

1. In a typical week, about how many hours do you spend doing the following?

	50 hours or more	25-49 hours	10-24 hours	5-9 hours	1-4 hours	Less than 1 hour	I never do this	Not sure
Sleeping	27%	40%	8%	17%	3%	1%	0%	5%
Spending time with animals and pets	13%	8%	11%	12%	14%	9%	28%	4%
Working	7%	32%	9%	11%	5%	4%	24%	8%
Caring for and helping household children	5%	4%	8%	7%	8%	5%	58%	5%
Socializing, relaxing, and leisure	5%	13%	25%	22%	20%	5%	3%	7%
Using social media	4%	9%	20%	23%	22%	10%	6%	4%
Household management	3%	5%	12%	21%	32%	11%	5%	10%
Reading or listening to books and podcasts	2%	4%	15%	17%	24%	16%	16%	6%
Eating and drinking	2%	4%	22%	31%	25%	8%	0%	8%
Housework	1%	3%	14%	25%	39%	10%	2%	6%
Religious and spiritual activities	1%	1%	4%	11%	26%	19%	31%	8%
Food preparation and cleanup	1%	4%	15%	30%	32%	10%	2%	6%
Talking on the telephone	1%	2%	5%	12%	33%	37%	5%	6%
Sports, exercise, and recreation	1%	3%	9%	22%	29%	15%	17%	5%
Lawn and garden care	1%	1%	5%	8%	27%	19%	32%	6%
Grooming	1%	2%	7%	19%	37%	20%	5%	9%
Seeing friends	1%	2%	8%	16%	31%	22%	13%	7%
Making consumer goods purchases	0%	1%	4%	11%	45%	22%	7%	9%
Going to the gym	0%	1%	3%	10%	13%	9%	58%	5%

2. How much of the time that you spend doing the following do you generally regret?

	All of it	Almost all of it	About half of it	Almost none of it	None of it	Not sure	Not asked - Never does this
Sleeping	3%	3%	9%	13%	67%	5%	0%
Grooming	2%	3%	8%	13%	64%	6%	5%
Socializing, relaxing, and leisure	3%	3%	11%	16%	60%	4%	3%
Eating and drinking	3%	4%	12%	19%	57%	5%	0%
Seeing friends	2%	3%	7%	18%	65%	6%	0%

continued on the next page ...

YouGov Survey: Time Use
 April 24 - 29, 2026 - 1,122 U.S. adult citizens



continued from previous page

Sports, exercise, and recreation	2%	3%	5%	14%	55%	5%	17%
Reading or listening to books and podcasts	2%	2%	5%	14%	55%	5%	16%
Household management	3%	4%	9%	18%	54%	7%	5%
Food preparation and cleanup	3%	5%	10%	20%	54%	6%	2%
Spending time with animals and pets	2%	3%	4%	6%	53%	3%	28%
Housework	4%	4%	12%	18%	53%	7%	2%
Religious and spiritual activities	2%	2%	4%	6%	50%	5%	31%
Talking on the telephone	3%	4%	10%	22%	50%	6%	5%
Making consumer goods purchases	3%	3%	13%	25%	43%	6%	7%
Lawn and garden care	3%	2%	6%	12%	39%	5%	33%
Working	5%	6%	10%	14%	36%	7%	24%
Using social media	5%	10%	21%	19%	33%	5%	6%
Going to the gym	4%	3%	10%	11%	64%	8%	0%
Caring for and helping household children	3%	2%	4%	3%	26%	4%	58%

YouGov Survey: Time Use

April 24 - 29, 2026 - 1,122 U.S. adult citizens



Interviewing Dates	April 24 - 29, 2026
Target population	U.S. citizens, aged 18 and over
Sampling method	Respondents were selected from YouGov's opt-in panel to be representative of adult U.S. citizens.
Weighting	The sample was weighted according to gender, age, race, education, U.S. region, 2024 presidential vote, 2020 election turnout and presidential vote, baseline party identification, and current voter registration status. Demographic weighting targets come from the 2019 American Community Survey. 2024 presidential vote, at time of weighting was estimated to be 48% Harris and 50% Trump. Baseline party identification is the respondent's most recent answer given around November 8, 2024, and is weighted to the estimated distribution at that time (31% Democratic, 33% Republican). The weights range from 0.051 to 5.286, with a mean of one and a standard deviation of 0.781.
Number of respondents	1,122
Margin of error	± 3.7 points (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	63 questions not reported.

