

25 Diary

In section **"25 Diary"** on pages 6–9 of the questionnaire, please record the following details for the two specified days:

"① Kind of activities"

Use of "② Smartphone/PC"

"③ Person(s) being together"

for each time period, in 15-minute intervals starting at 12:00 a.m.

The two designated days are listed on the cover of the questionnaire and at the top of sections 6 to 9.

The diagram illustrates the layout of the '25 Diary' form. It is divided into three main sections: (1) Kind of activities, (2) Use of smartphone/PC, and (3) Person(s) being together. Each section is recorded over a 15-minute interval, starting at 12:00 a.m. The form is divided into a grid of 15-minute intervals. A callout box indicates that one mark on the scale next to the white line represents 15 minutes. A large red 'X' is drawn over the form, indicating that the form is not to be filled in.

(1) Kind of activities

1	Sleep
2	Personal care
3	Meals
4	Commuting to and from school or work
5	Work
6	Schoolwork
7	Housework
8	Family care or nursing
9	Child care
10	Shopping
11	Moving (excluding commuting)
12	Watching TV, listening to the radio, reading newspapers or magazines
13	Rest and relaxation
14	Learning, self-education, and training (except for school work)
15	Hobbies and amusements
16	Sports
17	Volunteer and social activities
18	Social life
19	Medical examination or treatment
20	Other activities

(2) Use of smartphone/PC

A	Yes
B	No

(3) Person(s) being together

a	Alone
b	Family member(s)
c	Classmate(s) or colleague(s)
d	Other person(s)

One mark on the scale next to the white line represents 15 minutes!

- To indicate the start and end times of your activities at each interval (15-minute intervals),
 - For **"① Kind of activities,"** mark one of the white lines in categories "1–20,"
 - For use of **"② Smartphone/PC,"** mark one of the white lines next to either "A Yes" (used) or "B No" (did not use),
 - For **"③ Person(s) being together"** draw a line on all applicable white lines in categories "a–d,"

please use a black lead pencil or mechanical pencil and a ruler to draw straight horizontal lines.
- Please also draw a vertical line at the time when the category changes.
(Drawing a vertical line allows you to accurately track the start and end times of your activities.)

For instructions on how to fill in the "Diary" section, please refer to the "Example of entry" on page 24.

Guidelines for “① Kind of activities”

- If you performed several activities within a 15-minute period, record the one that took the longest.

	15:30	15:45	16:00	16:15
	15 minutes	12 min	3 min	7 min
Actual activities	Shopping (15 min)	Returning from shopping (12 min)	Putting away purchases (10 min)	Playing with a 5-year-old child (8 min)
Information to be entered on the Questionnaire	“10 Shopping”	“11 Moving (excluding commuting)”	“9 Child care”	
	15:30	15:45	16:00	16:15

- If you performed multiple activities at the same time within a 15-minute period, record the activity you were mainly engaged in.

Guidelines for use of “② Smartphone/PC”

- If you use “**Smartphones/PC**” during the day—such as listening to music on your smartphone while commuting or using a personal computer while working—mark the corresponding time as “**A Yes**” (used); for all other times, mark “**B No**” (did not used).
- If you had music playing on your smartphone while sleeping, or had a step-counting app running on your smartphone while taking a walk, you should mark “**B No**” (did not used) because you were not consciously “**operating, viewing, or listening**” to the device.
- Regardless of the specific activity you recorded under “① Kind of activities,”** mark your response based on your usage status at each 15-minute interval.
- If you used the device for more than half of the 15-minute period, enter “A Yes.”
- “**Smartphones/PC**” as used here includes mobile phones and tablet devices.
- Game consoles and portable music players are not included.
Also, using the Internet on a television is not included.

Guidelines for “③ Person(s) being together”

- The term “**Person(s) being together**” refers to people who are close enough that you could have a normal conversation with them if you chose to.
For example, if there is no one with whom you could converse without using a smartphone or PC (such as via phone or video call), please mark “**a Alone.**”
- If you are in a crowd while commuting or shopping, or if there is no one you know nearby, mark “**a Alone.**”
- When sleeping, always mark “**a Alone.**”
- Family members who do not live with you are also included in “**b Family member(s).**”

Examples of “① Kind of activities”

1 Sleep

○: Applicable examples ×: Inapplicable examples

○ Nighttime sleep; naps; power naps; waiting to fall asleep in bed

× Dozing off (→ “13 Rest and relaxation”)

2 Personal care

This refers to errands you run for yourself.

