National Statistics Office of Georgia

## TIME USE SURVEY

## TIME USE DIARY

(For the Household Members Aged 15 Years and Above)

| (Day of the week) (Day) (Month) (Year) | ase fill in this diary | (Name) |  |
| :---: | :---: | :---: | :---: |
| This diary will be collected on: $\qquad$ |  | Interviewer's Mobile number: |  |
|  |  |  |  |
| According to the "Law of Georgia on Official Statistics" 25th Article, point first, with the view of fulfilling its functions the Geostat shall be authorized to request and receive from administrative bodies, physical and legal persons all kinds of statistical data and other information, including confidential information and/or information containing personal data, in line with the "Law on Personal Data Protection". |  |  |  |
| The information provided by you is confidential and protected by the "Law of Georgia on Official Statistics" 28th Article. It is only used for calculating the general statistical indexes. |  |  |  |

Only for Interviewer:

| AD. Information about interview |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| AD1. | Cluster number: \|__|_|_|| |  |  | AD2. | Household number: \|-_|_| |  |  |  | AD3. | Respondent's code from H2: \| _ I_I |
|  | Type of the Diary | Monday - Friday | 1 | AD5. | Interviewer's name: |  |  |  | AD6. | Interviewer's code: \|_|_|_|_|_|_| |
| AD4. |  | Saturday - Sunday | 2 | AD7. | Supervisor's name: |  |  |  | AD8. | Supervisor's code: \|__|_|_|_| |
| AD9. | Status of the diary completion: |  |  | 1 | 2 | 3 | 4 | 5 | 96 |  |
| AD10. | Date of providing diary to the respondent: |  |  |  |  |  |  |  |  |  |
| AD11. | Assigned diary date: |  | a. Day \|_I_| b. Month |_I_| c. Year I_2_|_0_|_|_| d. Day of the week |  |  |  |  |  |  |  |
| AD12. | Diary filled: |  | Assigned Diary date |  |  |  |  |  | 1 |  |
|  |  |  | After 7 days |  |  |  |  |  | 2 | Reason for postponement of filling the diary: (Please specify) |
|  |  |  | After 14 days |  |  |  |  |  | 3 |  |
|  |  |  | After 21 days |  |  |  |  |  | 4 |  |
| AD13. | Respondent's Mobile number: |  |  |  |  |  |  |  |  |  |

## Please read these instructions!

It should be quite easy to fill in the time use diary. It will be even easier if you first read these brief instructions and then look at the example of a filled-in diary on the next page.

## What were you doing?

In the B column "What were you doing?" we would like you to record your activities for every 10-minute period. The diary starts at 04.00 (am) and covers 24 hours, two hours a page. The example on the following page will give you an idea of the level of the detail we want. If you did more than one thing at the same time, please write the one you regard as the main activity. If you did one thing after another within a 10-minute interval, record the activity that was most important or took most time. Don't record more than one main activity on each line. If you were doing something you feel is too private to record, please write "personal".

Gainful employment. This includes all activities in the jobs you reported in the individual questionnaire. You do not need to record what you were doing during working time, but please indicate in the appropriate column (J column) if you used a computer, smart device, internet, online tool, etc. while working. Register what you do during breaks, for example: "Lunch break, had lunch", "Lunch break, went for a walk", etc. Also mention work brought home and done at home.

Studies. Write if you study at home or attend classes/lectures. Record the type of study: secondary school, university, etc. If studies/training are part of paid work, please say so.

Travel. Separate the travelling itself from the activity that is the reason for travelling. For example: "Walked to the bus stop" - "Went by bus to shop" - "Bought food" - "Went back home by taxi". Record the mode of transport in the column "Where were you/How did you move".
House work, childcare, elderly care. Record what you were specifically doing, for example: "Cooked supper", "Set the table", "Washed the dishes", "Put my child to bed", "Bathed my child", "Cleaned the yard", "Cleaned the car", "Cleaned the dwelling", etc.

Reading (except studies). Record what you read, for example: "Read a newspaper", "Read a novel", "Read a magazine", "Read nonfiction", etc. Add if reading is on the internet and if so, be sure to mark the "IT" column.

Help to other households. If the main activity was help of some kind - totally or in part given to somebody outside your own household, then report this in the diary. For example, if you helped your friends repair their house, record the activity as "Helped friends repair their dwelling". Similarly, you report if you helped a neighbor or relative by buying food for them. Report on the help even if you bought food for your own household as well.

## Who did you do this for (For whom)?

For each 10-minute period, please tick one of the boxes to show for whom you were doing the activity. If you performed the activity for more than 10 -minutes, then the same box should be ticked for succeeding 10-minute intervals until you start another activity. You could have put more than one " $x$ " on each line. If the activity was not relevant for the categories listed in the $\mathrm{C}-\mathrm{H}$ columns, then leave the appropriate boxes blank. If the activity is done for a pet, state this in the description: e.g., walked my dog.

## What else were you doing?

If you were doing more than one thing at the same time, record the parallel activity in the I column "What else were you doing". Suppose you were taking care of your child (main activity) and watching television at the same time, then record "watching television" as parallel activity in the I column. You decide which is the main (i.e. more important) activity and which is the secondary activity. Please remember to mark the duration of parallel activities, which might differ from the duration of the main activity.

