

**Attached Table-3: Definition and Entry Example of Detailed Activity Coding**

The Major, Middle and Minor groups are shown by the numbering method of activities: single digit numbers show that the activity belongs to a Major group, numbers in two digits to the Middle group, and the numbers in three digits to the Minor group.

<b>Kinds of Activity</b>	<b>Definition</b>	<b>Entry Examples</b>	<b>Remarks</b>
1 Paid work	Work (production of things or offering services) for earning for oneself or one's household.		
11 Main job related	Main job and activities related to main job.		
111 Main job	(1) Time spent on main job, including: working overtime, work brought home, training during work. Also included is the time spent at workplace waiting or standing-by. Other activities done during the time are classified as such. (2) Unpaid activities at the office before or after working hours (main job).	(1) Preparations for work. Work. Overtime work. Clearing up after work. Side work.  (2) Change into work uniform at the office.	<ul style="list-style-type: none"> <li>• Packing one's bag and choosing one's clothing for the next day's work are included in '214 Household upkeep'.</li> <li>• Activities done during breaks, including the lunch break, are classified based on the actual activity done. Cases of unidentified activities and no other activities are included in '141 Rest from work'.</li> </ul>
112 Travel as part of or during main job	Travel related to '111 Main job'.	Travel to customer for business purposes. Delivery. Trips to markets for purchasing. Travel back to work from customer.	<ul style="list-style-type: none"> <li>• Including the driver's (taxi, truck, pizza delivery, etc.) job, while moving.</li> <li>• Travel to and from business trip destinations is included in '612 Other travel'.</li> </ul>
12 Second job related	Second job and activities related thereto.		
121 Second job	(1) Time spent on second job, including: working overtime, work brought home, training during work. Also included is the time spent at workplace waiting or standing-by. (2) Unpaid activities at the office before or after working hours (second job).	(1) Preparations for work (second job). Work (second job). Overtime work (second job).  (2) Change into work uniform before or after work (second job).	<ul style="list-style-type: none"> <li>• Activities done during breaks, including the lunch break, are classified based on the actual activity done. Cases of unidentified activities and no other activities are included in '141 Rest from work'.</li> </ul>
122 Travel as part of or during second job	Travel related to '121 Second job'.	Trips to markets for purchasing (second job).	<ul style="list-style-type: none"> <li>• Including the driver's (taxi, truck, pizza delivery, etc.) job, while moving.</li> <li>• Travel to and from business trip destinations is included in '612 Other travel'.</li> </ul>
13 Commuting to and from work	Activities related to commuting.		
131 Commuting to and from work	Travel to/from work.	Going to work. Coming home from work. Going to workplace for side work from university.	<ul style="list-style-type: none"> <li>• For any side trips taken on the way, consider the route to and from the side trip destination as part of '131 Commuting to and from work'. The route between home and the side trip destination should not be included in '131 Commuting to and from work', but in the category of travel related to a specific purpose.</li> </ul>
14 Other activities related to work	Rest from work, breaks and Activities connected with job seeking.		
141 Rest from work	(1) Breaks, including lunch time, during working hours. When any other activity is specified.	(1) Breaks during working hours. Lunch break.	<ul style="list-style-type: none"> <li>• If actual activity is specified during breaks, classify by that activity.</li> </ul>