- This also includes situations where you use care services or similar assistance.

○ Face washing; bathing; using the restroom; personal grooming; dressing; applying makeup; styling hair; shaving; perms and haircuts at a salon; beauty treatments; bathing using a mobile bathing service

× Cooking; cleaning; laundry (→ “7 Housework”)

3 Meals

○ Meals and beverages at home, at work, at restaurants, etc.; School lunches

× Meals and beverages for social occasions (→ “18 Social life”)
Snacks (→ “13 Rest and relaxation”)

4 Commuting to and from school or work

Even if you make a detour along the way, the travel time is included here as long as you do not stray significantly from your usual route.

○ Commuting between home and work; commuting between home and school (including miscellaneous schools and vocational schools)

× Traveling to a client's office (→ “5 Work”); returning home from a pub after work (→ “11 Moving”)

5 Work

This refers to work that generates income for the individual or their household.

- Time not spent working, such as break time, is excluded.

○ Regular work; preparing for and cleaning up after work; overtime; work taken home; on-the-job training; “arubaito,” side jobs; helping with a family business; commuting during work hours; paid internships

× Travel to and from business trip destinations (→ “11 Moving”)

6 Schoolwork

This refers to academic work and research related to school education at elementary, junior high, high schools, colleges or universities, and other institutions.

- This also includes studying at private-tutoring schools.

○ Classes, preparation, review, and homework at schools (elementary, junior high, high school, technical college, junior college, college or university, graduate school, preparatory school, etc.); school cleaning; homeroom; private tutoring; preparations for school festivals; unpaid internships

× Club activities within or outside school that are not part of the required curriculum (→ “15 Hobbies and amusements” or “16 Sports,” etc.)

Questionnaire, pages 6-9 ▶ "25 Diary"

7 Housework

- Activities undertaken as a hobby are not included here.
- Driving commuters or students to and from work or school is included here.
- Growing crops for personal consumption is also included here.



Preparing meals; clearing the table after meals; cleaning; taking out the trash; doing laundry; ironing; mending clothes; airing out bedding; organizing and putting away clothes; taking care of the family's daily needs; keeping the household budget; checking stock prices and buying/selling stocks; weeding the garden; running errands at the bank or city hall; maintaining the car; repairing furniture



Home Gardening as a hobby, cooking as a hobby, baking as a hobby (→ "15 Hobbies and amusements")

8 Family care or nursing

- This includes nursing care for family members of all ages, including children.
- This also includes care and nursing for family members who are bedridden due to a temporary illness or other condition.



Assistance with daily living activities for family members (such as bathing, using the restroom, moving, and having meals); nursing care



Unpaid care and nursing for people other than family members (→ "17 Volunteer and social activities")

9 Child care

- For matters related to education, such as helping children with their studies, or school events, record "9 Child care" regardless of the child's age.
- Regardless of the child's age, caregiving for the child should be included under "8 Family care or nursing" rather than "9 Child care."
- For personal care tasks, such as helping the child bathe, record "9 Child care" for children not yet in school and "7 Housework" for school-age children.



Caring for infants and toddlers; accompanying children; helping children with their studies; playing with children; taking infants and toddlers to and from activities; attending parent-teacher meetings; caring for grandchildren



Caring for sick children (→ "8 Family care or nursing"); Caring for elementary school-aged children (→ "7 Housework"); watching TV with children (→ "12 Watching TV, listening to the radio, reading newspapers or magazines"); playing games with children (→ "15 Hobbies and amusements")

10 Shopping

- This includes window shopping and hopping on the Internet.



Shopping for groceries, daily necessities, electronics, leisure items, and more



Borrowing books from the library (→ "15 Hobbies and amusements"); getting a haircut at a beauty salon (→ "2 Personal care")

11 Moving (excluding commuting)

This refers to the time taken to travel from the point of departure to the destination, excluding travel for "4 Commuting to and from school or work."



Time spent riding trains or buses, waiting, or transferring; time spent driving; time spent walking



Moving during outside sales (→ "5 Work"); walking the dog; driving to the lake (→ "15 Hobbies and amusements"); going to private-tutoring school (→ "4 Commuting to and from school or work")

12 Watching TV, listening to the radio, reading newspapers or magazines

- “Television” here refers only to “terrestrial broadcasts,” “BS,” “CS,” and “cable TV.”
- If you used a service such as Video on Demand (VOD) that allows users to watch video content of their choice at any time via the Internet, record “15 Hobbies and amusements.”
- VOD services for previously broadcast television programs are not recordings of the broadcasts themselves but are provided as program content via the Internet; therefore, record “15 Hobbies and amusements.”