## Did you use a computer, a smart device, the internet, an online tool or a similar technology or device?

Indicate for all main and parallel activities if you used a computer, smart device, internet, online tool, etc. for doing an activity. For example, if you listen to music on a smartphone.

## Where were you/How did you move?

Write in where you were at that time. For example: "At home", "at friends' home", "in restaurant", "in shop", or if travelling "on foot", "by car", "by bus", "by train", "by bicycle", "by motorbike", etc.

## Were you alone or together with somebody you know?

For each 10-minute period, please tick one or more boxes to show if you were alone or together with somebody you know. To be together does not necessarily mean that you actually do things together but rather that somebody else is on hand (e.g. at home). If you are with people you don't know, indicate "alone" as well. And you don't have to answer this question for sleeping time. You could have put more than one "x" on each line, and this number of " $x$ 's" may change during an activity that covers more than one 10 -minute interval if a person leaves or arrives.

## Questions 1-8 and Checklist (Last Page)

When you have filled in the diary, answer the questions on the last page of the diary. Finally, please go through the checklist (item 9), which is also at the last page of the diary.

Please take the diary with you during the day and fill it in every now and then!

| Time | [MAIN ACTIVITY] <br> What were you doing? <br> Record your main activity for each 10-minute period from 08:00 to 10:00! <br> - Only one main activity on each line. <br> - Distinguish between travel and the activity that is the reason for travelling. | [FOR WHOM] <br> Who did you do this for? <br> H column covers volunteer work in professional associations, religious organizations, etc. <br> Mark with "X" if "Yes". |  |  |  |  |  | [PARALLEL ACTIVITY] <br> What else were you doing? <br> In case of several paralle activities record the most important. | [IT] <br> Did you use a computer, smart device, internet, online tool, or similar technology or device for doing this? <br> Mark with " $X$ " if "Yes". | [LOCATION/ <br> TRANSPORT] <br> Where were you/How did you move? <br> Record the location or, traveling, the mode transport. <br> e.g. at home, at friends home, at school, a workplace, in restaurant, in shop, on foot, by car, by bus, by bicycle, by motorbike, etc. | [WITH WHOM] <br> Were you alone or together with somebody you know? <br> Mark with " $X$ " if "Yes". |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Myself | For own Household |  | For other HHs/ Per sons | Work | Comm unity, organiz ation, etc. |  |  |  | Alone (or with unkno wn per sons) | With other household members |  |  |  | Other per sons that you know |
|  |  |  | Children (up to 10 years old) | Other HH mem bers |  |  |  |  |  |  |  | Partner | Parent | Child <br> ren (up <br> to 10 <br> years <br> old) | Other HH mem bers |  |
| A | в | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q |
| $\begin{array}{\|c\|} \hline 08: 00- \\ 08: 10 \end{array}$ | Woke up the children | $\square$ | $\times$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ | At home | $\square$ | $\square$ | $\square$ | $\times$ | $\square$ | $\square$ |
| $\begin{array}{\|c\|} \hline 08: 10- \\ 08: 20 \end{array}$ | Had breakfast | $\times$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | Watched TV | $\square$ |  | $\square$ | $\times$ | $\square$ | $\times$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 08:20- } \\ & 08: 30 \end{aligned}$ | "__" | $\times$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | "-_" | $\square$ |  | $\square$ | $\times$ | $\square$ | $\times$ | $\square$ | $\square$ |
| $\begin{array}{\|c\|} \hline 08: 30- \\ 08: 40 \end{array}$ | Cleared the table | $\times$ | $\times$ | $\times$ | $\square$ | $\square$ | $\square$ | Listen to the music | $\times$ |  | $\square$ | $\times$ | $\times$ | $\times$ | $\square$ | $\square$ |
| $\begin{array}{\|l\|l\|} \hline 08: 40- \\ 08: 50 \end{array}$ | Helped the children dress | $\square$ | $\times$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\times$ | $\downarrow$ | $\square$ | $\square$ | $\square$ | $\times$ | $\square$ | $\square$ |
| $\begin{gathered} \text { 08:50- } \\ \text { 09:00 } \end{gathered}$ | Went to the kindergarten | $\square$ | $\times$ | $\square$ | $\square$ | $\square$ | $\square$ | "- | $\square$ | On foot | $\square$ | $\square$ | $\square$ | $\times$ | $\square$ | $\square$ |
| $\begin{array}{\|c\|} \hline 09: 00- \\ \text { 09:10 } \end{array}$ | Went to work | $\times$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | Read the newspaper | $\square$ | Bus | $\times$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{array}{\|c\|} \hline 09: 10- \\ \text { 09:20 } \end{array}$ | "__" | $\times$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | "-_" | $\square$ | " | $\times$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 09:20- } \\ & \text { 09:30 } \end{aligned}$ | Work | Use an arrow or citation marks to mark an activity that takes longer than 10 minutes. |  |  |  |  | $\square^{-}$ |  | $\times$ | Workplace | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\times$ |
| $\begin{aligned} & \text { 09:30- } \\ & \text { 09:40 } \end{aligned}$ |  |  |  |  |  | $x^{-\prime}$ | $\square$ | Called the doctor | $\times$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\times$ |
| $\begin{gathered} 09: 40- \\ 09: 50 \end{gathered}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\times$ | $\square$ |  | $\times$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\times$ |
| $\begin{aligned} & 09: 50- \\ & 10: 00 \end{aligned}$ | $\downarrow$ | $\square$ | $\square$ | $\square$ | $\square$ | $\times$ | $\square$ |  | $\times$ | $\downarrow$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\times$ |

