

Time, Place, and Activity Diary

Time, Place, and Activity Diary

Instructions

Fill out one Time, Place, and Activity Diary throughout the day on the three days marked below.

☐ Sunday, Monday, Tuesday ☐ Thursday, Friday, Saturday

This Diary asks **how and where** you spent your time. In this Diary, **A DAY BEGINS AT 4:00 am AND ENDS AT 3:59 am**. For example, if you are filling in the Diary for a Sunday, begin by writing in the activities you did and where these took place beginning at 4:00 am on Sunday and ending with 3:59 am on Monday. If you are awake at 4:00 am when the Diary begins, you begin the Diary then. If you are sleeping, you begin filling in the Diary when you wake up and start your day.

The yellow column shows the time interval, the green columns relate to the activities, and the blue columns refer to the places where you may have been during the interval. Time is split into half-hour increments. If you are at more than one place, or completed more than one activity during the half-hour interval you may mark multiple boxes. For each time interval, mark your activities and places by marking ☒ for each place you were and activity you did. Use only blue or black ink to mark your places and activities. If you make a mistake, mark ☒ on the wrong answer.

To help you keep track of your day, you may record what you did in the activity description. Don't worry too much if you have difficulty writing multiple activities in that column. This column is to help you remember what you did so you can mark the boxes that correspond to where you were, and to help remind you to mark the activity boxes for what you were doing. It is okay to combine activities under one general title. For example, if you spent an hour at home giving your children baths, reading to them, and putting them to bed, you may write-in "caring for children." We are most interested in where you spent your time, and whether you were showering, cooking, physically active, or sleeping during that time.

Time	Activity Columns Mark All that Apply						Activity Description	Place Columns Mark All that Apply						
	Showering or bathing 	Cooking 	Vigorous physical activity 	Moderate physical activity 	Walking 	Sleeping 		Inside, at home 	Inside, at work or school 	Inside, somewhere else 	Outside, at home 	Outside, at work or school 	Outside, somewhere else 	In transit 

The activities are defined as follows:



Showering or bathing – refers to whenever you shower, bathe, or bathe someone else, such as an elder or a child.



Cooking – refers to cooking a meal on a stove, in an oven, or on a grill. This does not include the use of microwaves or crock pots.



Vigorous physical activity – refers to physical activities that make you breathe much harder than normal. This can include heavy lifting, digging, aerobics, fast bicycling, or running. You will only need to mark this box if you complete the vigorous activity for 10 consecutive minutes.



Moderate physical activity – refers to activities that make you breathe somewhat harder than normal. This can include carrying light loads, bicycling at a moderate pace, yoga, or doubles tennis. Do not include walking. You will only need to mark this box if you complete the moderate activity for 10 consecutive minutes.



Walking – includes walking at work and at home, walking to travel from place to place, and any other walking that you may do solely for recreation, sport, exercise, or leisure. You will only need to mark this box if you walk for 10 consecutive minutes.



Sleeping – refers to sleeping for at least ten minutes consecutive minutes during the half-hour interval.

To understand **where** you spend your time, we would like to know when you go outside or travel to work or other places. In the place columns, we hope to capture all of the major places where you spend time:



Inside, at home



Inside, at work



Inside, somewhere else such as a neighbor's house, shopping mall, or supermarket.



Outside, at home



Outside, at work



Outside, somewhere else, such as a neighbor's yard, open air mall, or park.



In transit, such as traveling in a car, bus, train, or subway.

Examples

Example 1: Say from 4:00 AM to 5:59 AM, you were sleeping at home. You would mark the boxes under “Sleeping” and mark the box under “Inside, at home” for the entire time you were asleep.

Time	Activity Columns Mark All that Apply						Activity Description	Place Columns Mark All that Apply						
	Showering or bathing	Cooking	Vigorous physical activity	Moderate physical activity	Walking	Sleeping		Inside, at home	Inside, at work or school	Inside, somewhere else	Outside, at home	Outside, at work or school	Outside, somewhere else	In transit
4:00 am — 4:29 am	☐	☐	☐	☐	☐	☒		☒	☐	☐	☐	☐	☐	☐
4:30 am — 4:59 am	☐	☐	☐	☐	☐	☒		☒	☐	☐	☐	☐	☐	☐
5:00 am — 5:29 am	☐	☐	☐	☐	☐	☒		☒	☐	☐	☐	☐	☐	☐
5:30 am — 5:59 am	☐	☐	☐	☐	☐	☒		☒	☐	☐	☐	☐	☐	☐

In this example, you may write sleeping in the activity description if you wish, but you do not have to.