YouGov Survey: Time Use

April 24 - 29, 2026 - 1,122 U.S. adult citizens



1A. Weekly Hours Spent on Activities — Sleeping

In a typical week, about how many hours do you spend doing the following?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
50 hours or more	27%	27%	26%	23%	30%	25%	31%	31%	24%	13%	20%	40%
25-49 hours	40%	44%	36%	31%	36%	47%	42%	44%	24%	33%	38%	43%
10-24 hours	8%	7%	9%	10%	11%	8%	2%	7%	6%	16%	9%	5%
5-9 hours	17%	15%	19%	21%	17%	14%	18%	12%	34%	24%	22%	7%
1-4 hours	3%	3%	3%	7%	2%	2%	1%	2%	8%	4%	4%	1%
Less than 1 hour	1%	0%	1%	1%	0%	1%	0%	0%	0%	3%	1%	0%
I never do this	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Not sure	5%	5%	5%	7%	6%	3%	6%	4%	4%	6%	6%	4%
Totals	101%	101%	99%	100%	102%	100%	100%	100%	100%	99%	100%	100%
Unweighted N	(1,114)	(539)	(575)	(279)	(302)	(310)	(223)	(724)	(147)	(168)	(717)	(397)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
50 hours or more	27%	23%	27%	30%	26%	32%	19%	30%	37%	21%	29%	28%	26%
25-49 hours	40%	41%	40%	38%	46%	43%	36%	43%	47%	46%	42%	33%	44%
10-24 hours	8%	9%	6%	9%	8%	8%	10%	8%	6%	6%	7%	10%	6%
5-9 hours	17%	21%	18%	12%	15%	10%	27%	14%	6%	18%	18%	17%	16%
1-4 hours	3%	1%	2%	5%	2%	3%	3%	2%	2%	4%	1%	4%	2%
Less than 1 hour	1%	0%	0%	1%	0%	1%	1%	0%	0%	0%	1%	1%	0%
I never do this	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Not sure	5%	4%	6%	5%	3%	4%	4%	3%	2%	5%	3%	6%	6%
Totals	101%	99%	99%	100%	100%	101%	100%	100%	100%	100%	101%	99%	100%
Unweighted N	(1,114)	(374)	(412)	(328)	(425)	(383)	(385)	(363)	(254)	(191)	(226)	(434)	(263)

YouGov Survey: Time Use
 April 24 - 29, 2026 - 1,122 U.S. adult citizens



1B. Weekly Hours Spent on Activities — Spending time with animals and pets

In a typical week, about how many hours do you spend doing the following?

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
50 hours or more	13%	10%	16%	7%	7%	21%	17%	17%	4%	10%	15%	10%
25-49 hours	8%	6%	10%	4%	7%	12%	8%	10%	5%	5%	7%	10%
10-24 hours	11%	11%	11%	10%	12%	13%	9%	12%	7%	8%	9%	14%
5-9 hours	12%	12%	12%	18%	13%	11%	7%	13%	8%	14%	11%	14%
1-4 hours	14%	16%	12%	15%	18%	11%	14%	14%	16%	13%	15%	13%
Less than 1 hour	9%	10%	9%	9%	12%	8%	7%	7%	11%	15%	9%	9%
I never do this	28%	30%	27%	28%	28%	24%	36%	24%	41%	30%	30%	26%
Not sure	4%	5%	3%	10%	3%	2%	3%	3%	9%	4%	4%	4%
Totals	99%	100%	100%	101%	100%	102%	101%	100%	101%	99%	100%	100%
Unweighted N	(1,112)	(546)	(566)	(279)	(302)	(310)	(221)	(726)	(146)	(165)	(712)	(400)

	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
50 hours or more	13%	12%	14%	14%	13%	13%	17%	14%	8%	10%	16%	12%	16%
25-49 hours	8%	7%	5%	13%	8%	13%	4%	10%	14%	10%	8%	8%	8%
10-24 hours	11%	10%	11%	11%	13%	12%	10%	13%	12%	12%	7%	11%	14%
5-9 hours	12%	10%	13%	13%	13%	15%	11%	12%	16%	14%	14%	11%	11%
1-4 hours	14%	15%	13%	13%	15%	15%	16%	12%	14%	13%	12%	15%	14%
Less than 1 hour	9%	12%	7%	9%	10%	10%	9%	9%	8%	9%	7%	9%	11%
I never do this	28%	31%	30%	25%	26%	22%	31%	27%	25%	27%	33%	28%	25%
Not sure	4%	3%	6%	2%	4%	2%	2%	3%	3%	4%	4%	5%	2%
Totals	99%	100%	99%	100%	102%	102%	100%	100%	100%	99%	101%	99%	101%
Unweighted N	(1,112)	(370)	(410)	(332)	(423)	(386)	(383)	(363)	(253)	(192)	(225)	(433)	(262)