TIME USE DIARY - page 1/12

| Time | [MAIN ACTIVITY] <br> What were you doing? <br> Record your main activity for each 10-minute period from 04:00 to 06:00! <br> - Only one main activity on each line. <br> - Distinguish between travel and the activity that is the reason for travelling. | [FOR WHOM] <br> Who did you do this for? <br> H column covers volunteer work in professional associations, religious organizations, etc. <br> Mark with " $X$ " if "Yes". |  |  |  |  |  | [PARALLEL ACTIVITY] <br> What else were you doing? <br> In case of several parallel activities record the most important. | [IT] <br> Did you use a computer, smart device, internet, online tool, or similar technology or device for doing this? <br> Mark with " $X$ " if "Yes". | [LOCATION/ <br> TRANSPORT] <br> Where were youlHow did you move? <br> Record the location or, if traveling, the mode of transport. <br> e.g. at home, at friends' home, at school, at workplace, in restaurant, in shop, on foot, by car, by bus, by bicycle, by motorbike, etc. | [WITH WHOM] <br> Were you alone or together with somebody you know? <br> Mark with " $X$ " if "Yes". |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Myself | For own Household |  | For other HHs/ Per sons | Work | Comm unity, organiz ation, etc. |  |  |  | Alone (or | With oth | her hous | sehold me | embers | Other per |
|  |  |  | $\begin{array}{\|c\|} \hline \text { Children } \\ \text { (up to } \\ 10 \\ \text { years } \\ \text { old) } \end{array}$ | Other HH mem bers |  |  |  |  |  |  | unkno <br> wn per sons) | Partner | Parent | Child <br> ren (up <br> to 10 <br> years <br> old) | Other HH mem bers | that <br> you know |
| A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q |
| $\begin{aligned} & \text { 04:00- } \\ & \text { 04:10 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 04:10- } \\ & \text { 04:20 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 04:20- } \\ & \text { 04:30 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 04:30- } \\ & \text { 04:40 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 04:40- } \\ & \text { 04:50 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 04:50- } \\ & \text { 05:00 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 05:00- } \\ & \text { 05:10 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 05: 10- \\ & 05: 20 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 05:20- } \\ & 05: 30 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 05:30- } \\ & 05: 40 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 05:40- } \\ & 05: 50 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 05:50- } \\ & \text { 06:00 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

TIME USE DIARY - page 2/12

| Time | [MAIN ACTIVITY] <br> What were you doing? <br> Record your main activity for each 10-minute period from 06:00 to 08:00! <br> - Only one main activity on each line. <br> - Distinguish between travel and the activity that is the reason for travelling. | [FOR WHOM] <br> Who did you do this for? <br> H column covers volunteer work in professional associations, religious organizations, etc. <br> Mark with "X" if "Yes". |  |  |  |  |  | [PARALLEL ACTIVITY] <br> What else were you doing? <br> In case of several parallel activities record the most important. | [IT] <br> Did you use a computer, smart device, internet, online tool, or similar technology or device for doing this? <br> Mark with " $X$ " if "Yes". | [LOCATION/ <br> TRANSPORT] <br> Where were you/How did you move? <br> Record the location or, if traveling, the mode of transport. <br> e.g. at home, at friends' home, at school, at workplace, in restaurant, in shop, on foot, by car, by bus, by bicycle, by motorbike, etc. | [WITH WHOM] <br> Were you alone or together with somebody you know? <br> Mark with " $X$ " if "Yes". |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Myself | For own Household |  | For other $\mathrm{HHs} /$ Per sons | Work | Comm unity, organiz ation, etc. |  |  |  |  | With other household members |  |  |  | Other per sons that you know |
|  |  |  | Children (up to 10 years old) | Other HH mem bers |  |  |  |  |  |  |  | Partner | Parent | Child <br> ren (up <br> to 10 <br> years <br> old) | Other HH mem bers |  |
| A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q |
| \|06:00- |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{array}{\|l\|} \text { 06:10- } \\ \text { 06:20 } \end{array}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 06:20- } \\ & \text { 06:30 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{array}{\|c} \text { 06:30- } \\ \text { 06:40 } \end{array}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{array}{\|l\|} \text { 06:40- } \\ \text { 06:50 } \end{array}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 06:50- } \\ & \text { 07:00 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{array}{\|l\|} \text { 07:00- } \\ \text { 07:10 } \end{array}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{array}{\|l\|} \text { 07:10- } \\ \text { 07:20 } \end{array}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 07:20- } \\ & \text { 07:30 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 07:30- } \\ & \text { 07:40 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 07:40- } \\ & \text { 07:50 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| \|07:50- |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