Kinds of Activity		Definition	Entry Examples	Remarks
	141 Rest from work (Continued)	(2) Breaks during working hours, lunch break and smoking during breaks due to personal reasons, including lunch time.	(2) Smoking during work. Smoking during lunch break.	• Breaks related to the job situation are included in '111 Main job' or '121 Second job'.
	142 Activities connected with job seeking	Unpaid activities related to job hunting.	Search through job ads. Apply for a job. Examination for employment. Seek work through an employment agency.	
2	Unpaid work	Work (Production of things and offering services) not for earning for oneself or one's household.		
	21 Housework	Production of things and offering of services for oneself and one's family, excluding Childcare and Shopping.		• Including what was done for own family member that eventually benefited all family members.
	211 Management of meals	(1) Activities in connection with food preparation. (2) Activities related to conserving food. (3) Activities related to clearing up after meals.	(1) Cooking. Heating up some food. Brewing coffee. (2) Making pickles for private use. Making jam. Preserving cooked meals in a freezer (refrigerator). (3) Clearing the table. Washing the dishes. Drying the dishes.	
	212 Making sweets	Making sweets	Baking apple pie. Making puddings.	• When specified as a hobby, included in '533 Making sweets as hobbies'.
	213 Gardening	Growing rice crops and vegetables mainly for private use, growing garden trees, etc., including their harvesting.	Growing vegetables. Farm work. Harvesting rice. Fruit gardening. Gardening. Yard work.	• When specified as a hobby, include in '535 Gardening as hobbies'.
	214 Household upkeep	(1) Cleaning and tidying up inside the house.  (2) Cleaning up outside the house.  (3) Putting things in order.  (4) Heating. Water.  (5) Various arrangements for tasks at home, in a hotel etc.	(1) Vacuuming. Waxing the floor. Tidying a room. Putting away scattered toys. Putting away clothing. Airing bedclothes. Taking out rubbish, waste. (2) Clean the garden. Sweeping out the hallway. Cleaning the road in front of one's house. (3) Arranging purchases. Arranging clothes for the morning. Packing school bags. (4) Preparing a bath. Preparing fuel for heating. (5) Looking for lost items. Hanging the curtains. Closing the shutters. Removal. Tending indoor flowers.	
	215 Care of clothing	(1) Washing clothes.  (2) Ironing and caring for clothes.  (3) Repairing and putting seasonal clothes into storage.	(1) Washing dirty things by hand. Hanging out the wash. Running the washing machine. (2) Doing the ironing. Sorting dried laundry. (3) Repairing clothes. Putting seasonal clothes into storage. Alteration of clothes. Sewing buttons. Polishing shoes.	
	216 Making clothing	Making new clothes, including hand knitting, needlework and making clothes with machinery.	Sewing a curtain. Making clothes. Handicraft. Knitting.	• Repairing clothes is included in '215 Care of clothing'. • When specified as a hobby, included in '538 Making clothing as hobbies'.

Kinds of Activity	Definition	Entry Examples	Remarks
217 Building and repairing	(1) Major changes to the house, including the construction of a new building or major extension. Including construction and renovation of dwellings, garages, outhouses, etc. (2) Minor changes to the house. Various repairs of the dwelling, garage, outhouse, etc. (3) Making and repairing furniture and household goods.	(1) Heat insulated walls. Building a garage. Laying drain pipes. Renovating the kitchen.  (2) Re-plastering walls. Repairing roofs. Painting. Papering walls. Installation of light fittings. Repairing the windowpane. Unblocking a sink.  (3) Setting up furniture. Production of china, equipment and durables. Changed electric bulbs. Cleaned kitchen fan. Home carpentry.	• When specified as a hobby, included in '532 Arts'.
218 Vehicle maintenance	All maintenance of vehicles in the household done by oneself.	Changed tires on the car. Repairing a bicycle tire puncture. Repaired the motorcycle. Washing the car.	
219 Household management	Planning and arranging, budgeting, trading in shares, etc.	Keeping a household account book. Planned the weekend program for the family. Planning a journey. Checking the prices of shares owned on the Internet.	
21D Care of a child excluding a baby and a little child	Physical care of children from school age up to 17 years old.	Nursing an injured child in the 9th grade. Attending to a 9-year-old child who goes to a hospital.	
21E Care of a family member excluding a child	Physical care of elderly or sick family members over 18 years old.	Helping aged parents take a bath. Attending to a wife who is hospitalized.	
21F Help to a child excluding a baby and a little child	Helping and taking care of children from school age up to 17 years old (except housework, nursing care, and nursing).	Helping my first grader change clothes.	
21G Help to a family member excluding a child	Helping and taking care of family members over 18 years old (except housework, nursing care, and nursing).	Giving my husband a haircut. Waking my husband up. Giving my grandparents a massage.	
21C Other housework	(1) Keeping domestic animals when products are intended only for own use. (2) Housework other than that defined in '211 Management of meals' to '21G Help to a family member excluding a child', and other than defined in (1) of '21C Other housework'.	(1) Feeding my domestic animals. Caring for my chickens. Milking my goats. (2) Helping with household chores.	
22 Child care	Activities performed by parents and elder siblings to take care of or educate child(ren) and younger siblings.		• Including care and nursing for grandchild(ren) given by grandparents. • Including what was done for own family member that eventually benefited all the family members.
221 Care of a baby and a little child	Physical care of babies and little children.	Nursing a 3-year-old child in bed with a cold. Attending a 5-year-old child who goes to see a doctor.	

