

Wave

7

Serial Number

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Household No

--

Check No

--

Person No

--	--

AROUND THE CLOCK

People spend their time in many different ways.
 We would be very grateful if you could record all the things
 you do during the week of:

.....until.....



The interviewer or your parent will explain how to fill
 in the diary and will then leave it with you to complete.

The interviewer will also leave you a gift voucher
 as a small token for completing this.

Many thanks for your help.

Activity

THE HOME ROUTINE

1 Sleep, rest	1
2 Washing, dressing	2
3 Eating at home	3
4 Helping at home, doing dishes, cleaning bedroom	4

SCHOOL AND STUDYING

5 At school	5
6 Doing homework (not using computer)	6

USING A COMPUTER AT HOME

7 Using computer for games	7
8 Using computer for information, internet, email	8
9 Using a home computer for school work	9

HOME ENTERTAINMENT

10 TV	10
11 Cable / Satellite	11
12 Video	12
13 Radio, CD, tapes	13
14 Reading books	14
15 Reading comics, magazines	15
16 Talking on the 'phone	16
17 Friends coming to your home	17
18 Other indoor hobbies or playing a musical instrument	18

OUTSIDE ENTERTAINMENT

19 Doing sport, keeping fit (<u>not</u> during school hours)	19
20 Concerts, discos, cinema or watching sport with family	20
21 Concerts, discos, cinema or watching sport with friends	21
22 Meeting friends out of home (playing, talking)	22
23 Doing nothing	23
24 Other (PLEASE WRITE IN)	24

For Interviewers Only - Please Ignore

1. Make sure the respondent is eligible to do the youth time diary, i.e. is their birthday between **31st March 1981 and 1st April 1988?**
2. Enter the serial number at the top of the diary. Fill in the date of the week that the respondent has to complete on the front page (begin on the day following the interview).
3. Fill in the boxes below (date they are beginning the diary, respondents sex and date of birth).

Date beginning the diary

Day

Month

Year

Respondent's date of birth

Day

Month

Year

Respondent is a

Boy

Girl

4. Explain to the respondent that the aim of this diary is to show what they are doing during each day of their selected week. Stress that they should try to record an activity for every part of each day.
5. Explain that we would like the respondent to choose one main activity they were doing at each time. However, if they are doing more than one thing at a time they should put a continuous line for the main activity, but a dashed line for the secondary activity (as shown in the example).
6. Go through the example on the next page with the respondent in some detail.

For Interviewers Only - Please Ignore

On Monday 24th February this person:

Slept (code 1) between 6.00am - 8.00am

Washed and Dressed (code 2) between 8.00am - 8.15am

Ate Breakfast (code 3) between 8.15am - 8.30 am

At school (code 5) between 8.30am - 4.15pm

Watching TV (code 10) between 4.15 -5.30pm

Ate dinner (code 3) **AND Watching TV** (code 10) between 5.30pm - 6.00pm

Spoke on phone to friend (code 16) between 6.00pm - 6.15pm

Chatted with friend at home (code 17) between 6.15pm - 8.00pm

Played games on computer (code 7) between 8.00pm - 10pm

Slept (code 1) between 10pm - 12am

Note: Time spent travelling to an activity or place, for example travelling to school should be included as part of that activity itself.

7. Show the respondent that if they make a mistake they should scribble through the boxes where the error has occurred.
8. Also explain that if the respondent cannot find an appropriate code to put what they were doing there is a "Other" code (code 24) which they can use. They should write on the form what the activity was.
9. Before leaving the diary with the respondent it is very important that you write in the day and enter a code for the day in the box on the right hand side of the page. The codes are as follows

Monday	1
Tuesday	2
Wednesday	3
Thursday	4
Friday	5
Saturday	6
Sunday	7

10. Finally, leave the pre-paid envelope and explain that they should post the diary once it has been completed. Give the respondent a £5 gift voucher and a **Living in Britain** pen and thank them, in advance, for their help.

