

The evolution of the UK light time diary

Chris S Payne

Meeting modern day user needs

- Impact of digital services on quality of life.
- Linking economic production and consumption to experiential measures of time.
- Moving beyond GDP as a measure of socio-economic progress – modern forms of unpaid production.
- Completing the measure of unpaid care.

ONS Light Diary vs full TUS diary

- https://www.timeuse.org/sites/ctur/files/public/ctur_report/4965/gatenby_2003_light_vs_heavy.pdf
- 2001 – ONS carried out a low cost option where interviewers coded peoples' days' into 33 different pre-coded activities.
- Remarkable similarity between full time-use and light diary results.
- Main difference was travel time where respondents sometimes forget to add travel time.

Paper ONS light diary (2001; 2005)

Activity groups	Activity codes and descriptions (Also see notes on right hand page)	Early morning												Notes and Instructions (Numbers refer to activity codes on far left)
		6am		7am		8am		9am						
Personal care	1 Sleeping	1	X											1 Include Intending to sleep or trying to sleep
	2 Resting (doing nothing, 'time out')	2												2 Include doing nothing, sitting thinking, smoking breaks
	3 Washing, dressing/undressing, etc.	3			X	X								3 Include make up, beauty treatments, taking medication
Eating, drinking	4 Eating or drinking/ having a meal (at home or away from home)	4				X	X							4 Include meals, snacks and drinks
	5 Preparing food and drinks, cooking, washing up	5				X								5
Housework and other household tasks	6 Cleaning, tidying house	6												6
	7 Washing, ironing or mending clothes etc.	7												7
	8 Maintenance of house, DIY, gardening	8												8
	9 Pet care (including walking the dog)	9												9 Include dog walking but also code travel as secondary activity Include going to the vet
Travel	10 Travelling	10				X	X							10
	10a How you travelled (enter letter - see right page)	10a				P	P	T	T					10a Car/van, Walk/jog, Pedal bicycle, Bus/Coach, Train/underground, Other
	10b Type of trip (enter letter - see right page)	10b				E	P	P						10b Escort e.g. a journey purely to escort someone (and that you otherwise would not do), Just walk/drive/bicycle e.g. a run in the car or a walk purely for enjoyment, Paid work, Shopping or Other
Work for paid job	11 Work for job (include paid and unpaid overtime and work brought home. Exclude lunch and other breaks)	11						X	X					11 Travel in the course of work (e.g. to get to a meeting, a plumber driving to a job); record work as main activity and travel as secondary. However do not record work travel for people who earn their living by travelling e.g. bus driver, delivery person
Education and courses	12 Formal education	12												12 Studies as part of formal education, including general and vocational training
	13 Recreational courses and study	13												13 Recreational courses and informal study/activities or self improvement
Voluntary work	14 Voluntary work for or on behalf of an organisation, charity or sports club	14												14 Include work on behalf of political organisations. Include helping, caring or nursing other people if done for a voluntary organisation or charity
Caring for children and adults	15 Caring for/looking after and playing with own children	15												15 Include step/adopted/foster children. Childcare takes precedence over any other secondary activity
	16 Caring for/looking after other children	16												16 Exclude caring for children as part of job (e.g. childminder, nursery assistant)
	17 Helping or caring for adults who live with you	17												17 Include caring for spouse or partner
	18 Helping or caring for other adults who don't live with you (not as voluntary or paid work)	18												18 Includes helping neighbours or friends
Shopping and appointments	19 Shopping (incl. internet shopping), banking (incl. internet banking), post-office, appointments with the doctor, dentist, hairdresser, plumber etc.	19												19 Include telephone/internet banking, paying bills, home shopping. Include appointments for respondents only. Include appointments at home
Leisure	20 Watching TV and videos/DVDs, listening to radio or music	20												20 Exclude accessing internet/e-mailing via digital TV
	21 Reading	21												21
	22 Playing sports, exercising	22												22 Include jogging or walking for exercise here code travelling as secondary activity
	23 Spending time with friends, family, neighbours at home or at their homes	23												23
	24 Going out with friends, family, neighbours (e.g. to the pub, restaurant etc.)	24												24 Include unplanned contact in person e.g. meeting a neighbour in the street
	25 Contact with friends and family by telephone, text, e-mail, instant message or letter	25												25 Include e-mail and instant messaging and also code Computer Use as secondary activity (Code 29)
	26 Visits to cinema, theatre, concerts, sporting events, museums, galleries, historical monuments, library etc.	26												26
	27 Attending church, temple, mosque, synagogue, or other religious meetings, praying alone, attending political or other meetings	27												27
	28 Hobbies and other leisure activities	28												28 Include time spent in the park
	Computer and internet use	29 Using a computer or accessing the internet - Record what the computer is being used for above e.g. internet shopping or banking code 19, playing games code 28, e-mailing friends code 25	29											29 Include internet access using Digital TV, games console, mobile phones etc. Also code what the computer or internet access was being used for e.g. Playing computer games - Code 28 hobbies, buying something over the internet - Code 19 shopping, e-mailing a friend - Code 25 Social contact.
Other	30 Other activities not listed (please write in below)	30											30 If more than one 'other' recorded, please indicate what time each note on page 2 refers to (if necessary continue descriptions on this side)	
LOCATION	31 Where were you? At Home (incl. the garden) or Elsewhere. Give for each activity.	31	H	H	H	H	H	H	H	H	H	H	H	31 For every activity in the day indicate whether at own Home or Elsewhere. At Home includes being in your own garden.