YouGov Survey: Time Use
 April 24 - 29, 2026 - 1,122 U.S. adult citizens



1C. Weekly Hours Spent on Activities — Working

In a typical week, about how many hours do you spend doing the following?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
50 hours or more	7%	8%	6%	4%	8%	11%	2%	8%	7%	4%	5%	11%
25-49 hours	32%	34%	30%	29%	48%	37%	8%	32%	32%	27%	24%	45%
10-24 hours	9%	10%	9%	12%	7%	9%	10%	9%	8%	10%	9%	10%
5-9 hours	11%	14%	8%	22%	10%	7%	7%	9%	18%	13%	13%	7%
1-4 hours	5%	4%	5%	5%	2%	4%	9%	3%	9%	8%	4%	5%
Less than 1 hour	4%	4%	4%	4%	2%	4%	7%	5%	0%	6%	5%	4%
I never do this	24%	21%	27%	9%	15%	21%	53%	26%	17%	23%	30%	14%
Not sure	8%	6%	11%	15%	8%	7%	5%	8%	10%	9%	11%	4%
Totals	100%	101%	100%	100%	100%	100%	101%	100%	101%	100%	101%	100%
Unweighted N	(1,111)	(542)	(569)	(280)	(300)	(309)	(222)	(725)	(144)	(168)	(715)	(396)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
50 hours or more	7%	7%	6%	9%	8%	10%	5%	7%	12%	7%	7%	8%	5%
25-49 hours	32%	37%	29%	30%	38%	35%	18%	44%	40%	28%	36%	30%	32%
10-24 hours	9%	9%	10%	7%	10%	7%	10%	6%	10%	8%	11%	7%	12%
5-9 hours	11%	7%	13%	11%	6%	8%	14%	7%	9%	13%	7%	11%	13%
1-4 hours	5%	5%	5%	4%	6%	5%	4%	6%	4%	7%	3%	4%	6%
Less than 1 hour	4%	6%	5%	2%	5%	2%	5%	4%	2%	6%	4%	4%	4%
I never do this	24%	24%	20%	29%	22%	26%	32%	21%	18%	20%	23%	27%	22%
Not sure	8%	5%	11%	9%	5%	6%	11%	6%	5%	10%	9%	8%	6%
Totals	100%	100%	99%	101%	100%	99%	99%	101%	100%	99%	100%	99%	100%
Unweighted N	(1,111)	(371)	(410)	(330)	(421)	(384)	(387)	(361)	(252)	(190)	(223)	(436)	(262)

YouGov Survey: Time Use
 April 24 - 29, 2026 - 1,122 U.S. adult citizens



1D. Weekly Hours Spent on Activities — Caring for and helping household children

In a typical week, about how many hours do you spend doing the following?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
50 hours or more	5%	2%	7%	2%	15%	2%	1%	5%	7%	3%	5%	4%
25-49 hours	4%	3%	6%	3%	8%	5%	1%	4%	5%	4%	3%	7%
10-24 hours	8%	6%	9%	6%	15%	8%	2%	7%	10%	10%	6%	11%
5-9 hours	7%	6%	7%	7%	11%	5%	3%	6%	5%	10%	7%	7%
1-4 hours	8%	10%	7%	10%	5%	11%	5%	7%	7%	14%	9%	6%
Less than 1 hour	5%	6%	4%	5%	3%	5%	7%	5%	7%	3%	5%	5%
I never do this	58%	60%	56%	55%	38%	60%	79%	61%	52%	51%	59%	57%
Not sure	5%	6%	4%	11%	4%	3%	2%	4%	7%	4%	6%	3%
Totals	100%	99%	100%	99%	99%	99%	100%	99%	100%	99%	100%	100%
Unweighted N	(1,110)	(542)	(568)	(281)	(299)	(309)	(221)	(719)	(147)	(168)	(713)	(397)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
50 hours or more	5%	3%	5%	6%	4%	4%	6%	4%	5%	8%	5%	4%	5%
25-49 hours	4%	3%	5%	6%	4%	7%	3%	4%	8%	4%	2%	6%	4%
10-24 hours	8%	10%	5%	10%	8%	8%	9%	6%	12%	5%	7%	10%	7%
5-9 hours	7%	5%	6%	9%	6%	9%	7%	7%	7%	8%	3%	6%	11%
1-4 hours	8%	9%	8%	7%	5%	9%	10%	5%	10%	10%	10%	7%	7%
Less than 1 hour	5%	4%	6%	5%	5%	5%	4%	5%	7%	6%	5%	5%	5%
I never do this	58%	61%	60%	53%	63%	54%	58%	64%	45%	52%	67%	58%	55%
Not sure	5%	4%	6%	4%	4%	4%	3%	5%	6%	7%	2%	5%	6%
Totals	100%	99%	101%	100%	99%	100%	100%	100%	100%	100%	101%	101%	100%
Unweighted N	(1,110)	(373)	(409)	(328)	(423)	(383)	(382)	(360)	(255)	(193)	(223)	(432)	(262)