Kinds of Activity	Definition	Entry Examples	Remarks
222 Physical care or supervision of a baby and a little child	(1) Physical care of a baby or a little child.  (2) Supervision of babies or little children indoors or outdoors.	(1) Give a meal to my 0-year-old baby. Washing my 2-year old child. Dry my baby's body. Breast-feed my baby. Change diapers of my 0-year-old baby.  (2) Babysitting for a 3-year old sister. Watching a 3-year-old child playing in a park. Watching 3- and 5-year-old children playing in a playground (Supervision outdoors).	
223 Reading, playing and talking with a baby and a little child	Baby-sitting.	Reading for a 2-year old child. Playing with a kindergarten child. Playing a figure game with a 4-year-old child.	<ul style="list-style-type: none"> <li>• Including teaching a baby or a little child something.</li> <li>• Including playing with 1-year-old baby and a second grader child.</li> </ul>
224 Accompanying a child	(1) Participation in school events.  (2) Waiting at a sports center, musician lesson, cram school, etc.	(1) Attending an explanatory meeting for entering kindergarten. Attending a class observation at my child's elementary school. Attending a PTA meeting held at the school my junior-high 1st grader attends.  (2) Waiting for my child taking a piano lesson. Accompanying my first grader for a swimming lesson.	<ul style="list-style-type: none"> <li>• Education-related events in this category do not require your child's participation.</li> <li>• If an activity other than waiting is specified, that activity is assumed to be the Main activity, and is also included in '224 Accompanying a child', as Simultaneous activity.</li> <li>• Time spent on Travel is included in '226 Transporting a child'.</li> </ul>
225 Teaching the child excluding a baby and a little child	Guiding a child in doing things. Helping a child with its study. Helping with homework.	Helping a 5th grader child with his study. A parent scores the questions of their child's arithmetic workbook in elementary school.	<ul style="list-style-type: none"> <li>• Teaching a baby or a little child something is included in '223 Reading, playing and talking with a baby and a little child'.</li> </ul>
226 Transporting a child	Fetching own child(ren) home or sending them away.	Taking my child to nursery. Picking up my junior high school 3rd grader son at the station.	
227 Reading, playing and talking with a child excluding a baby and a little child	Playing with children indoors and outdoors.	Playing with my elementary school child. Playing with my 8-year old sister. Playing soccer with my 4th grader child.	<ul style="list-style-type: none"> <li>• Playing with a baby or a little child is included in '223 Reading, playing and talking with a baby and a little child'.</li> </ul>
23 Shopping and using services	Activities including shopping and getting services for household work.		<ul style="list-style-type: none"> <li>• Including what is done for own family member that eventually benefits all the family members.</li> <li>• Using services related to Personal care, such as services at the hairdresser's, is included in '424 Personal care (personal services)'.</li> </ul>
231 Shopping	(1) Purchasing or renting capital goods, such as dwellings, cars, furniture, and household appliances or consumer goods such as food and magazines.  (2) Circling round and looking at things at shops, free markets, etc.  (3) Order and reservation of products through telephone/Internet/order sheet.	(1) Shopping. Purchasing gasoline at a gas station. Renting a video at a video store.  (2) Window shopping. Trying on clothes in a shop.  (3) Ordering a pizza by phone. Ordering goods using the Internet. Booking a ticket by phone.	<ul style="list-style-type: none"> <li>• Including reservation of services.</li> </ul>