Time tracker

Office for National Statistics

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Online Time Diary

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What were the main things you did during your day?

Tips

- Just include things which were the main focus of your attention and lasted 10 minutes or more.
- For anything else, or use of devices, you can list them on the next pages.

Activity type:

Activity detail:

	04	.30	05	.30	06	.30	07	.30	08	.30	09	.30

Activity (Sunday 27th Oct 2019)

Find or type your activity ▼

From

4:00 ▼

Duration
(hours)

0 ▼

Duration
(minutes)

0 ▼

Add activity

[Back to activities guidelines](#)

[Go to secondary activities](#)

Taking 30 activities and developing into 72

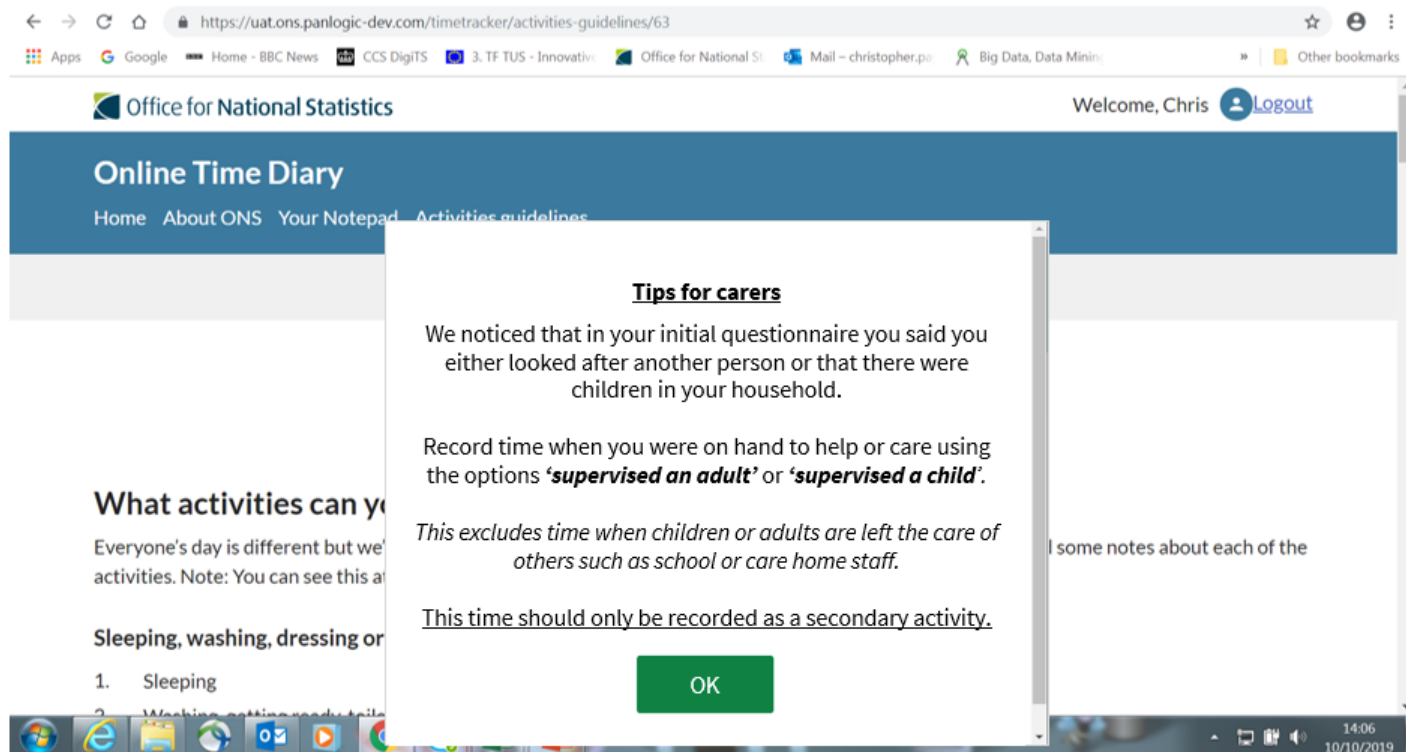
- Broadly in-line with categories defined by Dagfinn Aas (1978) – Necessary, Contracted, Committed and Free-time
- Expanded from 30 items to 72 items to capture detail – why?
- We need to collect more info about...
 - Digital service consumption and production
 - Activities having clear impact on quality of life
 - Unpaid production