YouGov Survey: Time Use
 April 24 - 29, 2026 - 1,122 U.S. adult citizens



1E. Weekly Hours Spent on Activities — Socializing, relaxing, and leisure

In a typical week, about how many hours do you spend doing the following?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
50 hours or more	5%	6%	3%	4%	2%	6%	6%	6%	2%	4%	5%	4%
25-49 hours	13%	13%	14%	11%	11%	12%	19%	13%	11%	9%	11%	18%
10-24 hours	25%	26%	24%	22%	25%	28%	24%	27%	19%	27%	24%	26%
5-9 hours	22%	22%	21%	19%	28%	22%	18%	24%	18%	14%	19%	27%
1-4 hours	20%	17%	23%	25%	16%	19%	22%	17%	28%	28%	22%	16%
Less than 1 hour	5%	6%	5%	3%	7%	7%	4%	5%	6%	7%	7%	3%
I never do this	3%	3%	3%	2%	5%	3%	2%	3%	6%	4%	4%	1%
Not sure	7%	8%	7%	13%	7%	5%	5%	6%	10%	6%	8%	5%
Totals	100%	101%	100%	99%	101%	102%	100%	101%	100%	99%	100%	100%
Unweighted N	(1,114)	(543)	(571)	(280)	(299)	(313)	(222)	(726)	(146)	(166)	(714)	(400)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
50 hours or more	5%	5%	5%	4%	6%	5%	7%	5%	2%	3%	5%	5%	4%
25-49 hours	13%	17%	12%	12%	17%	12%	11%	13%	19%	13%	15%	10%	16%
10-24 hours	25%	26%	24%	26%	26%	27%	24%	27%	26%	22%	27%	24%	27%
5-9 hours	22%	20%	20%	25%	23%	23%	19%	24%	27%	23%	21%	21%	22%
1-4 hours	20%	20%	22%	18%	19%	20%	21%	21%	15%	22%	18%	20%	21%
Less than 1 hour	5%	5%	5%	6%	4%	7%	8%	3%	6%	6%	7%	6%	3%
I never do this	3%	3%	4%	2%	2%	1%	5%	1%	2%	1%	1%	5%	2%
Not sure	7%	5%	10%	6%	4%	5%	5%	6%	3%	9%	6%	8%	6%
Totals	100%	101%	102%	99%	101%	100%	100%	100%	100%	99%	100%	99%	101%
Unweighted N	(1,114)	(374)	(409)	(331)	(424)	(385)	(382)	(365)	(254)	(192)	(226)	(435)	(261)

YouGov Survey: Time Use
 April 24 - 29, 2026 - 1,122 U.S. adult citizens



1F. Weekly Hours Spent on Activities — Using social media

In a typical week, about how many hours do you spend doing the following?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
50 hours or more	4%	5%	3%	10%	5%	1%	2%	3%	11%	2%	5%	4%
25-49 hours	9%	9%	9%	16%	7%	9%	5%	7%	9%	20%	10%	8%
10-24 hours	20%	20%	21%	19%	19%	21%	21%	22%	11%	24%	19%	23%
5-9 hours	23%	23%	24%	19%	30%	22%	21%	26%	21%	16%	22%	25%
1-4 hours	22%	20%	24%	19%	22%	22%	26%	21%	27%	19%	22%	22%
Less than 1 hour	10%	10%	11%	6%	8%	14%	12%	11%	8%	10%	11%	10%
I never do this	6%	7%	5%	4%	4%	6%	12%	7%	4%	7%	7%	6%
Not sure	4%	5%	4%	7%	5%	3%	1%	3%	10%	3%	5%	3%
Totals	98%	99%	101%	100%	100%	98%	100%	100%	101%	101%	101%	101%
Unweighted N	(1,112)	(540)	(572)	(280)	(299)	(311)	(222)	(723)	(146)	(167)	(714)	(398)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
50 hours or more	4%	4%	5%	4%	3%	3%	5%	5%	3%	6%	7%	3%	3%
25-49 hours	9%	9%	9%	8%	10%	8%	10%	11%	7%	7%	8%	10%	9%
10-24 hours	20%	22%	17%	23%	22%	25%	16%	22%	29%	22%	25%	15%	24%
5-9 hours	23%	27%	20%	24%	21%	25%	25%	23%	27%	30%	24%	23%	18%
1-4 hours	22%	22%	21%	23%	23%	25%	23%	23%	19%	22%	20%	24%	20%
Less than 1 hour	10%	10%	11%	10%	11%	9%	12%	10%	9%	7%	8%	12%	12%
I never do this	6%	4%	10%	4%	7%	3%	8%	4%	6%	3%	4%	6%	11%
Not sure	4%	2%	6%	3%	3%	3%	2%	3%	1%	2%	4%	6%	3%
Totals	98%	100%	99%	99%	100%	101%	101%	101%	101%	99%	100%	99%	100%
Unweighted N	(1,112)	(371)	(412)	(329)	(424)	(383)	(382)	(362)	(255)	(192)	(225)	(434)	(261)

