


**U.S. BUREAU OF LABOR STATISTICS**

Bureau of Labor Statistics &gt; Economic News Release &gt; American Time Use Survey

## Economic News Release

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### Table 11A. Time spent in leisure and sports activities for the civilian population by selected characteristics, averages per day, 2024 annual averages

**Table 11A. Time spent in leisure and sports activities for the civilian population by selected characteristics, averages per day, 2024 annual averages**

Characteristic	Average hours per day spent in leisure and sports activities, all days of week							
	Total, all leisure and sports activities	Participating in sports, exercise and recreation	Socializing and communicating	Watching TV	Reading	Relaxing/ thinking	Playing games and computer use for leisure	Other leisure and sports activities, including travel(1)
<b>Sex</b>								
<b>Men</b>	5.48	0.38	0.56	2.82	0.25	0.37	0.71	0.38
<b>Women</b>	4.67	0.25	0.61	2.39	0.31	0.36	0.43	0.33
<b>Age</b>								
<b>Total, 15 years and over</b>	5.07	0.31	0.59	2.60	0.28	0.36	0.57	0.35
<b>15 to 19 years</b>	5.36	0.64	0.59	2.01	0.15	0.17	1.31	0.49
<b>20 to 24 years</b>	4.67	0.46	0.65	1.70	0.13	0.26	0.93	0.55
<b>25 to 34 years</b>	4.26	0.26	0.56	1.84	0.17	0.27	0.83	0.33
<b>35 to 44 years</b>	3.80	0.23	0.57	1.89	0.15	0.29	0.39	0.27

**Footnotes**

(1) Includes other leisure and sports activities, not elsewhere classified, and travel related to leisure and sports activities.

(2) The earnings data are limited to wage and salary workers (both incorporated and unincorporated self-employed workers are excluded). Each earnings range represents approximately 25 percent of full-time wage and salary workers who held only one job.

NOTE: Unless otherwise specified, data refer to persons 15 years and over. Persons of Hispanic or Latino ethnicity may be of any race.



Characteristic	Average hours per day spent in leisure and sports activities, all days of week							
	Total, all leisure and sports activities	Participating in sports, exercise and recreation	Socializing and communicating	Watching TV	Reading	Relaxing/ thinking	Playing games and computer use for leisure	Other leisure and sports activities, including travel <sup>(1)</sup>
<b>45 to 54 years</b>	4.32	0.28	0.62	2.13	0.18	0.46	0.32	0.32
<b>55 to 64 years</b>	5.34	0.26	0.59	3.08	0.33	0.42	0.33	0.33
<b>65 to 74 years</b>	6.52	0.32	0.55	3.95	0.47	0.43	0.43	0.37
<b>75 years and over</b>	7.56	0.27	0.58	4.58	0.77	0.58	0.44	0.34
<b>Race and Hispanic or Latino ethnicity</b>								
<b>White</b>	5.07	0.32	0.60	2.57	0.31	0.33	0.56	0.37
<b>Black or African American</b>	5.62	0.21	0.48	3.37	0.14	0.64	0.49	0.27
<b>Asian</b>	3.98	0.49	0.57	1.46	0.17	0.25	0.71	0.33
<b>Hispanic or Latino ethnicity</b>	4.45	0.28	0.69	2.25	0.10	0.40	0.46	0.28
<b>Employment status</b>								
<b>Employed</b>	4.13	0.28	0.53	2.01	0.18	0.31	0.49	0.33
<b>Full-time workers</b>	3.97	0.27	0.52	1.94	0.17	0.31	0.44	0.32
<b>Part-time workers</b>	4.68	0.30	0.55	2.27	0.20	0.31	0.70	0.36

**Footnotes**

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<b>Not employed</b>	6.68	0.37	0.68	3.61	0.46	0.46	0.69	0.40
<b>Usual weekly earnings of full-time wage and salary workers (single jobholders only)<sup>(2)</sup></b>								
<b>\$0 - \$840</b>	3.91	0.16	0.48	2.10	0.10	0.32	0.50	0.23
<b>\$841 - \$1,250</b>	4.22	0.21	0.55	2.03	0.19	0.36	0.52	0.36
<b>\$1,251 - \$1,970</b>	4.05	0.34	0.50	1.87	0.15	0.35	0.52	0.33
<b>\$1,971 and higher</b>	4.00	0.38	0.55	1.87	0.22	0.21	0.39	0.38
<b>Presence and age of household children</b>								
<b>No household children under 18</b>	5.66	0.32	0.58	3.01	0.35	0.39	0.62	0.38
<b>Household children under 18</b>	3.87	0.30	0.59	1.77	0.14	0.31	0.45	0.30

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<b>Children 13 to 17 years, none younger</b>	4.74	0.42	0.59	2.36	0.12	0.26	0.63	0.38
<b>Children 6 to 12 years, none younger</b>	3.86	0.30	0.52	1.61	0.20	0.43	0.50	0.30
<b>Youngest child under 6 years</b>	3.23	0.22	0.67	1.47	0.09	0.24	0.27	0.25
<b>Marital status and sex</b>								
<b>Married, spouse present</b>	4.74	0.28	0.63	2.52	0.29	0.35	0.36	0.31
<b>Men</b>	5.17	0.32	0.59	2.90	0.26	0.40	0.36	0.32
<b>Women</b>	4.30	0.24	0.66	2.13	0.32	0.30	0.36	0.29
<b>Other marital statuses</b>	5.40	0.35	0.54	2.68	0.27	0.38	0.78	0.40
<b>Men</b>	5.83	0.45	0.52	2.73	0.24	0.34	1.10	0.44
<b>Women</b>	5.02	0.25	0.56	2.63	0.29	0.41	0.50	0.37
<b>Educational attainment, 25 years and over</b>								
<b>Less than a high school</b>	5.30	0.20	0.74	3.01	0.08	0.83	0.27	0.17

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diploma								
High school graduates, no college	5.52	0.19	0.55	3.36	0.20	0.44	0.48	0.30
Some college or associate degree	5.36	0.22	0.59	2.94	0.31	0.44	0.48	0.37
Bachelor's degree and higher	4.58	0.35	0.57	2.17	0.41	0.27	0.48	0.34
Bachelor's degree only	4.67	0.35	0.57	2.26	0.36	0.29	0.52	0.32
Advanced degree	4.46	0.36	0.56	2.04	0.49	0.24	0.40	0.37

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