Watching movies on TV; watching recorded programs; watching TV shows on a PC; watching One Seg broadcasts; reading the news on the Internet



Learning by watching educational programs on TV (→ “14 Learning, self-education, and training (except for school work)”; watching movies and TV shows via video streaming services, purchases, rentals, etc. (→ “15 Hobbies and amusements”)

13 Rest and relaxation

This refers to activities such as doing nothing, daydreaming, relaxing, or resting.

- If you are engaged in any other activity, record that activity instead.



Family time together; breaks at work or school; snack or tea time; after-meal rest; dozing off; visiting family members in the hospital



Relaxing while watching TV or similar media (→ “12 Watching TV, listening to the radio, reading newspapers or magazines”); accompanying children to their lessons and waiting idly (→ “9 Child care”)

14 Learning, self-education, and training (except for school work)

This refers to studying done during your personal free time.



Studying for certification exams; cooking classes, pottery trial classes; distance learning; learning via TV and radio; PC training through club activities, etc.; driving lessons



Cooking as a household chore, gardening as a household chore, laundry as a household chore (→ “5 Housework”)

15 Hobbies and amusements

This includes activities undertaken as hobbies or amusements, such as cooking, gardening, and making clothes, provided they are done purely as a hobby.



Watching movies, art exhibitions, sports, etc.; sightseeing; driving; taking care of pets; playing video games; reading manga; playing musical instruments in club activities; viewing and posting on social media; reading as a hobby, gardening as a hobby, and sewing as a hobby



Cooking as housework, gardening as housework, and clothing care as housework (→ “7 Housework”)

16 Sports

- This includes activities where you are taught by an instructor, such as lessons.
- This includes sports played at club activities within or outside school.
- This includes walking for exercise.

☐ Various competitions; games involving whole-body movement; beauty exercises at home; club activities such as baseball (excluding sports students participate in during classes); fishing

☐ Cycling to the station for commuting (→ "4 Commuting to and from school or work"); playing soccer in physical education class (→ "6 Schoolwork")

17 Volunteer and social activities

This refers to providing services to individuals or organizations other than your family without compensation (payment of actual expenses, such as transportation costs, is not considered compensation), as well as any related activities.

☐ <Volunteer Activities> Cleaning roads and parks; sign language; procuring relief supplies for disaster areas; blood donation; serving as a community welfare commissioner; organizing children's clubs; serving as an art museum guide; participating in traffic safety campaigns; helping to organize sports events
<Social Activities> Labor movements; political activities; missionary work; voting in elections

☐ Simply participating in events such as bazaars, festivals, and sports days organized by your local community or group (→ "10 Shopping," "15 Hobbies and amusements," "16 Sports," etc.)

18 Social life

This refers to activities aimed at interacting with and socializing with others.

- Hobbies, amusements, and sports related to socializing should be recorded under "15 Hobbies and amusements" and "16 Sports," respectively.

☐ Dining out with acquaintances; attending and preparing for weddings, funerals, and class reunions; making courtesy calls; visiting friends in the hospital; talking on the phone or chatting with friends; exchanging emails or messages on social media with friends; writing letters

☐ Hobbies and amusements for socializing (→ "15 Hobbies and amusements"); sports for socializing (→ "16 Sports")

19 Medical examination or treatment

This refers to receiving medical services from doctors, dentists, massage therapists, and others.

This refers to a condition in which a person is confined to a futon or bed due to illness, old age, physical disability, or other reasons.

☐ Hospital visits and treatment; recuperation at home

☐ Caring for sick children (→ "8 Family care or nursing"); calligraphy and painting at a day service (→ "14 Learning, self-education, and training (except for school work)")

20 Other activities

☐ Job hunting, visiting graves, praying at the Buddhist altar, filling out a questionnaire

☐ Walking the dog (→ "15 Hobbies and amusements"); moving during outside sales (→ "5 Work")