EXAMPLE

Monday 24 February

morning and early afternoon

Morning							Afternoon		
6am	7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm

THE HOME ROUTINE

1	[Bar]									1
2			[Bar]							2
3			[Bar]							3
4										4

SCHOOL AND STUDYING

5			[Bar]	5						
6										6

USING A COMPUTER AT HOME

7										7
8										8
9										9

HOME ENTERTAINMENT

10										10
11										11
12										12
13										13
14										14
15										15
16										16
17										17
18										18

OUTSIDE ENTERTAINMENT

19										19
20										20
21										21
22										22
23										23
24										24

6am	7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm
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EXAMPLE

EXAMPLE

late afternoon, evening & night

Day 1

Afternoon		Evening					Night	
4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	00am

THE HOME ROUTINE

1										1
2										2
3		—								3
4										4

SCHOOL AND STUDYING

5	—									5
6										6

USING A COMPUTER AT HOME

7										7
8										8
9										9

HOME ENTERTAINMENT

10	—	—	—							10
11										11
12										12
13										13
14										14
15										15
16			—							16
17			—	—	—					17
18										18

OUTSIDE ENTERTAINMENT

19										19
20										20
21										21
22										22
23										23
24										24

4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	00am
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EXAMPLE

WRITE

morning and early afternoon

Morning						Afternoon			
6am	7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm

THE HOME ROUTINE

1										1
2										2
3										3
4										4

SCHOOL AND STUDYING

5										5
6										6

USING A COMPUTER AT HOME

7										7
8										8
9										9

HOME ENTERTAINMENT

10										10
11										11
12										12
13										13
14										14
15										15
16										16
17										17
18										18

OUTSIDE ENTERTAINMENT

19										19
20										20
21										21
22										22
23										23
24										24

6am	7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm
-----	-----	-----	-----	------	------	--------	-----	-----	-----



late afternoon, evening & night

									Day
Afternoon		Evening					Night		
4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	00am	

THE HOME ROUTINE

1										1
2										2
3										3
4										4

SCHOOL AND STUDYING

5										5
6										6

USING A COMPUTER AT HOME

7										7
8										8
9										9

HOME ENTERTAINMENT

10										10
11										11
12										12
13										13
14										14
15										15
16										16
17										17
18										18

OUTSIDE ENTERTAINMENT

19										19
20										20
21										21
22										22
23										23
24										24

4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	00am
-----	-----	-----	-----	-----	-----	------	------	------



**THANK YOU VERY MUCH FOR COMPLETING THE
DIARY**

**NOW PLEASE PUT IT IN THE ENVELOPE PROVIDED
BY YOUR INTERVIEWER AND GIVE IT TO YOUR
PARENT TO POST BACK TO US OR POST IT BACK
YOURSELF.**

Address label

REGION	AREA	ADDRESS	CYCLE No

HOW DO YOU SPEND YOUR TIME?

We all spend our time in different ways. This questionnaire asks you to record your daily activities

for

We are very grateful for your help, the instructions inside explain how to complete the form.

Confidential

INTERVIEWER ONLY

<p>1. Designated date</p> <table><tr><td><input type="text"/></td><td><input type="text"/></td><td><input type="text"/></td><td><input type="text"/></td><td><input type="text"/></td><td><input type="text"/></td></tr><tr><td>Day</td><td>Month</td><td colspan="4">Year</td></tr></table>	<input type="text"/>	Day	Month	Year				<p>3. Enter time started</p> <table><tr><td><input type="text"/></td><td><input type="text"/></td><td><input type="text"/></td><td><input type="text"/></td></tr><tr><td>Hours</td><td>Minutes</td><td></td><td></td></tr></table>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	Hours	Minutes									
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>																		
Day	Month	Year																					
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>																				
Hours	Minutes																						
<p>2. Designated day Please circle</p> <table><tr><td>Monday</td><td>1</td></tr><tr><td>Tuesday</td><td>2</td></tr><tr><td>Wednesday</td><td>3</td></tr><tr><td>Thursday</td><td>4</td></tr><tr><td>Friday</td><td>5</td></tr><tr><td>Saturday</td><td>6</td></tr><tr><td>Sunday</td><td>7</td></tr></table>	Monday	1	Tuesday	2	Wednesday	3	Thursday	4	Friday	5	Saturday	6	Sunday	7	<p>4. Interviewer completed 1 Informant completed 2</p> <p>5. Enter time finished</p> <table><tr><td><input type="text"/></td><td><input type="text"/></td><td><input type="text"/></td><td><input type="text"/></td></tr><tr><td>Hours</td><td>Minutes</td><td></td><td></td></tr></table>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	Hours	Minutes		
Monday	1																						
Tuesday	2																						
Wednesday	3																						
Thursday	4																						
Friday	5																						
Saturday	6																						
Sunday	7																						
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>																				
Hours	Minutes																						

BEFORE YOU BEGIN Please take a moment to read these instructions.