YouGov Survey: Time Use

April 24 - 29, 2026 - 1,122 U.S. adult citizens



1G. Weekly Hours Spent on Activities — Household management

In a typical week, about how many hours do you spend doing the following?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
50 hours or more	3%	2%	4%	2%	4%	5%	2%	4%	3%	3%	3%	3%
25-49 hours	5%	4%	5%	2%	6%	6%	3%	5%	4%	5%	4%	5%
10-24 hours	12%	10%	14%	11%	11%	15%	10%	14%	7%	12%	12%	13%
5-9 hours	21%	20%	21%	21%	21%	21%	20%	21%	22%	17%	18%	26%
1-4 hours	32%	35%	29%	20%	34%	34%	38%	33%	34%	24%	29%	37%
Less than 1 hour	11%	11%	12%	13%	8%	10%	16%	12%	8%	15%	14%	7%
I never do this	5%	6%	4%	11%	5%	3%	3%	3%	6%	11%	6%	4%
Not sure	10%	11%	10%	21%	10%	5%	9%	8%	16%	14%	13%	5%
Totals	99%	99%	99%	101%	99%	99%	101%	100%	100%	101%	99%	100%
Unweighted N	(1,113)	(540)	(573)	(279)	(301)	(310)	(223)	(725)	(145)	(168)	(717)	(396)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
50 hours or more	3%	3%	3%	4%	3%	3%	4%	3%	3%	4%	2%	3%	4%
25-49 hours	5%	4%	4%	6%	5%	6%	5%	5%	5%	6%	2%	6%	4%
10-24 hours	12%	11%	14%	12%	15%	12%	15%	10%	13%	14%	11%	11%	14%
5-9 hours	21%	22%	20%	21%	22%	24%	16%	26%	22%	20%	22%	18%	26%
1-4 hours	32%	35%	29%	33%	36%	34%	30%	35%	36%	32%	39%	30%	28%
Less than 1 hour	11%	13%	10%	12%	11%	12%	14%	8%	11%	8%	11%	14%	10%
I never do this	5%	5%	5%	6%	3%	3%	5%	5%	5%	7%	5%	5%	6%
Not sure	10%	8%	15%	7%	5%	6%	11%	9%	4%	10%	8%	13%	8%
Totals	99%	101%	100%	101%	100%	100%	100%	101%	99%	101%	100%	100%	100%
Unweighted N	(1,113)	(372)	(413)	(328)	(423)	(384)	(383)	(364)	(255)	(193)	(226)	(433)	(261)

YouGov Survey: Time Use

April 24 - 29, 2026 - 1,122 U.S. adult citizens



1H. Weekly Hours Spent on Activities — Reading or listening to books and podcasts

In a typical week, about how many hours do you spend doing the following?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
50 hours or more	2%	2%	2%	3%	1%	2%	2%	3%	1%	0%	2%	2%
25-49 hours	4%	3%	6%	3%	5%	3%	7%	5%	5%	1%	2%	8%
10-24 hours	15%	14%	16%	15%	14%	14%	19%	18%	9%	11%	12%	22%
5-9 hours	17%	18%	16%	14%	16%	20%	15%	19%	15%	12%	14%	21%
1-4 hours	24%	23%	25%	23%	27%	23%	24%	23%	33%	25%	23%	26%
Less than 1 hour	16%	18%	14%	19%	16%	16%	12%	14%	15%	24%	18%	12%
I never do this	16%	16%	16%	12%	12%	19%	18%	15%	12%	18%	20%	7%
Not sure	6%	7%	5%	13%	8%	2%	3%	4%	10%	9%	8%	3%
Totals	100%	101%	100%	102%	99%	99%	100%	101%	100%	100%	99%	101%
Unweighted N	(1,110)	(540)	(570)	(279)	(300)	(308)	(223)	(725)	(145)	(165)	(711)	(399)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
50 hours or more	2%	1%	2%	2%	2%	2%	3%	2%	0%	3%	2%	1%	2%
25-49 hours	4%	5%	3%	6%	5%	4%	2%	4%	10%	7%	4%	3%	5%
10-24 hours	15%	20%	16%	11%	21%	14%	15%	17%	17%	12%	13%	17%	17%
5-9 hours	17%	20%	14%	18%	20%	20%	14%	19%	21%	17%	16%	16%	19%
1-4 hours	24%	27%	22%	24%	29%	26%	20%	25%	33%	23%	22%	25%	25%
Less than 1 hour	16%	12%	20%	14%	10%	16%	18%	17%	11%	17%	17%	14%	17%
I never do this	16%	10%	15%	22%	10%	16%	24%	13%	6%	13%	18%	19%	10%
Not sure	6%	6%	8%	3%	3%	2%	5%	4%	2%	7%	6%	6%	5%
Totals	100%	101%	100%	100%	100%	100%	101%	101%	100%	99%	98%	101%	100%
Unweighted N	(1,110)	(368)	(411)	(331)	(423)	(386)	(381)	(362)	(255)	(190)	(225)	(433)	(262)