Example of entry for detailed of work

Detailed of work	Example of entry ※Please fill in the details as shown below		
● Business management and managerial work	Company president Factory owner	General affairs manager Association director	
● Professional or technical work	Interior designer Licensed masseur Special needs school teacher Lawyer Programmer Nursery Teacher	Electrochemical engineer Dentist Elementary school teacher Care manager Pharmacist Professional baseball player	Civil engineering mechanical design engineer Nurse Private-tutoring school teacher Dancer Surveyor Religious leader
● Administrative work	Accounting clerk Bank teller	Computer operator Electricity meter reader	PC operator Taxi dispatcher
● Work involving purchasing and selling goods	Retail store owner Automobile salesperson	Convenience store salesperson Life Insurance Salesperson	Salesperson Cosmetics door-to-door salesperson
● Cooking, customer service, and service work	Nursing assistant Restaurant owner	Barber Restaurant chef	Rental shop clerk (DVDs, etc.) Theater usher
● Work in housekeeping and related services	Home helper Babysitter	Home care worker Housekeeper (female/male)	
● Security work	Self-Defense Force personnel Customs inspector	Police officer Construction site traffic controller	Firefighter Security guard
● Work related to the cultivation and harvesting of agricultural, livestock, and forest products	Shiitake mushroom grower Forestry worker Logger	Dairy cattle raiser Forest ranger Bean sprout producer	Poultry farmer Gardener Landscape architect
● Work related to harvesting and cultivating marine products	Fishing master Pearl farmer	Fishing boat captain Amakusa harvester	Gillnetter Aquarium keeper
● Manufacturing and processing of metal products	Steelworker Aluminum foundry worker	Metal heat treatment operator Sheet metal equipment operator	Metal rolling operator Arc welder
● Manufacturing and processing of non-metal products	Pharmaceutical formulation technician Plastic raw material production technician	Rubber vulcanization technician Synthetic detergent production technician	Photographic plate-making technician Women's and children's clothing tailor
● Machinery and equipment assembly work	Automotive engine assembler Watch adjuster	Fiber optic cable manufacturer Optical machinery and equipment assembler	Transportation machinery assembly operator Contact lens polisher
● Machine maintenance and repair work	Automotive mechanic Watch repair technician	Office equipment repair technician Machine disassembly technician	Aircraft maintenance technician Train maintenance technician
● Product inspection work	Wood inspector Welding inspector	Chemical inspector Ceramics inspector	Plastic product inspector Bookbinding inspector
● Machine inspection work	Electrical machinery parts inspector Stationary engine inspector	Automotive inspector Machine tool inspector	Optical machinery and equipment inspector Railway vehicle inspector
● Skilled work related to or similar to production such as painting or photo development	Spray painter Drafter	CAD operator Photo printer	Projectionist Mechanical draftsman
● Work involving the operation of trains, automobiles, ships, airplanes, and other machinery	Cargo ship chief engineer Crane operator Road roller operator	Truck driver Airline pilot Bus tour guide	Boiler operator (sauna) Train conductor Passenger ship engineer
● Construction, civil engineering, and electrical work	Carpenter Plasterer apprentice	Indoor electrician Civil engineering worker	Plumber Railway track maintenance worker
● Mining and extraction work	Stone quarry worker Mine support worker	Gravel extractor Mine transport worker	Mine gas inspector Mine blaster
● Work such as transportation, cleaning, and packaging	Newspaper delivery person Courier	Building cleaner Warehouse worker	Packing worker Postal worker

Questionnaire, page 10 ▶ "For household"

When filling in the questionnaire, please refer to the "How to Fill in the Questionnaire" guide.

This page should be completed by the household head.

For household

26 Annual income of the household (before tax deduction)

- Please indicate the aggregate income of all family members.
- The income should include the pension and other benefits, dividends, and allowances you receive, in addition to the income from your work.
- The income, however, **should not include temporary income**, such as sale of your real estate, securities, and other assets, property you have inherited, gifts you received, retirement allowance, etc.

Under one million yen	One to less than two million yen	Two to less than three million yen	Three to less than four million yen	Four to less than five million yen	Five to less than six million yen
☐	☐	☐	☐	☐	☐
Six to less than seven million yen	Seven to less than eight million yen	Eight to less than nine million yen	Nine to less than ten million yen	Ten to less than fifteen million yen	Fifteen million yen or more
☐	☒	☐	☐	☐	☐

27 Are there any absentees from your household?

- Please report on all absentees who have been or plan to be living away from your household for more than three months on business, and those in hospital on the date of the survey (October 20th).

Household members absent on business

Household members absent in hospital

(Please indicate relationship to household head)

No	Yes			
	Spouse	Father or mother, or father or mother of spouse	Son(s) or daughter(s), or spouse of son(s) or daughter(s)	Other
	☐	☐	☐	☐
	☐	☐	☐	☐

28 Number of household members

- Please indicate the number of household members aged 10 and over (including yourself) in the "10 and over" column, as well as those under the age of 10 in the "Under 10" column.
- If there are no household members under the age of 10, please write "0" in the "Under 10" column.