The aim is to show the main thing you were doing through the whole day.

For example, the form on the next page shows that this person:

Slept between 4am - 8am

Washed and Dressed between 8am - 8.30am

Watched TV between 8.30am - 9am

Walked between 9am - 10.15am

Visited friends between 10.15 - 1pm

Swam between 1pm - 3pm

If you make a mistake while recording your activities just block the boxes as shown in the example.

Please try not to have two activities recorded at the same time. Sometimes you may be doing two things at the same time, but please try and choose what your main activity was. For example, keeping an eye on children while doing housework should be recorded as 'Cleaning house/tidying' rather than 'Care of own children and play'. If you can't choose between two or more activities record the one you did for the **longest** time as the main activity.

Please try to record an activity for every part of your selected day.

In order to record your activities for a whole day you will need to turn the pages twice to record events for the whole 24 hour period.

These are the categories in which to place some common activities.

Paid Work

People who travel in the course of their work, eg bus drivers, delivery men and sales people should classify this as paid work and not travel.

Shopping/appointments - includes:

Taking the car to a garage

Going to the Hairdressers

Going to the Doctor/Dentist

Going to Solicitors/Estate Agents etc

Cleaning house/tidying - includes:

Bed making

Washing up

Helping people outside home, charities

- includes:

Voluntary work

Religious, political other meetings

- includes:

Praying alone

Many thanks for your help, now please turn to the first clean page in order to begin.

Wave

Serial Number

Household No

Check No

Person No

HOW DO YOU SPEND YOUR TIME?

How people spend their time varies with many other circumstances, such as how much spare time people actually have, family commitments, what people want to do with their time and so on. The only way to understand how this varies is to measure time use. The enclosed diary will help you do this.

This diary asks you to record your activities for the week of:

----- until -----

Your interviewer will explain how to fill in the diary and will then leave it with you to complete. Once you have finished recording your activities for the whole week we would be very grateful if you would return the diary to us in the pre-paid envelope provided by your interviewer. Also your interviewer will leave you a gift voucher as a small token of thanks.

Many thanks for your help.

Activity

1	Sleep, rest	1
2	Washing, dressing	2
3	Cooking, baking	3
4	Eating at home	4
5	Care of own children or other adults in own home	5
6	Travel	6
7	Paid work at normal place of work, eg office, factory, vehicle	7
8	Paid work away from normal place of work, eg meetings	8
9	Paid work at home (not using a computer)	9
10	Study at home (not using a computer)	10
11	Courses and education outside home	11
12	Shopping, appointments, hairdressers etc	12
13	Cleaning house, tidying, clothes washing, ironing, sewing etc	13
14	Maintenance, odd jobs, DIY, gardening, pet care	14
15	Concerts, theatre, cinema, sporting events	15
16	Hobbies, games, performing music	16
17	Walks, outings etc	17
18	Eating, drinking out, (pubs, restaurants)	18
19	Visiting friends	19
20	Sports participation, keeping fit	20
21	TV (not cable or satellite)	21
22	Cable/Satellite TV	22
23	Video	23
24	Radio, CD, cassette	24
25	Reading books	25
26	Reading magazines	26
27	Reading newspapers	27
28	Being visited by friends	28
29	Telephone calls	29
30	Personal Computer games/games console	30
31	Personal Computer information, internet, email	31
32	Personal Computer education	32
33	Personal Computer work related but done at home	33
34	Doing nothing (may include illness)	34
35	Other, not elsewhere specified	35

PLEASE WRITE IN

Instructions for Interviewers

1. Enter the serial number at the top of the diary. Fill in the date of the week that the respondent has to complete on the front page (begin on the day following the interview).
2. Fill in the boxes below (respondents sex, date of birth and the date they are beginning the diary).