Measuring unpaid care (fully!)

- Only for use as secondary activity
- Asks respondents to code all time when they were supervising a child or adult
- Builds on previous 'active' care time normally captured in time-use diaries
- New activities:
 - Time with child in your care (secondary activity)
 - Time with an adult in your care (secondary activity)

New 'passive care' options

- 1) On loading the activities page for the first time a tip pops up to inform carers how to record their care time
- 2) The carers can record all the time they were responsible for someone's care in their secondary activities



Capturing digitally mediated household production

- **What are people producing online for others to consume – how much time are they spending doing it?**
- **New activities:**
 - Writing online public blogs or reviews**
 - Writing open source software for public**
 - Creating or coding a website**
 - Writing online/creating content for public**
 - Assisting others online e.g. forum**
 - Supporting a cause on social media or petition website**

Understanding the sharing economy

- What time are people investing in sharing economy jobs/work?
- Who is engaged in the sharing economy?
- New activities:
 - Providing childcare/cleaning/handyman/odd jobs for pay
(exclude main job or delivery services)
 - Leasing or renting things you own, excluding business
 - Using your private vehicle to earn money, including delivery services
 - Showing your own house/flat/building to potential buyers

More information for health analysts

- Better detail on exercise activities and eating habits
- New activities:
 - Gym, fitness, and exercise classes
 - Running or jogging
 - Playing team sports
 - Playing other sports and exercising, including hiking
 - Meditating, having a massage, spa or well-being treatments
 - Other health or well-being activity
- Eating/eating out/take-away (e.g. breakfast, lunch, dinner)
- Making food and drinks, cooking or washing up
- Snacking
- Drinking (e.g. tea, coffee, alcohol)

Modernised leisure activity list

- **New activities:**

Watching TV, Blu-ray or DVDs

Streaming TV or videos on the internet for entertainment (e.g. Netflix, Now TV or Youtube)

Listening to music, podcasts, audiobooks

Playing games/ computer gaming

Checking or using social media

Browsing internet

Checking email

Reading books, magazines or newspapers

Socialising, spending time with friends, family, neighbours and colleagues

Just talking with spouse, children

or parents, family, friends or neighbours

Telephoning, texting, emailing or writing letters with friends and family

Visiting cinema, theatre, concerts, sporting events, museums, galleries, library etc.

Attending religious event or meeting

Attending a political meeting

Hobbies and other leisure activities

Resting (doing nothing) or in bed not asleep

Taking other form of leisure time

Evolving design – new possibilities for UK light diary

- **Active content** now possible (benefits of the web over paper)
- **Enjoyment** data
- **For Whom** were unpaid services produced?
- **How** were services consumed/produced?
- Designed with '**quality of life**' in mind – much work from the wider 'beyond GDP' agenda can now be utilised

Who are the consumers of unpaid hh work?

- The **‘for whom’** pop-up asks respondents for whom they produced different services (including unpaid services). Responses include:

For yourself

Member(s) of own household

Member(s) of another household who you know

Wider public

For an organisation

How did you do this activity?