TIME USE DIARY - page 3/12

| Time | [MAIN ACTIVITY] <br> What were you doing? <br> Record your main activity for each 10-minute period from 08:00 to 10:00! <br> - Only one main activity on each line. <br> - Distinguish between travel and the activity that is the reason for travelling. | [FOR WHOM] <br> Who did you do this for? <br> H column covers volunteer work in professional associations, religious organizations, etc. <br> Mark with "X" if "Yes". |  |  |  |  |  | [PARALLEL ACTIVITY] <br> What else were you doing? <br> In case of several parallel activities record the most important. | [IT] <br> Did you use a computer, smart device, internet, online tool, or similar technology or device for doing this? <br> Mark with " $X$ " if "Yes". | [LOCATION/ <br> TRANSPORT] <br> Where were you/How did you move? <br> Record the location or, if traveling, the mode of transport. <br> e.g. at home, at friends' home, at school, at workplace, in restaurant, in shop, on foot, by car, by bus, by bicycle, by motorbike, etc. | [WITH WHOM] <br> Were you alone or together with somebody you know? <br> Mark with " $X$ " if "Yes". |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Myself | For own Household |  | For other HHs/ Per sons | Work | Comm unity, organiz ation, etc. |  |  |  | Alone (or | With oth | her hous | ehold me | mbers | Other per |
|  |  |  | Children <br> (up to <br> 10 <br> years <br> old) | Other HH mem bers |  |  |  |  |  |  | unkno wn per sons) | Partner | Parent | Child <br> ren (up <br> to 10 <br> years <br> old) | Other HH mem bers | that <br> you know |
| A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q |
| $\begin{aligned} & \text { 08:00-00 } \\ & 08: 10 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{array}{\|c\|} 08: 10- \\ 08: 20 \end{array}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 08: 20- \\ & 08: 30 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 08:30- } \\ & \text { 08:40 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 08:40- } \\ & 08: 50 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 08:50- } \\ & \text { 09:00 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 09:00- } \\ & \text { 09:10 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 09:10- |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 09:20- } \\ & 09: 30 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 09:30- } \\ & \text { 09:40 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 09:40- } \\ & \text { 09:50 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 09: 50- \\ & 10: 00 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

TIME USE DIARY - page 4/12

| Time | [MAIN ACTIVITY] <br> What were you doing? <br> Record your main activity for each 10-minute period from 10:00 to 12:00! <br> - Only one main activity on each line. <br> - Distinguish between travel and the activity that is the reason for travelling. | [FOR WHOM] <br> Who did you do this for? <br> H column covers volunteer work in professional associations, religious organizations, etc. <br> Mark with " $X$ " if "Yes". |  |  |  |  |  | [PARALLEL ACTIVITY] <br> What else were you doing? <br> In case of several parallel activities record the most important. | [IT] <br> Did you use a computer, smart device, internet, online tool, or similar technology or device for doing this? <br> Mark with " $X$ " if "Yes". | [LOCATION/ <br> TRANSPORT] <br> Where were you/How did you move? <br> Record the location or, if traveling, the mode of transport. <br> e.g. at home, at friends' home, at school, at workplace, in restaurant, in shop, on foot, by car, by bus, by bicycle, by motorbike, etc. | [WITH WHOM] <br> Were you alone or together with somebody you know? <br> Mark with " $X$ " if "Yes". |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Myself | For own Household |  | For other HHs/ Per sons | Work | Comm unity, organiz ation, etc. |  |  |  | Alone (or | With oth | her hous | ehold me | mbers | Other per sons |
|  |  |  | Children <br> (up to <br> 10 <br> years <br> old) | Other HH mem bers |  |  |  |  |  |  | unkno <br> wn per sons) | Partner | Parent | Child <br> ren (up <br> to 10 <br> years <br> old) | Other HH mem bers | that <br> you <br> know |
| A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q |
| $\begin{aligned} & 10: 00- \\ & 10: 10 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 10: 10- \\ & 10: 20 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 10: 20- \\ & 10: 30 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 10: 30- \\ & 10: 40 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 10: 40- \\ & 10: 50 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 10:50- } \\ & 11: 00 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 11:00- } \\ & \text { 11:10 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 11:10- } \\ & \text { 11:20 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 11:20- } \\ & \text { 11:30 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 11: 30- \\ & 11: 40 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 11: 40- \\ & 11: 50 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{gathered} 11: 50- \\ 12: 00 \end{gathered}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

