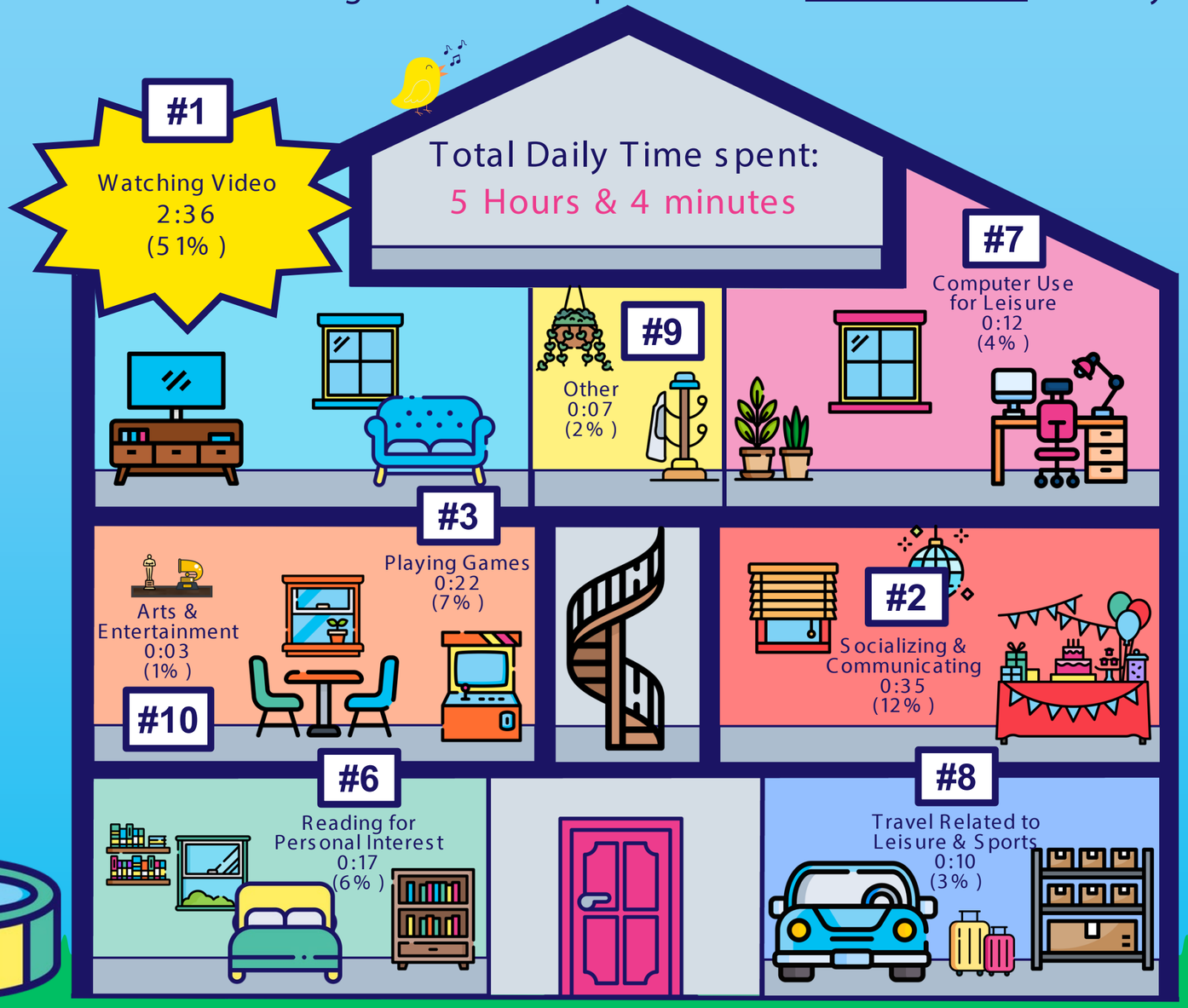
The Time of Our Lives

How The Average American Spends Their Leisure Time Per Day



#4
Relaxing
0:22
(7%)

#5
Sports, Exercise & Recreation
0:20
(7%)

Source: VAB Analysis of Bureau of Labor Statistics 2024 American Time Use Survey (P15+), conducted by U.S. Census Bureau. Note: Survey based on respondents' main activity only (e.g., if a respondent is watching TV while socializing with friends, the time would be attributed to whichever is deemed the 'primary activity' by the respondent). Figures Reflect Time Spent Per Day and Percentage of Daily Time Spent By Leisure Activity (5:04 Total), Time = (Hrs:Mins), # = Rank of leisure activity.