

Attached Table 2: List of Examples of Kind of Activities

Kind of activities	Example	Description
1. Sleep	Sleep at night, daytime nap, catnap, waiting time from going to bed until dropping off to sleep	- Time from going to bed till getting up - A quick nap should be included in "13. Rest and relaxation".
2. Personal care	Washing face, bathing, toileting, dressing, change of clothes, makeup, hair-dressing, shaving, having a hair perm or cut at a hair salon, esthetic treatments, bathing using home-visit bathing service	- Something to be done for oneself - Cooking, cleaning house and laundry should be included in "7. Housework". - Activities using nursing care services are included in this category.
3. Meals	Eating and drinking at home and restaurants, etc., school lunch, eating and drinking at workplace	- If the main purpose is socializing, the activities should be included in "18. Social life". - Snacks should be included in "13. Rest and relaxation".
4. Commuting to and from school or work	Going to work and returning home, Going to school (including miscellaneous educational institutions and vocational schools) and returning home	- When stopping off somewhere on the way, such activity is also included in this category unless extremely different from the usual route.
5. Work	Normal work, preparation and cleanup for work, overtime work, work taken home, part-time job, sideline work, helping family business, moving during work	- Work that produces income for the worker or the whole family - Time off work, such as break time, is excluded. - Moving when traveling to and from the destination for a business trip should be included in "11. Moving".
6. Schoolwork	Study in class (elementary, junior high and high schools, technical and junior colleges, colleges or universities, graduate schools, preparatory schools, etc.), preparation for class and review of lessons, homework, cleanup at school, homeroom activities, studying under a tutor, preparation for school festivals	- Club/circle activities that are not compulsory should be included in "15. Hobbies and amusements" or "16. Sports" according to their nature. - Studying at a cram school is included in this category.
7. Housework	Cooking, tidying up after meals, cleaning house, taking out the garbage, laundry, ironing, mending clothes, drying the bedding, arranging and folding/storing clothes, caring for family members, keeping the household accounts, checking stock prices / exchanging stocks, removal of weeds in the yard, business at the bank, city office, etc., car care, repair of furniture	- Picking up a family member who is a worker or student is included in this category. - Growing crops for household consumption is included in this category. However, activities as a hobby should be included in "15. Hobbies and amusements". - Checking stock prices / exchanging stocks through the Internet is also included in this category.
8. Caring or nursing	Helping a family member or a relative living in another household to take a bath, go to the toilet, move, have a meal, etc., or nursing him/her	- Caring and nursing a family member who is temporarily confined to bed due to sickness, etc., are included in this category. - Caring and nursing a person other than family members without compensation should be included in "17. Volunteer and social activities".
9. Child care	Care for infants, attending on a child, helping a child to study, playing with a child, picking up infants, attending a parents meeting	- Activities concerning education of a child are included in this category. - Personal care for a school-age child should be included in "7. Housework".
10. Shopping	Purchasing food, daily commodities, electronic equipment, leisure goods, etc., renting a video	- Window-shopping and online shipping are also included in this category.
11. Moving (excluding commuting)	Time riding on a train or bus, waiting time, time for connection, time riding in a car, walking time	- Time from departure point to destination other than "4. Commuting to and from school or work"
12. Watching TV, listening to the radio, reading a newspaper or magazines	Watching TV, listening to the radio, reading a newspaper or magazine, watching a recorded TV show, reading a newspaper on the Internet	- Studying through a TV/radio program (including a recorded one), newspaper or magazine should be included in "14. Learning, self-education and training (except for schoolwork)". - Watching a purchased/rented video should be included in "14. Learning, self-education, and training (except for schoolwork)" or "15. Hobbies and amusements".
13. Rest and relaxation	Time to enjoy a family get-together, break time at work or school, snack/tea time, mealtime, quick nap	- Relaxation time spent watching a TV/radio program should be included in "12. Watching TV, listening to the radio, reading a newspaper or magazines".
14. Learning, self-education and training (except for schoolwork)	Learning in classes, courses and seminars, or through social correspondence education or TV/radio programs, learning to use a PC as part of club activities, learning to drive	- Learning done during free time - Training done at the order of an employer should be included in "5. Work" - Free research as a school assignment should be included in "6. Schoolwork".
15. Hobbies and amusements	Seeing a movie, art or sports game, sightseeing, driving, caring for pets, playing a video game, reading a book (including a comic) as a hobby, playing a musical instrument as part of club activities	- Activities done as a hobby, such as confectionery-making, are included in this category.
16. Sports	Participation in various athletic competitions, play involving full-body movement, shape-up workout at home, sports as club activities, including baseball (excluding sports that students learn during class), fishing	- Walking as exercise is included in this category. But moving for a specific purpose (e.g., walking to work) should be excluded.
17. Volunteer and social activities	(Volunteer activities) Cleaning up roads and parks, visits to welfare homes, Braille translation, sign language, procurement of relief supplies for disaster areas, blood donations, providing daily life assistance to the elderly, serving as a welfare commissioner, caring for a children's group, serving as a guide at an art museum, recycling campaigns, road safety campaigns (Social activities) Labor movements, political activities, doing missionary work, voting in an election	- Caring for a neighborhood association, PTA, and guild, to which the person belongs, is included in this category. - Only participation in a bazaar, festival, athletic meeting, etc., held by the community or group to which the person belongs, should be included in "10. Shopping", "15. Hobbies and amusements" or "16. Sports".
18. Social life	Eating and drinking with friends, ceremonial occasions, attendance/preparation for a reunion party, courtesy visits, get-well visits, talks with a friend face-to-face or on the phone, writing a letter	- Hobbies/amusement and sports for companionship purposes should be included in "15. Hobbies and amusements" and "16. Sports", respectively.
19. Medical examination or treatment	Consulting with a doctor/receiving medical treatment at a hospital, recuperation at home	
20. Other activities	Job-seeking activities, visiting a grave, praying at the family altar, filling out a survey slip	