TIME USE DIARY - page 5/12

| Time | [MAIN ACTIVITY] <br> What were you doing? <br> Record your main activity for each 10-minute period from 12:00 to 14:00! <br> - Only one main activity on each line. <br> - Distinguish between travel and the activity that is the reason for travelling. | [FOR WHOM] <br> Who did you do this for? <br> H column covers volunteer work in professional associations, religious organizations, etc. <br> Mark with "X" if "Yes". |  |  |  |  |  | [PARALLEL ACTIVITY] <br> What else were you doing? <br> In case of several parallel activities record the most important. | [IT] <br> Did you use a computer, smart device, internet, online tool, or similar technology or device for doing this? <br> Mark with " $X$ " if "Yes". | [LOCATION/ <br> TRANSPORT] <br> Where were you/How did you move? <br> Record the location or, if traveling, the mode of transport. <br> e.g. at home, at friends' home, at school, at workplace, in restaurant, in shop, on foot, by car, by bus, by bicycle, by motorbike, etc. | [WITH WHOM] <br> Were you alone or together with somebody you know? <br> Mark with " $X$ " if "Yes". |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Myself | For own Household |  | For other HHs/ Per sons | Work | Comm unity, organiz ation, etc. |  |  |  | Alone (or | With oth | her hous | ehold me | mbers | Other per |
|  |  |  | Children <br> (up to <br> 10 <br> years <br> old) | Other HH mem bers |  |  |  |  |  |  | unkno wn per sons) | Partner | Parent | Child <br> ren (up <br> to 10 <br> years <br> old) | Other HH mem bers | that <br> you know |
| A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q |
| $\begin{aligned} & 12: 00- \\ & 12: 10 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 12:10- } \\ & \text { 12:20 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 12:20- } \\ & \text { 12:30 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 12: 30- \\ & 12: 40 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 12: 40- \\ & 12: 50 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 12:50- } \\ & 13: 00 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 13: 00- \\ & 13: 10 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 13: 10- \\ & 13: 20 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 13: 20- \\ & 13: 30 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 13: 30- \\ & 13: 40 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 13: 40- \\ & 13: 50 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 13: 50- \\ & 14: 00 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

TIME USE DIARY - page 6/12

| Time | [MAIN ACTIVITY] <br> What were you doing? <br> Record your main activity for each 10-minute period from 14:00 to 16:00! <br> - Only one main activity on each line. <br> - Distinguish between travel and the activity that is the reason for travelling. | [FOR WHOM] <br> Who did you do this for? <br> H column covers volunteer work in professional associations, religious organizations, etc. <br> Mark with "X" if "Yes". |  |  |  |  |  | [PARALLEL ACTIVITY] <br> What else were you doing? <br> In case of several parallel activities record the most important. | [IT] <br> Did you use a computer, smart device, internet, online tool, or similar technology or device for doing this? <br> Mark with " $X$ " if "Yes". | [LOCATION/ <br> TRANSPORT] <br> Where were you/How did you move? <br> Record the location or, if traveling, the mode of transport. <br> e.g. at home, at friends' home, at school, at workplace, in restaurant, in shop, on foot, by car, by bus, by bicycle, by motorbike, etc. | [WITH WHOM] <br> Were you alone or together with somebody you know? <br> Mark with " $X$ " if "Yes". |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Myself | For own Household |  | For other HHs/ Per sons | Work | Comm unity, organiz ation, etc. |  |  |  | Alone (or | With oth | her hous | ehold me | mbers | Other per |
|  |  |  | Children <br> (up to <br> 10 <br> years <br> old) | Other HH mem bers |  |  |  |  |  |  | unkno wn per sons) | Partner | Parent | Child <br> ren (up <br> to 10 <br> years <br> old) | Other HH mem bers | that <br> you know |
| A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q |
| $\begin{aligned} & 14: 00- \\ & 14: 10 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 14: 10- \\ & 14: 20 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 14: 20- \\ & 14: 30 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 14: 30- \\ & 14: 40 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 14: 40- \\ & 14: 50 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 14:50- } \\ & \text { 15:00 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 15: 00- \\ & 15: 10 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 15: 10- \\ & 15: 20 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 15: 20- \\ & 15: 30 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 15: 30- \\ & 15: 40 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 15: 40- \\ & 15: 50 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 15: 50- \\ & 16: 00 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

TIME USE DIARY - page $7 / 12$

| Time | [MAIN ACTIVITY] <br> What were you doing? <br> Record your main activity for each 10-minute period from 16:00 to 18:00! <br> - Only one main activity on each line. <br> - Distinguish between travel and the activity that is the reason for travelling. | [FOR WHOM] <br> Who did you do this for? <br> H column covers volunteer work in professional associations, religious organizations, etc. <br> Mark with "X" if "Yes". |  |  |  |  |  | [PARALLEL ACTIVITY] <br> What else were you doing? <br> In case of several parallel activities record the most important. | [IT] <br> Did you use a computer, smart device, internet, online tool, or similar technology or device for doing this? <br> Mark with " $X$ " if "Yes". | [LOCATION/ <br> TRANSPORT] <br> Where were you/How did you move? <br> Record the location or, if traveling, the mode of transport. <br> e.g. at home, at friends' home, at school, at workplace, in restaurant, in shop, on foot, by car, by bus, by bicycle, by motorbike, etc. | [WITH WHOM] <br> Were you alone or together with somebody you know? <br> Mark with " $X$ " if "Yes". |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Myself | For own Household |  | For other HHs/ Per sons | Work | Comm unity, organiz ation, etc. |  |  |  | Alone (or | With oth | her hous | ehold me | mbers | Other per |
|  |  |  | Children <br> (up to <br> 10 <br> years <br> old) | Other HH mem bers |  |  |  |  |  |  | unkno wn per sons) | Partner | Parent | Child <br> ren (up <br> to 10 <br> years <br> old) | Other HH mem bers | that <br> you know |
| A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q |
| $\begin{aligned} & 16: 00- \\ & 16: 10 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 16:10-10 } \\ & 16: 20 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 16: 20- \\ & 16: 30 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 16: 30- \\ & 16: 40 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 16: 40- \\ & 16: 50 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 16: 50- \\ & \text { 17:00 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 17:00- } \\ & \text { 17:10 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 17:10- } \\ & \text { 17:20 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 17: 20- \\ & 17: 30 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 17: 30- \\ & 17: 40 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 17: 40- \\ & 17: 50 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 17:50- } \\ & \text { 18:00 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