Kinds of Activity	Definition	Entry Examples	Remarks
232 Administrative services	Using services of city offices or public facilities.	Receiving issuance of a residence certificate. Getting a certified copy of a register at the regional legal affairs bureau. Renewing my driving license at the police station.	• Borrowing books from the library, etc. is included in '531 Entertainment and culture'.
233 Commercial services	Using commercial services such as dry cleaners and banks, etc.	Taking laundry to the dry cleaner's. Checking into a hotel. Had oil change and greasing of the car in a garage. Depositing money at a bank. Using ATMs. Consulting a travel agency about my trip. Fetched a package at the post office.	• Ordering goods is included in '231 Shopping'.
24 Travel related to housework	Travel connected with housework.		
241 Travel related to housework	(1) Travel related to '21 Household work'. (2) Travel related to '22 Child care'. (3) Travel related to '23 Shopping and using services'.	(1) Dropping my husband at work. Going to a hospital to take care of my father. (2) Going to the primary school for an open day. (3) Going shopping.	• Fetching own child(ren) home or sending them away is included in '226 Transporting a child'.
25 Volunteer activity related	Activities performed as a volunteer free of charge. Also included are activities for a minor fee or transport expenses. Activities for services for an organization or people other than own family members, including related activities.		
251 Volunteer activities	(1) Unpaid activities for groups including any social groups to which you belong. (2) Unpaid activities for your family members.	(1) Environmental care and animal protection. Donating of blood. Road maintenance work as a member of a volunteer group. Coach or judge of a sports team. Attending the board meeting of the neighborhood association. PTA board meeting. (2) Assisting an elderly neighbor during a meal. Taking care of a neighbor's child.	
252 Travel related to volunteer activities	Travel related to '251 Volunteer activities'.	Going to the community center for volunteer activities. Visiting facilities for elderly persons to express sympathy.	• Including picking up non-family members.
3 Schoolwork, learning, self-education, and training	Schoolwork in class, during free time, learning, self-education, and training		
31 Schoolwork	Schoolwork, learning, etc., related to official education at primary, junior high, high school, college and university, etc.		
311 Classes and other activities related to school	(1) Classes and lectures which involve study as part of formal education such as primary, junior high, high school or university, etc.	(1) School classes. Exams. School sports day.	• Breaks or lunch breaks when no other activities are specified are classified in '314 Rest from schoolwork'.

Kinds of Activity	Definition	Entry Examples	Remarks
311 Classes and other activities related to school (Continued)	(2) Activities related to school other than studies.	(2) Homeroom activities. Cleaning of school rooms.	• Club activities are classified into '321 Learning, self-education, and training (excluding schoolwork)', '531 Entertainment and culture' to '53C Other hobbies and amusements', or '541 Aerobic sports' to '545 Other sports', etc."
312 Homework	Preparing and reviewing study at primary, junior high and high schools, university, at home or at a library.	Preparing for class. Reviewing the class. Preparing for midterm tests. Reading books to prepare for exams. Doing homework at the library.	• Packing textbooks and other necessary things into a bag for school is included in '214 Household upkeep'.
313 Study with a private teacher, in cram school or in preparatory school	Studies related to cram school or preparatory school, etc.	Classes at a preparatory school. Studying with a private teacher. Homework assigned at preparatory school. Studying alone at a preparatory school.	
314 Rest from schoolwork	Breaks at primary, junior high, high school, college and university, etc. when no other activities are specified.	Lunch break. Breaks between classes.	• If an activity other than the rest of school or cram school is specified, classify by that activity.
315 Commuting to and from school	Travel to/from primary, junior high, high school, college and university, etc. Travel to/from cram school.	Going back home from school. Attending school. Leaving school. Going to piano lessons from school. Going back home from cram school.	• If side trips are taken on the way, consider the route between the side trip destination and school as '315 Commuting to and from school'. The route between home and the side trip destination should not be included in '315 Commuting to and from school', but in the category of travel related to a specific purpose.
32 Learning, self-education, and training(excluding schoolwork)	Learning, self-education, and training other than schoolwork.		
321 Learning, self-education, and training (excluding schoolwork)	Learning, self-education, and training other than schoolwork during free time.	Studying by correspondence course. Studying for a certification examination. Driving school. Studying by taking a TV study course. Piano lessons. Studying by taking the municipality's course. Training Class for personal computers.	<ul style="list-style-type: none"> <li>• Including various kinds of personal classes and exercises by an individual, however learning sports from someone is included in '54 Sports'.</li> <li>• Training imposed by the seniors at work is included in '111 Main job' to '122 Travel as part of or during second job'.</li> <li>• 'Free research' as school homework is included in '312 Homework'.</li> <li>• Including taking calligraphy and drawing lessons in the day service at nursing homes.</li> </ul>
4 Personal care	Activities physically required, activities related to physical care and meals.		
41 Sleep related	Activities related to sleep and bed rest.		
411 Sleep	Asleep. Staying in futon or bed before going to sleep or getting up.	Sleep. Afternoon nap. Catnap. Waiting for sleep to come.	• Nap is included in '412 Nap'. Rest is included in '141 Rest from work', '314 Rest from schoolwork', or '561 Resting-Time out'.
412 Nap	Dozing off. Nodding off.	Napping. Lying dozing.	