- Respondents now asked whether they used specific types of **smart device** to perform the activity. Responses include:
 - In person
 - With a tablet
 - With a computer
 - With a TV
 - With another device
 - With a telephone
 - With a smart phone
 - Other

Enjoyment is rated on a scale of 1 to 7

The screenshot shows a web browser window with the URL <https://uat.ons.panlogic-dev.com/timetracker/38>. The page is titled "Online Time Diary" and is part of the "Office for National Statistics" system. A modal window is open, titled "Sleeping - (Sunday 27th Oct 2019)". Inside the modal, there is a question "How much did you enjoy this activity?" followed by a horizontal rating scale from 1 to 7. The scale is labeled "1 Not at all", "4 Neutral", and "7 Very much". Below the scale are "Cancel" and "Save" buttons. The background of the web application is dimmed, showing a sidebar with "Home", "This survey", "Your Notepad", and "Activities Guidelines". The footer contains links for "Help", "About ONS", and "Connect with us". The Windows taskbar at the bottom shows the time as 20:36 on 30/10/2019.

Timetracker | Online Time Diary

https://uat.ons.panlogic-dev.com/timetracker/38

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Online Time Diary

Home This survey Your Notepad Activities Guidelines

What were the n

- Just include things which w
- For anything else, or use of

Activity type:

Back to activities guide

How much did you enjoy this activity?

1 2 3 4 5 6 7

Not at all Neutral Very much

Cancel Save

Help

Accessibility

Cookies and privacy

Terms and conditions

About ONS

What we do

Careers

Contact us

Freedom of Information

Connect with us

Twitter

Facebook

LinkedIn

Email alerts

20:36

30/10/2019

Instructions tab

Office for National Statistics

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Instructions for your Diary Tool

- Follow the instructions below to record your activities on your allocated days.

Record activities

To put an activity in the diary first select it from the dropdown list (1). To record the start time and length of time the activity took, use the section **From/Duration** (2) then click **Add** (3).

Activity (Wednesday 4th Sep 2019)

From

Duration (hours/minutes)

Select or search for activity

4:00

0:00

Add activity

Tips

Try using the **search functionality** at the top of the dropdown.
You can look at the **Activities Guidelines** at the top of the screen for a reminder of what the activity names mean.

Any **additional questions** to answer will appear in **pop-ups**.

As you progress, your activity will build up in a list going down the page. There is also a timeline above your activity which shows you if you have any gaps in your diary. Edit/Delete options are on the right if you want to change your entry.

Activity type:

Activity detail:

Sleeping, washing, dressing or using the bathroom

Sleeping
4:00 - 7:00

Your main activities so far:

04 .30 05 .30 06 .30 07 .30

Travel/Transport (e.g. walk)

Edit »
Delete »

Activities - user training tab

Online Time Diary

[Home](#) [This survey](#) [Your Notepad](#) [Activities Guidelines](#)



What activities can you enter?

Everyone's day is different but we've done our best to make a list of activities for any occasion. Here's the list and some notes about each of the activities. Note: You can see this at any time by clicking on the Activities guidance at the top of the screen

Sleeping, washing, dressing or using the bathroom

1. Sleeping
2. Washing, showering, getting ready, using the bathroom, etc
Also includes other personal hygiene, getting ready to go to bed, make-up, taking medicines

Eating, drinking, cooking

3. Eating/eating out/take-away (e.g. breakfast, lunch, dinner)
4. Making food and drinks, cooking or washing up
Including for other people when unpaid, otherwise capture as work and other activities for pay
5. Snacking
6. Drinking (e.g. tea, coffee, alcohol)
Includes having tea or coffee, as well as drinking alcohol

Work and other activities for pay

7. Working
Include paid and unpaid overtime. Exclude lunch and other breaks. Exclude other work-related activities below. Working from home should be coded as "working from home, ...".
8. On a work break (e.g. lunch)
9. Work from home, café or other workspace
Includes working outside if at an area not typically considered your workplace
10. Providing childcare/cleaning/handyman/odd jobs for pay (exclude main job or delivery services)
For example, like TaskRabbit. This makes use of personal skills, your free time, and potentially your own assets like power tools, but excluding your car, offering additional flexible income for people
11. Leasing or renting things you own, excluding business

References

- Aas, D. (1978). Studies of Time-Use: Problems and Prospects. *Acta Sociologica*. Volume: 21 issue: 4, page(s): 125-141 Issue published: October 1