TIME USE DIARY - page 8/12

| Time | [MAIN ACTIVITY] <br> What were you doing? <br> Record your main activity for each 10-minute period from 18:00 to 20:00! <br> - Only one main activity on each line. <br> - Distinguish between travel and the activity that is the reason for travelling. | [FOR WHOM] <br> Who did you do this for? <br> H column covers volunteer work in professional associations, religious organizations, etc. <br> Mark with " $X$ " if "Yes". |  |  |  |  |  | [PARALLEL ACTIVITY] <br> What else were you doing? <br> In case of several parallel activities record the most important. | [IT] <br> Did you use a computer, smart device, internet, online tool, or similar technology or device for doing this? <br> Mark with " $X$ " if "Yes". | [LOCATION/ <br> TRANSPORT] <br> Where were you/How did you move? <br> Record the location or, if traveling, the mode of transport. <br> e.g. at home, at friends' home, at school, at workplace, in restaurant, in shop, on foot, by car, by bus, by bicycle, by motorbike, etc. | [WITH WHOM] <br> Were you alone or together with somebody you know? <br> Mark with " $X$ " if "Yes". |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Myself | For own Household |  | For other HHs/ Per sons | Work | Comm unity, organiz ation, etc. |  |  |  | Alone (or | With oth | her hous | sehold me | embers | Other per |
|  |  |  | $\begin{gathered} \text { Children } \\ \text { (up to } \\ 10 \\ \text { years } \\ \text { old) } \end{gathered}$ | Other HH mem bers |  |  |  |  |  |  | unkno <br> wn per sons) | Partner | Parent | Child <br> ren (up <br> to 10 <br> years <br> old) | Other HH mem bers | that <br> you know |
| A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q |
| $\begin{array}{\|l\|} \hline 18: 00- \\ 18: 10 \end{array}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 18:10- } \\ & 18: 20 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 18:20- } \\ & 18: 30 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 18:30- } \\ & \text { 18:40 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 18: 40- \\ & 18: 50 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 18:50- } \\ & \text { 19:00 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{array}{\|c\|} \hline 19: 00- \\ 19: 10 \end{array}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 19:10- } \\ & \text { 19:20 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 19:20- } \\ & 19: 30 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 19:30- } \\ & \text { 19:40 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 19: 40- \\ & 19: 50 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 19:50- } \\ & \text { 20:00 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

TIME USE DIARY - page 9/12

| Time | [MAIN ACTIVITY] <br> What were you doing? <br> Record your main activity for each 10-minute period from 20:00 to 22:00! <br> - Only one main activity on each line. <br> - Distinguish between travel and the activity that is the reason for travelling. | [FOR WHOM] <br> Who did you do this for? <br> H column covers volunteer work in professional associations, religious organizations, etc. <br> Mark with " $X$ " if "Yes". |  |  |  |  |  | [PARALLEL ACTIVITY] <br> What else were you doing? <br> In case of several parallel activities record the most important. | [IT] <br> Did you use a computer, smart device, internet, online tool, or similar technology or device for doing this? <br> Mark with " $X$ " if "Yes". | [LOCATION/ <br> TRANSPORT] <br> Where were you/How did you move? <br> Record the location or, if traveling, the mode of transport. <br> e.g. at home, at friends' home, at school, at workplace, in restaurant, in shop, on foot, by car, by bus, by bicycle, by motorbike, etc. | [WITH WHOM] <br> Were you alone or together with somebody you know? <br> Mark with " $X$ " if "Yes". |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Myself | For own Household |  | For other HHs/ Per sons | Work | Comm unity, organiz ation, etc. |  |  |  | Alone (or | With oth | her hous | ehold me | mbers | Other per |
|  |  |  | $\begin{array}{\|c\|} \hline \text { Children } \\ \text { (up to } \\ 10 \\ \text { years } \\ \text { old) } \end{array}$ | Other <br> HH <br> mem bers |  |  |  |  |  |  | unkno wn per sons) | Partner | Parent | Child <br> ren (up <br> to 10 <br> years <br> old) | Other HH mem bers | that <br> you know |
| A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q |
| $\begin{aligned} & 20: 00- \\ & 20: 10 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 20: 10- \\ & 20: 20 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 20: 20- \\ & 20: 30 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 20: 30- \\ & 20: 40 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 20: 40- \\ & 20: 50 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 20:50- } \\ & 21: 00 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 21:00- } \\ & 21: 10 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 21: 10- \\ & 21: 20 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 21: 20- \\ & 21: 30 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 21: 30- \\ & 21: 40 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 21: 40- \\ & 21: 50 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 21:50- } \\ & 22: 00 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