Kinds of Activity	Definition	Entry Examples	Remarks
413 Medical treatment	Staying in futon or bed due to illness, advanced age, or physical disability.	Resting due to illness. Staying in futon as my leg is broken.	• Sleeping even due to sickness shall be included in '411 Sleep'.
42 Physical care	Activities related to physical care by other people or physical care of oneself.		
421 Medical examination	Using medical services of doctors, dentists and massagers, etc.	House visit by a doctor. Waiting in the waiting room of a clinic. Treatment at hospital.	
422 Bathing	Bathing	Taking a bath. Having a shower. Sauna. Bath house. Spa.	
423 Personal care	(1) Activities the respondent does for oneself, excluding bathing.  (2) Activities done free of charge for the respondent by a member of the family, a relative, or a friend, excluding bathing.	(1) Changing clothes. Shaving. Make-up. Washing hands. Washing face. Brushing teeth. Washing Feet. Drying hair.  (2) Hair cutting by Mother.	
424 Personal care (personal services)	Paid caring service the person surveyed receives from a third party in Personal care.	Having hair permed at hairdresser's. Having hair cut at a barber's. Esthetic clinic.	
425 Health care	Receiving health care from family members, friends, or oneself.	Checking someone's blood pressure. Preparing/administering drugs. Voluntary rehabilitation.	• Taking medical care of someone is included in '221 Care of a baby and a little child', '21D Care of a child excluding a baby and a little child', '21E Care of a family member excluding a child' or '251 Volunteer activities'.
43 Meals	Activities related to eating and drinking.		
431 Breakfast	Meals starting between 4:00 a.m. and 11:00 a.m.	Breakfast. Eating Breakfast together with family members.	
432 Lunch	Meals starting between 11:00 a.m. and 4:00 p.m.	Lunch. Lunch provided at school.	
433 Dinner	Meals starting between 4:00 p.m. and 0:00 a.m.	Dinner. Having dinner at a restaurant.	
434 Late-night snack	Meals starting between 0:00 a.m. and 4:00 a.m.	Late-night snack.	
435 Light meals	Eating between meals. Having light meals.	Light meals. Having a snack. Coffee break. Tea time. Drinking.	
5 Free time	Activities excluding those defined in '1 Paid work', '2 Unpaid work', '3 Schoolwork, learning, self-education, and training', '4 Personal care' and '6 Other'.		
51 Social and religious activities	Social activities and activities related to Worship or sutra-chanting.		
511 Social activities	(1) Obligatory activities done as a citizen.  (2) Attending meetings and other organizational activities arranged by social and political groups free of charge or for a minor fee or transport expenses.	(1) Voting in an election. Witness in a court.  (2) Attending a political activity. Carrying mikoshi (a portable shrine)	• Attending parents' meeting is included in '224 Accompanying a child'. • Attending a bazaar in own neighborhood or by own group, a sports meeting, etc. are classified by the kind of activity involved.
512 Worship or sutra-chanting	(1) Religious activities done by an individual.	(1) Praying at a shrine. Reading a sutra aloud at home. Attending Sunday school. Reading the Bible with family. Attending a meeting of a religious group.	