YouGov Survey: Time Use

April 24 - 29, 2026 - 1,122 U.S. adult citizens



11. Weekly Hours Spent on Activities — Eating and drinking

In a typical week, about how many hours do you spend doing the following?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
50 hours or more	2%	2%	2%	3%	1%	2%	1%	2%	1%	2%	2%	1%
25-49 hours	4%	4%	5%	4%	2%	5%	5%	4%	7%	3%	5%	2%
10-24 hours	22%	25%	19%	13%	21%	27%	25%	24%	16%	19%	18%	29%
5-9 hours	31%	30%	33%	31%	32%	30%	33%	36%	23%	19%	28%	37%
1-4 hours	25%	24%	26%	21%	28%	24%	27%	24%	22%	34%	26%	23%
Less than 1 hour	8%	8%	8%	15%	8%	4%	6%	4%	16%	14%	11%	2%
I never do this	0%	0%	0%	0%	1%	0%	0%	0%	0%	0%	0%	0%
Not sure	8%	8%	8%	12%	8%	7%	4%	5%	14%	9%	9%	5%
Totals	100%	101%	101%	99%	101%	99%	101%	99%	99%	100%	99%	99%
Unweighted N	(1,118)	(544)	(574)	(281)	(302)	(313)	(222)	(728)	(146)	(169)	(720)	(398)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
50 hours or more	2%	1%	2%	1%	2%	1%	3%	3%	0%	1%	3%	1%	2%
25-49 hours	4%	4%	3%	5%	5%	3%	6%	2%	6%	6%	3%	4%	4%
10-24 hours	22%	25%	22%	20%	28%	25%	16%	20%	35%	26%	27%	16%	26%
5-9 hours	31%	31%	31%	31%	31%	34%	27%	37%	35%	27%	32%	30%	36%
1-4 hours	25%	26%	22%	29%	23%	26%	31%	25%	17%	27%	23%	30%	17%
Less than 1 hour	8%	7%	9%	7%	6%	5%	11%	5%	5%	8%	6%	9%	7%
I never do this	0%	0%	1%	0%	0%	0%	1%	0%	0%	0%	0%	0%	1%
Not sure	8%	5%	10%	7%	4%	7%	6%	7%	2%	5%	7%	9%	7%
Totals	100%	99%	100%	100%	99%	101%	101%	99%	100%	100%	101%	99%	100%
Unweighted N	(1,118)	(372)	(415)	(331)	(423)	(387)	(387)	(365)	(254)	(192)	(225)	(437)	(264)

YouGov Survey: Time Use
 April 24 - 29, 2026 - 1,122 U.S. adult citizens



1J. Weekly Hours Spent on Activities — Housework

In a typical week, about how many hours do you spend doing the following?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
50 hours or more	1%	1%	2%	1%	2%	1%	1%	1%	3%	2%	1%	2%
25-49 hours	3%	1%	4%	2%	4%	3%	2%	4%	1%	3%	3%	3%
10-24 hours	14%	10%	17%	10%	18%	16%	9%	14%	13%	15%	12%	16%
5-9 hours	25%	24%	25%	26%	23%	23%	26%	29%	13%	20%	22%	30%
1-4 hours	39%	41%	38%	37%	33%	40%	48%	37%	52%	37%	40%	38%
Less than 1 hour	10%	12%	7%	9%	8%	11%	10%	9%	6%	13%	11%	8%
I never do this	2%	4%	1%	3%	4%	2%	1%	2%	4%	4%	3%	1%
Not sure	6%	7%	5%	11%	7%	4%	3%	5%	7%	6%	8%	3%
Totals	100%	100%	99%	99%	99%	100%	100%	101%	99%	100%	100%	101%
Unweighted N	(1,111)	(541)	(570)	(280)	(299)	(312)	(220)	(724)	(144)	(168)	(714)	(397)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
50 hours or more	1%	1%	1%	1%	1%	1%	2%	1%	0%	2%	0%	2%	2%
25-49 hours	3%	3%	3%	3%	2%	2%	2%	3%	4%	2%	1%	4%	3%
10-24 hours	14%	15%	11%	15%	17%	14%	14%	15%	15%	16%	11%	14%	13%
5-9 hours	25%	24%	23%	27%	23%	30%	20%	27%	32%	26%	28%	20%	27%
1-4 hours	39%	39%	40%	39%	42%	39%	41%	40%	39%	34%	42%	42%	36%
Less than 1 hour	10%	13%	9%	8%	10%	9%	12%	9%	7%	11%	11%	8%	11%
I never do this	2%	2%	4%	1%	2%	1%	4%	1%	0%	3%	1%	3%	3%
Not sure	6%	3%	9%	5%	3%	3%	5%	4%	2%	5%	6%	7%	5%
Totals	100%	100%	100%	99%	100%	99%	100%	100%	99%	99%	100%	100%	100%
Unweighted N	(1,111)	(370)	(412)	(329)	(423)	(384)	(381)	(363)	(254)	(192)	(227)	(430)	(262)