TIME USE DIARY - page $\mathbf{1 0 / 1 2}$

| Time | [MAIN ACTIVITY] <br> What were you doing? <br> Record your main activity for each 10-minute period from 22:00 to 24:00! <br> - Only one main activity on each line. <br> - Distinguish between travel and the activity that is the reason for travelling. | [FOR WHOM] <br> Who did you do this for? <br> H column covers volunteer work in professional associations, religious organizations, etc. <br> Mark with " $X$ " if "Yes". |  |  |  |  |  | [PARALLEL ACTIVITY] <br> What else were you doing? <br> In case of several parallel activities record the most important. | [IT] <br> Did you use a computer, smart device, internet, online tool, or similar technology or device for doing this? <br> Mark with " $X$ " if "Yes". | [LOCATION/ TRANSPORT] <br> Where were you/How did you move? <br> Record the location or, if traveling, the mode of transport. <br> e.g. at home, at friends' home, at school, at workplace, in restaurant, in shop, on foot, by car, by bus, by bicycle, by motorbike, etc. | [WITH WHOM] <br> Were you alone or together with somebody you know? <br> Mark with "X" if "Yes". |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Myself | For own Household |  | For other HHs/ Per sons | Work | Comm unity, organiz ation, etc. |  |  |  | Alone (or | With oth | her hous | sehold me | mbers | Other per |
|  |  |  | Children <br> (unp to <br> 10 <br> years <br> old) | Other HH mem bers |  |  |  |  |  |  | unkno <br> wn per <br> sons) | Partner | Parent | Child <br> ren (up <br> to 10 <br> years <br> old) | $\begin{array}{\|c} \hline \text { Other } \\ \text { HH } \\ \text { mem } \\ \text { bers } \end{array}$ | that <br> you know |
| A | в | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q |
| $\begin{aligned} & \text { 22:00- } \\ & 22: 10 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 22:10- } \\ & \text { 22:20 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 22:20- } \\ & \text { 22:30 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 22:30- } \\ & \text { 22:40 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 22:40- } \\ & \text { 22:50 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 22:50- } \\ & 23: 00 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 23:00- } \\ & \text { 23:10 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 23:10- } \\ & 23: 20 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 23: 20- \\ & 23: 30 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 23:30- } \\ & \text { 23:40 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 23:40- } \\ & \text { 23:50 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & 23: 50- \\ & 24: 00 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

TIME USE DIARY - page 11/12

| Time | [MAIN ACTIVITY] <br> What were you doing? <br> Record your main activity for each 10-minute period from 00:00 to 02:00! <br> - Only one main activity on each line. <br> - Distinguish between travel and the activity that is the reason for travelling. | [FOR WHOM] <br> Who did you do this for? <br> H column covers volunteer work in professional associations, religious organizations, etc. <br> Mark with "X" if "Yes". |  |  |  |  |  | [PARALLEL ACTIVITY] <br> What else were you doing? <br> In case of several parallel activities record the most important. | [IT] <br> Did you use a computer, smart device, internet, online tool, or similar technology or device for doing this? | [LOCATION/ <br> TRANSPORT] <br> Where were you/How did you move? <br> Record the location or, if traveling, the mode of transport. <br> e.g. at home, at friends' home, at school, at workplace, in restaurant, in shop, on foot, by car, by bus, by bicycle, by motorbike, etc. | [WITH WHOM] <br> Were you alone or together with somebody you know? <br> Mark with " $X$ " if "Yes". |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Myself | For own Household |  | For other HHs/ Per sons | Work | Comm unity, organiz ation, etc. |  |  |  |  | With other household members |  |  |  | Other per sons that you know |
|  |  |  | Children (up to 10 years old) | Other HH mem bers |  |  |  |  |  |  |  | Partner | Parent | Child <br> ren (up <br> to 10 <br> years <br> old) | Other HH mem bers |  |
| A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q |
| $\begin{aligned} & 00: 00- \\ & 00: 10 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 00:10- } \\ & \text { 00:20 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 00:20- } \\ & 00: 30 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 00:30- } \\ & \text { 00:40 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{gathered} \text { 00:40- } \\ 00: 50 \end{gathered}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{gathered} \text { 00:50- } \\ \text { 01:00 } \end{gathered}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{array}{\|c} \text { 01:00- } \\ 01: 10 \end{array}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 01:10- } \\ & 01: 20 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 01:20- } \\ & 01: 30 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{array}{\|l\|} \text { 01:30- } \\ 01: 40 \end{array}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{array}{\|l\|} \text { 01:40- } \\ 01: 50 \end{array}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 01:50- } \\ & \text { 02:00 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