Kinds of Activity	Definition	Entry Examples	Remarks
512 Worship or sutra-chanting (Continued)	(2) Activities related to usual memorial services for ancestors.	(2) Visiting the family cemetery. Changing the water of the family altar.	
52 Social life	Activities related to association and communication.		
521 Ceremonial occasions	Ceremonial occasions.	Attend a wedding. Attend a wedding reception. Attend a Buddhist memorial service. Dinner after Buddhist sermon.	
522 Association by meeting someone	(1) Visiting relatives, friends or acquaintances, or inviting them (2) Participating in a party or other gathering (excluding those included in '521 Ceremonial occasions').  (3) Conversation with relatives, friends and acquaintances.	(1) Making courtesy visits. Welcoming visiting guests. (2) Attending a farewell party. Attending a commemoration party. Attending a party celebrating a graduation. Dining together.  (3) Conversation with a neighbor. Small talk with a friend on the street. Waiting for a friend at a restaurant. Drinking at a Japanese-style bar with friends. Visiting someone sick.	<ul style="list-style-type: none"> <li>• Including the wining and dining associated with parties.</li> <li>• Hobbies, culture and sports for association are classified based on the kind of activity.</li> </ul>
523 Communication with a family member	(1) Deepening closeness through family gathering.  (2) Telephone conversation with family members. (3) Reading, writing, sending e-mail and other messages to/from family members. (4) Writing and reading letters and faxes to/from family members.	(1) Chatting with my family. Visiting my sick mother. Arguing with my older sister. Celebrating my grandmother's birthday. (2) Calling Mother. (3) Exchanging e-mails with Father. Conversation with family members through Skype. (4) Writing to my mother. Reading a fax sent from my grandchild.	<ul style="list-style-type: none"> <li>• Playing with babies and little children in family is included in '223 Reading, playing and talking with a baby and a little child'.</li> <li>• Playing with children in family (from school age up to 17 years old) is included in '227 Reading, playing and talking with a child excluding baby and a little child'.</li> <li>• A child playing with other children games is included in '53A Games'.</li> </ul>
524 Telephone conversation	Telephone conversation with friends, etc.	Talk to my friend on the phone.	<ul style="list-style-type: none"> <li>• Calling public facilities, and stores, etc. is classified by the activity.</li> </ul>
525 Communication by computing	Using e-mails among friends and acquaintances. Reading, writing and sending E-mail messages. Chatting on the Internet.	Exchanging e-mails. Checking e-mails. Skype.	
526 Communication by correspondence	Writing and reading personal letters, faxes, etc.	Writing a letter. Writing a greeting card.	<ul style="list-style-type: none"> <li>• Including reading old letters.</li> </ul>
53 Entertainment, hobbies and culture	Activities related to entertainment, hobbies and culture.		<ul style="list-style-type: none"> <li>• What you do as a hobby (excluding sports) is included in '321 Learning, self-education, and training (excluding schoolwork)'. if it is clear that you learn it from someone or study it to get certification.</li> </ul>
531 Entertainment and culture	(1) Watching movies in a cinema. Viewing art at an art museum. Going to the theater. Enjoying a live music concert.	(1) Watching movies in cinema. Viewing a play at a theater. Enjoying a musical concert. Viewing arts at an art museum.	<ul style="list-style-type: none"> <li>• Including waiting hours, intermissions.</li> <li>• Booking and purchasing tickets is included in '231 Shopping'.</li> <li>• Entertainment on TV is included in '553 Watching TV'.</li> </ul>

Kinds of Activity	Definition	Entry Examples	Remarks
531 Entertainment and culture (Continued)	(2) Activities that cannot be categorized otherwise when using libraries.  (3) Watching sports events at a sports ground, etc.  (4) Sightseeing.	(2) Borrowing a book from a library. Borrowing a CD from a library.  (3) Watching a boxing match. Watching a rugby game. Watching motor sports.  (4) Viewing flowers at a botanical garden. Seeing a car show. Factory tour. Watching a fashion show. Spending time at an amusement park.	<ul style="list-style-type: none"> <li>• Studying at a library is included in '312 Homework', or '321 Learning, self-education, and training (excluding schoolwork)'.</li> <li>• Reading a book at the library is classified by the objective. If the details are unknown, it is included in '551 Reading books'.</li> <li>• Entertainment on TV is included in '553 Watching TV'.</li> </ul>
532 Arts	(1) Activities related to creating paintings, photography, sculpture, graphics, potter, etc.  (2) Singing, acting, playing musical instruments alone or in a group. Producing music.  (3) Writing novels, personal diary, etc.	(1) Painting china. Video-filming of children. Drawing in the garden.  (2) Choir practicing in church. Played music on the keyboard. Singing karaoke.  (3) Wrote a novel. Wrote in my diary.	<ul style="list-style-type: none"> <li>• Including computer-aided visual arts.</li> <li>• Sunday carpentry is included in '217 Building and repairing', if it is not specified as a hobby.</li> <li>• Studying art in free time is included in '321 Learning, self-education, and training (excluding schoolwork)'.</li> <li>• Also computer-aided performing arts.</li> <li>• Also when the use of computer is mentioned.</li> <li>• Filling in the questionnaires of the Survey on Time Use and Leisure Activities is included in '621 Activities related to Survey on Time Use and Leisure Activities'.</li> </ul>
533 Making sweets as hobbies	Making sweets as a hobby.	Baking an apple pie (as a hobby). Making a pudding (as a hobby).	<ul style="list-style-type: none"> <li>• Included in '212 Making sweets', if it is not specified as a hobby.</li> </ul>
534 Productive hobbies and amusements	Picking and harvesting products grown naturally or sold at a farm shop.	Picking grapes. Picking mushrooms. Chestnut gathering.	<ul style="list-style-type: none"> <li>• Products grown ownself are included in '213 Gardening', or '535 Gardening as hobbies'.</li> </ul>
535 Gardening as hobbies	Growing rice crops, vegetables, garden trees, etc. as hobbies, including harvesting of the same.	Growing vegetables (as a hobby). Weeded flower bed (as a hobby). Sprinkling water in the garden (as a hobby). Gardening (as a hobby). Harvesting rice (as a hobby).	<ul style="list-style-type: none"> <li>• Also harvesting for private use.</li> <li>• When it is not specified as a hobby, include in '213 Gardening'.</li> </ul>
536 Caring for pets	Caring for pets.	Grooming of my dog. Feed my pets.	<ul style="list-style-type: none"> <li>• Caring for own domestic animals is included in '21C Other housework'.</li> </ul>
537 Walking the dog	Walking pets and playing with pets outside (including in the yard).	Walking my dog. Playing Frisbee with my dog.	<ul style="list-style-type: none"> <li>• Also pets other than dogs.</li> <li>• Playing with pets indoors is included in '53A Games'.</li> </ul>
538 Making clothing as hobbies	Making new clothes as a hobby. Also hand knitting, needlework and making clothes with machinery.	Patchwork as a hobby.	<ul style="list-style-type: none"> <li>• Activities not specified as hobbies are included in '216 Making clothing'.</li> </ul>
539 Hobbies (collecting)	Hobbies difficult to classify in any other category.  (1) Hobbies such as collecting.	(1) Collecting stamps. Collecting coins. Collecting mobile phone straps.	