For intervals where you spent time multiple places, and did multiple activities, write generally what you did in the activity description and mark a box for every place that you were during that time interval. Again, if one of your activities during that interval is highlighted in the green columns, mark the box under that activity.

Example 2: From 6:00 AM – 7:59 AM, you were getting ready for work. During that time, you ate cereal, walked the dog, and then left for work.

Notice that the box under cooking is not marked during the 6:30 am to 6:59 am. That is because in this example you did not cook your breakfast on a stove or in an oven.

For time intervals where you were working inside, simply write “working” and mark a box for inside at work. If you did not leave your place of work, feel free to draw a line down for all of the hours you were working. However, if you left to run an errand, please remember to record it appropriately.

Example 3: At 12:00 PM, you went out to lunch and ran an errand. During this time you would mark the boxes under “Inside, somewhere else” and “In transit” when you were running the errand and at lunch. You returned to your office at 1:00 pm and did not leave until 5:00 pm. For this time you may simply draw a line under working until you 5:00 pm when you left the office.

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There are 4 pages for each Diary day. The appropriate day should be marked at the top of each page.

If you have any questions on how to fill out the Diary, call 1-800-XXX-XXXX.

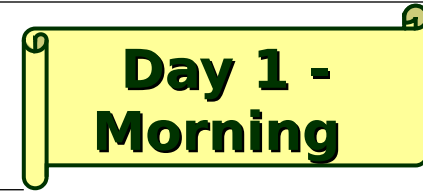
Day: ☐ Sunday ☐ Monday ☐ Tuesday

Date: |_|_|/|_|_|

|_|/|_|_|_|_|

☐ Thursday ☐ Friday ☐ Saturday

Fill in the Diary below for the morning of the day marked above.



Day: ☐ Sunday ☐ Monday ☐ Tuesday
//|_|_|_|_|_|
☐ Thursday ☐ Friday ☐ Saturday

Date: |_|_|_|/|_|_|

**Day 1 -
Afternoon**

Fill in the Diary below for the afternoon of the day marked above.

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Day: ☐ Sunday ☐ Monday ☐ Tuesday
 ☐ Thursday ☐ Friday ☐ Saturday

Date: |_|_|/|_|_|

**Day 1 -
Evening**

Fill in the Diary below for the evening of the day marked above.

Day: ☐ Sunday ☐ Monday ☐ Tuesday
 ☐ Thursday ☐ Friday ☐ Saturday

Date: |_|_|/|_|_|

**Day 1 -
Nighttime**

Fill in the Diary below for the nighttime of the day marked above.

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Day: ☐ Sunday ☐ Monday ☐ Tuesday
☐ Thursday ☐ Friday ☐ Saturday

Date: |_|_|/|_|_|

**Day 2 -
Morning**

Fill in the Diary below for the morning of the day marked above.

Day: ☐ Sunday ☐ Monday ☐ Tuesday
☐ Thursday ☐ Friday ☐ Saturday

Date: |_|_|/|_|_|

**Day 2 -
Afternoon**

Fill in the Diary below for the afternoon of the day marked above.

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17

Day: ☐ Sunday ☐ Monday ☐ Tuesday
 ☐ Thursday ☐ Friday ☐ Saturday

Date: |_|_|/|_|_|

**Day 2 -
Evening**

Fill in the Diary below for the evening of the day marked above.

Day: ☐ Sunday ☐ Monday ☐ Tuesday
 ☐ Thursday ☐ Friday ☐ Saturday

Date: |_|_|/|_|_|

**Day 2 -
Nighttime**

Fill in the Diary below for the nighttime of the day marked above.

Day: ☐ Sunday ☐ Monday ☐ Tuesday
//|_|_|_|_|_|
☐ Thursday ☐ Friday ☐ Saturday

Date: |_|_|_|/|_|_|

**Day 3 -
Morning**

Fill in the Diary below for the morning of the day marked above.

Day: ☐ Sunday ☐ Monday ☐ Tuesday
 ☐ Thursday ☐ Friday ☐ Saturday

Date: |_|_|/|_|_|

**Day 3 -
Afternoon**

Fill in the Diary below for the afternoon of the day marked above.

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23

Day: ☐ Sunday ☐ Monday ☐ Tuesday
 ☐ Thursday ☐ Friday ☐ Saturday

Date: |_|_|/|_|_|

**Day 3 -
Evening**

Fill in the Diary below for the evening of the day marked above.

Day: ☐ Sunday ☐ Monday ☐ Tuesday
 ☐ Thursday ☐ Friday ☐ Saturday

Date: |_|_|/|_|_|

**Day 3 -
Nighttime**

Fill in the Diary below for the nighttime of the day marked above.

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8/2
9/0
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endi
x A

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