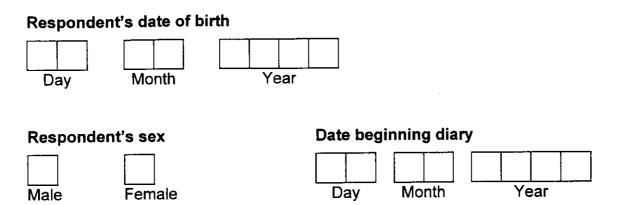
Many thanks for your help.

#### Activity

1 Sleep, rest	1
2 Washing, dressing	2
3 Cooking, baking	3
4 Eating at home	4
5 Care of own children or other adults in own home	5
6 Travel	6
7 Paid work at normal place of work, eg office, factory, vehicle	7
8 Paid work away from normal place of work, eg meetings	8
9 Paid work at home (not using a computer)	9
0 Study at home (not using a computer)	10
1 Courses and education outside home	11
2 Shopping, appointments, hairdressers etc	12
3 Cleaning house, tidying, clothes washing, ironing, sewing etc	13
4 Maintenance, odd jobs, DIY, gardening, pet care	14
<b>5</b> Concerts, theatre, cinema, sporting events	15
6 Hobbies, games, performing music	16
7 Walks, outings etc	17
8 Eating, drinking out, (pubs, restaurants)	18
9 Visiting friends	19
0 Sports participation, keeping fit	20
<b>1</b> TV (not cable or satellite)	21
2 Cable/Satellite TV	22
3 Video	23
4 Radio, CD, cassette	24
5 Reading books	25
6 Reading magazines	26
7 Reading newspapers	27
8 Being visited by friends	28
9 Telephone calls	29
IO Personal Computer games/games console	30
	<u> </u>
Personal Computer information, internet, email	
<ul> <li>30 Personal Computer games/games console</li> <li>31 Personal Computer information, internet, email</li> <li>32 Personal Computer education</li> <li>33 Personal Computer work related but done at home</li> </ul>	31
Personal Computer information, internet, email	31 32

#### Instructions for Interviewers

- 1. Enter the serial number at the top of the diary. Fill in the date of the week that the respondent has to complete on the front page (begin on the day following the interview).
- 2. Fill in the boxes below (respondents sex, date of birth and the date they are beginning the diary).



- 3. Explain to the respondent that the aim of this diary is to show what they are doing during each day of their selected week. Also stress that they should try to record an activity for every part of each day.
- 4. Explain that we would like the respondent to choose one main activity they were doing at each time. However, if they are doing more than one thing at a time they should put a continuous line for the main activity, but a dashed line for the secondary activity (as shown in the example).
- 5. Go through the example on the next page with the respondent in some detail.

On Friday 24th January this person:

Slept (code 1) between 4.00am - 8.00am Washed and Dressed (code 2) between 8.00am - 9.00am Ate Breakfast (code 4) between 9.00am - 9.30 am Walked (code 17) between 9.30am - 10.15am Visited friends (code 19) between 10.15am - 12.45pm Travelled (code 6) between 12.45pm - 1.00pm Swam (code 20) between 1.00pm - 2.00pm Travelled (code 6) between 2.00pm - 2.15pm Ironed (code 13) and video (code 23) between 2.15pm - 4.00pm Cooked (code 3) between 4.00pm - 5.30pm Ate dinner (code 4) between 5.30pm - 6.15pm Watched TV (code 21) between 6.15pm - 10pm Slept (code 1) between 10pm - 4am

- 6. Show the respondent that if they make a mistake they should scribble through the boxes where the error has occurred.
- 7. Also explain that if the respondent cannot find an appropriate code to put what they were doing there is a "Other" code (code 35) which they can use. They should write on the form what the activity was.
- 8. Before leaving the diary with the respondent it is very important that you write in the day and enter a code for the day in the box on the right hand side of the page. The codes are as follows

Monday	1
Tuesday	2
Wednesday	3
Thursday	4
Friday	5
Saturday	6
Sunday	7

9. Finally, leave the pre-paid envelope and explain that they should post the diary once it has been completed. Give the respondent the £10 gift voucher and thank them, in advance, for their help.

These are examples of some common activities.

Paid work at normal place of work, eg office, factory, vehicle (code 7) People who travel in the course of their work, e.g. bus, lorry, van, taxi drivers, delivery men, sales reps should code their work here.

Paid work away from normal place of work, eg meetings (code 8) Include time spent away at meetings, conferences, training courses etc. Include the time spent travelling to these meetings etc here, but not time spent commuting to and from work (commuting should be coded at Code 6).

Care of own children or other adults at home (code 5) This includes playing with children

#### Shopping, appointments, hairdressers (code 12) includes

Taking the car to a garage Going to the doctors/dentist Going to solicitors/estate agents etc,

**Cleaning house, tidying (code 13) includes** Bedmaking Washing up

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-	ht				Morning				Afternoon			
4am	5am	6am	7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	
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late afternoon, evening & night

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# THANK YOU VERY MUCH FOR COMPLETING THE DIARY

# NOW PLEASE POST IT IN THE <u>POSTAGE PAID</u> ENVELOPE PROVIDED BY YOUR INTERVIEWER