YouGov Survey: Time Use
 April 24 - 29, 2026 - 1,122 U.S. adult citizens



1K. Weekly Hours Spent on Activities — Religious and spiritual activities

In a typical week, about how many hours do you spend doing the following?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
50 hours or more	1%	1%	1%	2%	3%	1%	0%	1%	3%	0%	1%	2%
25-49 hours	1%	1%	0%	1%	0%	1%	0%	1%	1%	1%	0%	1%
10-24 hours	4%	5%	4%	5%	4%	5%	3%	4%	6%	3%	5%	3%
5-9 hours	11%	10%	11%	15%	8%	11%	8%	10%	14%	16%	11%	10%
1-4 hours	26%	24%	27%	23%	25%	21%	36%	25%	33%	26%	24%	29%
Less than 1 hour	19%	19%	19%	15%	17%	20%	22%	19%	12%	15%	17%	23%
I never do this	31%	32%	30%	26%	37%	36%	23%	33%	14%	35%	32%	29%
Not sure	8%	8%	7%	14%	6%	5%	7%	7%	16%	4%	10%	4%
Totals	101%	100%	99%	101%	100%	100%	99%	100%	99%	100%	100%	101%
Unweighted N	(1,116)	(546)	(570)	(281)	(301)	(310)	(224)	(726)	(147)	(167)	(716)	(400)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
50 hours or more	1%	2%	1%	2%	1%	1%	3%	0%	1%	1%	0%	3%	0%
25-49 hours	1%	0%	1%	2%	1%	2%	1%	1%	1%	1%	1%	1%	0%
10-24 hours	4%	3%	6%	4%	3%	6%	4%	5%	4%	3%	5%	5%	4%
5-9 hours	11%	8%	7%	17%	6%	18%	9%	11%	14%	18%	9%	7%	13%
1-4 hours	26%	22%	20%	36%	22%	35%	22%	27%	29%	24%	23%	32%	19%
Less than 1 hour	19%	21%	19%	16%	24%	17%	17%	20%	22%	21%	20%	18%	17%
I never do this	31%	40%	36%	17%	39%	16%	35%	31%	27%	23%	35%	26%	42%
Not sure	8%	5%	10%	6%	4%	5%	9%	4%	3%	8%	5%	9%	6%
Totals	101%	101%	100%	100%	100%	100%	100%	99%	101%	99%	98%	101%	101%
Unweighted N	(1,116)	(372)	(413)	(331)	(425)	(388)	(382)	(365)	(256)	(191)	(227)	(435)	(263)

YouGov Survey: Time Use

April 24 - 29, 2026 - 1,122 U.S. adult citizens



1L. Weekly Hours Spent on Activities — Food preparation and cleanup

In a typical week, about how many hours do you spend doing the following?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
50 hours or more	1%	1%	2%	2%	1%	2%	0%	1%	0%	3%	1%	2%
25-49 hours	4%	2%	6%	4%	3%	6%	3%	4%	6%	2%	5%	2%
10-24 hours	15%	13%	17%	10%	16%	16%	18%	17%	9%	13%	14%	16%
5-9 hours	30%	30%	30%	29%	26%	30%	33%	34%	20%	24%	27%	36%
1-4 hours	32%	32%	31%	27%	33%	34%	32%	29%	39%	37%	31%	34%
Less than 1 hour	10%	12%	8%	10%	12%	8%	11%	9%	10%	11%	12%	6%
I never do this	2%	3%	2%	5%	5%	1%	0%	1%	4%	6%	3%	2%
Not sure	6%	8%	4%	14%	5%	4%	3%	4%	13%	4%	8%	2%
Totals	100%	101%	100%	101%	101%	101%	100%	99%	101%	100%	101%	100%
Unweighted N	(1,115)	(546)	(569)	(280)	(301)	(312)	(222)	(725)	(147)	(167)	(717)	(398)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
50 hours or more	1%	0%	1%	2%	0%	2%	1%	1%	1%	2%	0%	1%	3%
25-49 hours	4%	3%	4%	5%	4%	5%	6%	3%	3%	7%	3%	3%	4%
10-24 hours	15%	12%	15%	17%	18%	15%	12%	16%	18%	20%	14%	12%	17%
5-9 hours	30%	32%	30%	27%	32%	30%	25%	31%	38%	24%	23%	32%	36%
1-4 hours	32%	34%	30%	33%	34%	36%	33%	34%	30%	30%	44%	31%	23%
Less than 1 hour	10%	12%	8%	10%	8%	8%	13%	10%	6%	9%	8%	12%	10%
I never do this	2%	4%	2%	2%	2%	1%	4%	1%	2%	2%	2%	3%	2%
Not sure	6%	3%	10%	3%	2%	3%	4%	3%	3%	6%	6%	6%	5%
Totals	100%	100%	100%	99%	100%	100%	98%	99%	101%	100%	100%	100%	100%
Unweighted N	(1,115)	(372)	(413)	(330)	(424)	(385)	(384)	(366)	(253)	(189)	(226)	(436)	(264)