TIME USE DIARY - page $12 / 12$

| Time | [MAIN ACTIVITY] <br> What were you doing? <br> Record your main activity for each 10-minute period from 02:00 to 04:00! <br> - Only one main activity on each line. <br> - Distinguish between travel and the activity that is the reason for travelling. | [FOR WHOM] <br> Who did you do this for? <br> H column covers volunteer work in professional associations, religious organizations, etc. <br> Mark with " $X$ " if "Yes". |  |  |  |  |  | [PARALLEL ACTIVITY] <br> What else were you doing? <br> In case of several parallel activities record the most important. | [IT] <br> Did you use a computer, smart device, internet, online tool, or similar technology or device for doing this? <br> Mark with " $X$ " if "Yes". | [LOCATION/ <br> TRANSPORT] <br> Where were you/How did you move? <br> Record the location or, if traveling, the mode of transport. <br> e.g. at home, at friends' home, at school, at workplace, in restaurant, in shop, on foot, by car, by bus, by bicycle, by motorbike, etc. | [WITH WHOM] <br> Were you alone or together with somebody you know? <br> Mark with " $X$ " if "Yes". |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Myself | For own Household |  | For other $\mathrm{HHs} /$ Per sons | Work | Comm unity, organiz ation, etc. |  |  |  | Alone (or | With ot | her hous | sehold m | mbers | Other per |
|  |  |  | Children (up to 10 years old) | Other HH mem bers |  |  |  |  |  |  | unkno wn per sons) | Partner | Parent | Child <br> ren (up <br> to 10 <br> years <br> old) | Other HH mem bers | that <br> you know |
| A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q |
| $\begin{gathered} \text { 02:00- } \\ 02: 10 \end{gathered}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 02:10- |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 02:20- } \\ & 02: 30 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 02:30- } \\ & 02: 40 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 02:40- } \\ & 02: 50 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 02:50- } \\ & \text { 03:00 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{array}{\|c} \text { 03:00- } \\ \text { 03:10 } \end{array}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 03:10- } \\ & \text { 03:20 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{array}{\|l\|} \text { 03:20- } \\ 03: 30 \end{array}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 03:30- } \\ & \text { 03:40 } \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{aligned} & \text { 03:40- } \\ & 03: 50 \end{aligned}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\begin{array}{\|l\|} \text { 03:50- } \\ \text { 04:00 } \end{array}$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  | $\square$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

1 When did you fill in the diary?
Now and then during the diary day $\square$ (1)
At the end of the diary day
$\square$ (2)
The day after the diary day

## $\square$ (3)

Later, about $\qquad$ days after the diary day
$\square(4)$

2 What was the most pleasant activity described in the diary?

What was the most unpleasant activity described in the diary?

4 What was the most stressful activity described in the diary?

5 Overall, how do you appreciate this day?
Very pleasant $\square(1)$
Pleasant
$\square$ (2)
Neither pleasant nor unpleasant
$\square(3)$
Unpleasant
$\square(4)$
Very unpleasant

6 Was this an ordinary or an unusual day?
An ordinary day
$\square(1)$
An unusual day
$\square(2)$

7a Are you employed or a student?
Yes
$\begin{array}{ll}\square(1) & \rightarrow \text { 7b } \\ \square(2) & \rightarrow 8 a\end{array}$

7b What kind of day was this day?

| An ordinary workday | $\square(1)$ |
| :--- | :--- |
| An ordinary school day | $\square(2)$ |
| Day off due to weekend/holiday/work schedule | $\square(3)$ |
| A sick leave day | $\square(4)$ |
| A vacation day | $\square(5)$ |
| On leave for other reasons | $\square(6)$ |

8a Were you on a trip e.g. to another locality (town/ region/ country) during the diary day? (Disregard regular trips to work or school or trips lasting less than two hours in total)

| No | $\square(1)$ | $\rightarrow 9$ |
| :--- | :--- | :--- |
| Yes, on a single day trip within the country | $\square(2)$ | $\mathbf{\rightarrow 8 b}$ |
| Yes, on a single day trip abroad | $\square(3)$ | $\mathbf{7 8 b}$ |
| Yes, on an overnight trip within the country | $\square(4)$ | $\mathbf{\rightarrow 8 b}$ |
| Yes, on an overnight trip abroad | $\square(5)$ | $\mathbf{7 8 b}$ |

8b How far from home did you travel? (Note the approximate distance from home (one way). If several trips, note the longest)
$\mathrm{km}(\mathrm{s})$

9 Please go through the diary once again and check the following:
$\rightarrow$ Please check that you have written only one main activity in each line and that there are no empty time periods
$\rightarrow$ Have you marked clearly your working hours of employment even if you worked at home?
$\rightarrow$ Have you marked the ICT use for main and parallel activities?
$\rightarrow$ Have you recorded all travel and modes of transport?
$\rightarrow$ Have you marked the duration of parallel activities, if any?
$\rightarrow$ Please check that there is at least one " $x$ " on each line in the "For whom" column, except where none of the categories apply for the activity (e.g., purpose is for pet)
$\rightarrow$ Please check that there is at least one " $x$ " on each line in the "With whom" column, except for time that you spent in bed

