

**Attached Table –2 Kind of Activities**

Activities	Examples and/or notes
1.Sleep	Time from going to bed till getting up
2.Personal care	Washing face, bathing, dressing, hair-dressing, etc.
3.Meals	Includes drinking before or after meals. If the main purpose is socializing, included “18 Social life”.
4.Commuting to and from school or work	Going to work or school and returning
5.Work	Work for pay or profit Includes helping family business. Rest between work time should be classified according to the activity actually done.
6.Schoolwork	Studying by students at school, such as high school, college and university Homework is included.
7.Housework	Cooking, table setting, cleaning house, caring for family members other than little child, keeping the family account, visits to the public office on personal or family matters
8.Caring or nursing	Helping family or related person to have a meal, take a bath, dress, move, and to do other movement
9.Child care	Caring for little child(ren) Including activities concerning education of the child(ren).
10.Shopping	Purchase of food, clothes, or other goods Includes window-shopping.
11.Moving	Moving other than “4. Commuting to and from school or work”
12. Watching TV, listening to the radio, reading newspapers or magazines	Includes watching TV programs recorded on videotape
13.Rest and relaxation	Conversation with family, office colleagues, etc.
14. Studies and researches	Studies and researches other than “6. Schoolwork” Those as a part of work are included in “5. Work”.
15. Hobbies and amusements	Seeing a movie or a play, playing or listening to music, caring for pets, gardening, flower arrangement, chess, mahjong, etc.
16.Sports	Athletic amusements such as baseball, volleyball, tennis, etc. Includes light exercises and outdoor leisure such as jogging, hiking, etc.
17.Volunteer and social activities	Voluntary activities or other social activities to promote social welfare by providing one’s effort, skill and time without pay
18.Social life	Seeing friends, taking with neighbours, attending meetings, funerals, wedding, receiving friends at home, etc.
19. Medical examination or treatment	Stay in bed due to illness, seeing a doctor for treatment, etc.
20.Other activities	Activities not classified elsewhere