Respondent's date of birth

<input type="text"/>					
Day		Month		Year	

Respondent's sex

<input type="checkbox"/>	<input type="checkbox"/>
Male	Female

Date beginning diary

<input type="text"/>					
Day		Month		Year	

3. Explain to the respondent that the aim of this diary is to show what they are doing during each day of their selected week. Also stress that they should try to record an activity for every part of each day.
4. Explain that we would like the respondent to choose one main activity they were doing at each time. However, if they are doing more than one thing at a time they should put a continuous line for the main activity, but a dashed line for the secondary activity (as shown in the example).
5. Go through the example on the next page with the respondent in some detail.

On Friday 24th January this person:

Slept (code 1) between 4.00am - 8.00am

Washed and Dressed (code 2) between 8.00am - 9.00am

Ate Breakfast (code 4) between 9.00am - 9.30 am

Walked (code 17) between 9.30am - 10.15am

Visited friends (code 19) between 10.15am - 12.45pm

Travelled (code 6) between 12.45pm - 1.00pm

Swam (code 20) between 1.00pm - 2.00pm

Travelled (code 6) between 2.00pm - 2.15pm

Ironed (code 13) and **video** (code 23) between 2.15pm - 4.00pm

Cooked (code 3) between 4.00pm - 5.30pm

Ate dinner (code 4) between 5.30pm - 6.15pm

Watched TV (code 21) between 6.15pm - 10pm

Slept (code 1) between 10pm - 4am

6. Show the respondent that if they make a mistake they should scribble through the boxes where the error has occurred.
7. Also explain that if the respondent cannot find an appropriate code to put what they were doing there is a "Other" code (code 35) which they can use. They should write on the form what the activity was.
8. Before leaving the diary with the respondent it is very important that you write in the day and enter a code for the day in the box on the right hand side of the page. The codes are as follows

Monday	1
Tuesday	2
Wednesday	3
Thursday	4
Friday	5
Saturday	6
Sunday	7

9. Finally, leave the pre-paid envelope and explain that they should post the diary once it has been completed. Give the respondent the £10 gift voucher and thank them, in advance, for their help.

These are examples of some common activities.

Paid work at normal place of work, eg office, factory, vehicle (code 7)

People who travel in the course of their work, e.g. bus, lorry, van, taxi drivers, delivery men, sales reps should code their work here.

Paid work away from normal place of work, eg meetings (code 8)

Include time spent away at meetings, conferences, training courses etc. Include the time spent travelling to these meetings etc here, but not time spent commuting to and from work (commuting should be coded at Code 6).

Care of own children or other adults at home (code 5)

This includes playing with children

Shopping, appointments, hairdressers (code 12) includes

Taking the car to a garage
 Going to the doctors/dentist
 Going to solicitors/estate agents etc,

Cleaning house, tidying (code 13) includes

Bedmaking
 Washing up

EXAMPLE

Friday 24 January

morning and early afternoon

	Night		Morning						Afternoon				
	4am	5am	6am	7am	8am	9am	10am	11am	12noon	1pm	2pm		3pm
1													1
2													2
3													3
4													4
5													5
6													6
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8													8
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4am	5am	6am	7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm
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EXAMPLE

late afternoon, evening & night

Day

	Afternoon		Evening					Night					
	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	00am	1am	2am	3am	
1													1
2													2
3	—	—											3
4		—	—										4
5													5
6													6
7													7
8													8
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34													34
35													35

4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	00am	1am	2am	3am
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WRITE

morning and early afternoon

Night		Morning							Afternoon			
4am	5am	6am	7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	
1												1
2												2
3												3
4												4
5												5
6												6
7												7
8												8
9												9
10												10
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35												35

4am	5am	6am	7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm
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late afternoon, evening & night

Day

	Afternoon		Evening					Night					
	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	00am	1am	2am	3am	
1													1
2													2
3													3
4													4
5													5
6													6
7													7
8													8
9													9
10													10
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29													29
30													30
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32													32
33													33
34													34
35													35

4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	00am	1am	2am	3am
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**THANK YOU VERY MUCH FOR COMPLETING THE
DIARY**

**NOW PLEASE POST IT IN THE POSTAGE PAID
ENVELOPE PROVIDED BY YOUR INTERVIEWER**