Kinds of Activity	Definition	Entry Examples	Remarks
541 Aerobic sports	(1) Walking and hiking.  (2) Jogging and running.  (3) Cycling, skiing and skating.  (4) Exercise.  (5) Exercise with an appliance.	(1) Strolled in town. Took a walk in nature. Walking for health.  (2) Joined a relay race on a kindergarten sports day.  (3) Cycling. Skiing. Skating.  (4) Calisthenics. Radio exercises. Exercises of the Morning stretching. Cheerleading.  (5) Archery. Kendo.	<ul style="list-style-type: none"> <li>• Including walking for exercise, but not for what is done for a specific objective (e.g. walking to work).</li> <li>• Walking that is done for walking dogs is included in '537 Walking the dog', etc."</li> </ul>
542 Ball games	Sports with a ball.	Rugby. Volleyball. Tennis. Golf. Baseball. Activity of the Soccer club.	
543 Water sports	Water related sports.	Window surfing. Swimming. Diving. Aquabics. Water polo.	
544 Productive sports	An action to be related to Productive sports.	Fishing. Hunting.	<ul style="list-style-type: none"> <li>• Include the hunting.</li> </ul>
545 Other sports	(1) Sports not listed above. (2) Activities related sports.	(1) Dancing. Judo. Horse riding. (2) Waiting for the exercise to begin. Cleaned nets. Chose a horse. Assembling and repairing of sports instruments.	
55 Mass media	Using mass media not classified in any other category.		
551 Reading books	Read novels and biographies, etc.	Read a love story. Read history books. Read a book on sports. Reading novels on a mobile phone.	<ul style="list-style-type: none"> <li>• Reading books for examinations and preparing reports is included in '312 Homework'.</li> <li>• Reading the Bible as a religious activity is included in '512 Worship or sutra-chanting'.</li> </ul>
552 Reading newspapers or magazines	(1) Reading publications (daily, weekly, monthly, quarterly, etc.), newspapers and magazines.  (2) See comics.  (3) Read pamphlets, ads, etc.	(1) Reading a paper. Reading a morning paper. Reading a magazine about computers. Reading a paper at a library.  (2) See comics.  (3) See catalogues of clothing, furniture, mail order. Reading travel pamphlets. Reading usage guidance.	
553 Watching TV	Watching TV.	See a film on TV. Watching TV together with children. Watching TV programs on a personal computer. Viewing one-segment broadcasting.	<ul style="list-style-type: none"> <li>• Taking TV courses for preparing for or reviewing class is included in '312 Homework'. Taking TV courses for other purposes is included in '321 Learning, self-education, and training (excluding schoolwork)'.</li> <li>• Watching video-taped or DVD-recorded TV programs is included in '554 Watching video and DVDs'.</li> </ul>
554 Watching video and DVDs	Watching video and DVDs.	Watch a DVD film. Watch a home video. Setting a video recorder. Watching paid delivery content on TV.	<ul style="list-style-type: none"> <li>• Also videos and DVDs rented.</li> <li>• Including watching video-taped or DVD-recorded TV programs.</li> </ul>