Includes household members who are currently hospitalized or residing in social welfare facilities as of October 20, if their stay is less than three months.

10 and over	Under 10
2 people	2 people

29 Status of single-person households

- Please indicate either "Living away for work (temporary assignment)" or "Other" only if you live in a single-person household.

Living away for work (temporary assignment)	Other
☐	☐

Your household member(s) under the age of 10

No.	30 Relationship to the household head	31 Age	32 School or kindergarten attendance						33 Does anyone other than your household members usually help you in child care?			
			Enrolled in a nursery, kindergarten, or centers for early childhood education and care Time normally spent at such places				Enrolled in an elementary school		Not attending school or kindergarten		Yes	
			less than 4 hours	5 to 7 hours	8 to 10 hours	11 hours or more	Using after-school hours care or similar	Not using after-school hours care or similar	From a relative (such as a grandparent)	From a friend or acquaintance in the neighborhood	From someone not listed on the left (such as a baby sitter, a family daycare provider, etc.)	
1	Son or daughter	9 Age	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐
2	Younger brother(s) or sister(s)	6 Age	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐
3	Grandson or granddaughter	Age	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
4	Other	Age	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
5		Age	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

32 School or kindergarten attendance

▼ For "a nursery, kindergarten, or centers for early childhood education and care," licensing status is irrelevant.

▼ For "Time normally spent at such places"

- If you are using extended-hours childcare or daycare, please indicate the total number of hours per day that includes such childcare
- Commuting time is not included in the time spent at the facility.
- Round up fractions of an hour to the nearest 30 minutes, and round down fractions of an hour to the nearest 30 minutes.

26 Annual income of the household (before tax deduction)

▼ The term “Annual income of the household” refers to

the total of all household members' income (including taxes) over the past year, not just the income of the primary earner.

▼ The term "income" includes

not only the income indicated under survey item “18 Annual income or profit (including tax) from your work,” but also benefits such as pensions and sick leave pay, dividends, and remittances.

27 Are there any absentees from your household?

Do not report for those absent from home for reasons other than living away for work (temporary assignment), working away from home, or hospitalization.

Even if they are not family members, single cohabitants or live-in employees who share your household expenses should be listed under “Other” if they fall into this category.

▼ The term “Household members absent in hospital” includes

those admitted to hospitals as well as those admitted to convalescent facilities or similar facilities.

28 Number of household members

Please indicate the number of household members aged 10 and over and the number of household members under the age of 10 toward the right hand side.

29 Status of single-person households

▼ The term “Living away for work (temporary assignment)” includes

people working away from home.

▼ The term "Other" includes

people living alone for reasons other than “Living away for work (temporary assignment).”

Your household member(s) under the age of 10

▼ If there are six or more household members under the age of 10

Please fill in only the sections regarding household members under the age of 10 on the questionnaire sheet provided for the sixth and subsequent members.

Thank you very much for your cooperation in responding to the questionnaire.



If you have responded via the Internet, there is no need to submit the paper questionnaire. In that case, please do not fill in the paper questionnaire and dispose of it so that it cannot be used for any other purpose.

Before submitting the questionnaire, please check it again to ensure there are no omissions or errors.

If there are any omissions or errors in the questionnaire, prefectural offices may contact you for verification.

The information provided on this questionnaire is strictly protected in accordance with the Statistics Act (the basic law governing national statistics).

Under the Statistics Act, enumerators and other persons concerned are obligated not to disclose any information obtained through this survey to third parties (confidentiality obligation), and penalties are stipulated for violations of this obligation.

The information you provide will never be used for any purpose other than the compilation of statistics.

Every possible measure is taken to protect personal information from leakage; for example, after the statistics are compiled, the submitted questionnaires will be disposed of by dissolution.



Please be wary of scams or suspicious surveys masquerading as the Survey on Time Use and Leisure Activities.

The Survey on Time Use and Leisure Activities will never ask you for money. We will also never ask for your bank account PIN or credit card number.

Please be wary of suspicious visitors, phone calls, emails, or websites that claim to be associated with the Survey on Time Use and Leisure Activities.

The Survey on Time Use and Leisure Activities will never ask you to submit your responses via email.

If you have any suspicions, please notify your prefectural offices or the call center immediately.

Enumerators carry an "Enumerator ID Card" issued by the prefectural governor to verify their identity.