Kinds of Activity	Definition	Entry Examples	Remarks
555 Listening to the radio	Listening to the radio. Music, news, news commentaries, etc.	Listening to the radio. Listening to cable broadcasts. Listening to Internet radio.	<ul style="list-style-type: none"> <li>• Taking radio courses for preparing for or reviewing class is included in '312 Homework'. Taking radio courses for other purposes is included in '321, Learning, self-education, and training (excluding schoolwork)'.</li> </ul>
556 Listening to recordings	Listening to CDs, cassette tapes, and records.	Recording music onto a tape. Listening to music CDs. Listening to music with a portable music player.	
56 Resting-Time out	Rest, relaxation.		
561 Resting-Time out	Doing nothing. Reflecting. Relaxing. Resting.	Taking a rest. Sitting absent-mindedly. Killing time. Having a rest lying after lunch. Bathing in the sun outside. Relaxing.	
6 Other	Activities related to travel, the Survey on Time Use and Leisure Activities, and activity not classified in any other category above.		
61 Travel	Travel not classified in any other category above.		
611 Travel related to housework as hobbies	Travel related to producing things and offering services as hobbies.	Going to the kitchen garden (as a hobby). Going to pick strawberries. Taking my pet to a veterinarian for medical consultation.	<ul style="list-style-type: none"> <li>• Travel related to the following minor groups is included: '533 Making sweets as hobbies' to '538 Making clothing as hobbies'</li> </ul>
612 Other travel	<p>(1) Travel related to '53 Entertainment, hobbies, and culture', '54 Sports', and '55 Mass media' except for travel defined in '611 Travel related to housework as hobbies'</p> <p>(2) Travel related to Major Group '3 Schoolwork, learning, self-education and training (excluding commuting to and from school). Travel for school day trips and other trips and travel to and from various kinds of exercises.</p> <p>(3) Travel to and from destinations for business trips and training.</p> <p>(4) Travel not included in any Minor group, including travel related to '4 Personal care', '51 Social and religious activities', and '52 Social life'.</p>	<p>Going fishing. Travel by train for sightseeing. Going to a library. Going to a fitness gym.</p> <p>(2) Travel to/from destinations for school day trips and other trips. Going to piano lessons. Going to the venue of a mock entrance examination.</p> <p>(3) Travel on business trips. Going to Kyoto for training.</p> <p>(4) Going out for a meal. Going to hospital to be examined. Going to a coffee shop to eat cake.</p>	<ul style="list-style-type: none"> <li>• In case of travel from school (station) to the destination of a school trip, travel from home to school (station) is included in '612 Other travel', but not in '315 Commuting to and from school'.</li> <li>• In case of going to the usual workplace before leaving for a business trip, travel from home to the workplace is included in '131 Commuting to and from work', and travel from the workplace to the destination of a business trip is included in '612 Other travel'.</li> </ul>
62 Survey and other	Activities related to the Survey on Time Use and Leisure Activities and not specified in any other category.		

Kinds of Activity	Definition	Entry Examples	Remarks
621 Activities related to Survey on Time Use and Leisure Activities	Activities related to the Survey on Time Use and Leisure Activities.	Fill in the questionnaire. Having contact with the investigator. Help my children fill in the questionnaire.	
622 Other activities	Activities not included in any other category, excluding travel.		
(Regrouped) 7 Unpaid work (international comparison)	Activities recognized internationally as unpaid work. Including housework as a hobby. Details are as follows: '2 Unpaid work' '533 Making sweets as hobbies' '534 Productive hobbies and amusements' '535 Gardening as hobbies' '536 Caring for pets' '537 Walking the dog' '538 Making clothing as hobbies' '544 Productive sports' '611 Travel related to housework as hobbies'		

- Note:
- 'Family member' above include those outside the household.
  - 'Child(ren)' above refers to family members under school age 17 years old.
  - 'Babies and little children' above refers to preschool family members.