YouGov Survey: Time Use

April 24 - 29, 2026 - 1,122 U.S. adult citizens



1M. Weekly Hours Spent on Activities — Talking on the telephone

In a typical week, about how many hours do you spend doing the following?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
50 hours or more	1%	1%	1%	1%	1%	1%	1%	1%	4%	0%	1%	1%
25-49 hours	2%	1%	3%	1%	2%	3%	1%	1%	3%	2%	2%	1%
10-24 hours	5%	5%	4%	4%	4%	7%	3%	5%	5%	2%	3%	8%
5-9 hours	12%	10%	14%	16%	14%	9%	10%	12%	10%	15%	12%	13%
1-4 hours	33%	32%	34%	30%	38%	32%	33%	33%	31%	33%	31%	38%
Less than 1 hour	37%	39%	34%	29%	30%	39%	48%	38%	34%	34%	39%	32%
I never do this	5%	5%	5%	5%	4%	9%	1%	5%	3%	6%	7%	2%
Not sure	6%	7%	5%	14%	6%	2%	2%	4%	11%	7%	7%	4%
Totals	101%	100%	100%	100%	99%	102%	99%	99%	101%	99%	102%	99%
Unweighted N	(1,120)	(545)	(575)	(280)	(302)	(314)	(224)	(729)	(147)	(168)	(721)	(399)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
50 hours or more	1%	2%	1%	1%	1%	0%	2%	1%	1%	1%	0%	2%	0%
25-49 hours	2%	1%	1%	2%	2%	2%	2%	1%	2%	0%	1%	3%	1%
10-24 hours	5%	4%	6%	4%	5%	4%	4%	6%	4%	7%	1%	6%	4%
5-9 hours	12%	13%	7%	17%	12%	15%	12%	13%	11%	10%	9%	12%	16%
1-4 hours	33%	33%	32%	34%	34%	32%	31%	35%	40%	38%	29%	29%	40%
Less than 1 hour	37%	38%	39%	33%	38%	37%	40%	36%	36%	33%	46%	37%	30%
I never do this	5%	4%	5%	6%	3%	5%	8%	4%	4%	5%	5%	5%	5%
Not sure	6%	5%	9%	3%	4%	4%	3%	4%	3%	5%	7%	6%	4%
Totals	101%	100%	100%	100%	99%	99%	102%	100%	101%	99%	98%	100%	100%
Unweighted N	(1,120)	(373)	(415)	(332)	(424)	(388)	(387)	(366)	(254)	(193)	(227)	(437)	(263)

YouGov Survey: Time Use
 April 24 - 29, 2026 - 1,122 U.S. adult citizens



1N. Weekly Hours Spent on Activities — Sports, exercise, and recreation

In a typical week, about how many hours do you spend doing the following?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
50 hours or more	1%	1%	0%	1%	1%	0%	0%	1%	0%	0%	0%	1%
25-49 hours	3%	2%	3%	4%	3%	2%	2%	2%	4%	3%	2%	3%
10-24 hours	9%	10%	8%	10%	11%	7%	9%	10%	8%	7%	7%	14%
5-9 hours	22%	23%	21%	23%	24%	22%	18%	22%	22%	18%	19%	27%
1-4 hours	29%	27%	31%	27%	29%	29%	31%	30%	29%	26%	28%	30%
Less than 1 hour	15%	18%	13%	14%	12%	19%	16%	15%	15%	13%	16%	13%
I never do this	17%	14%	20%	9%	17%	20%	20%	16%	14%	23%	20%	10%
Not sure	5%	5%	5%	13%	4%	1%	4%	4%	8%	9%	7%	2%
Totals	101%	100%	101%	101%	101%	100%	100%	100%	100%	99%	99%	100%
Unweighted N	(1,112)	(541)	(571)	(280)	(300)	(312)	(220)	(723)	(146)	(167)	(715)	(397)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
50 hours or more	1%	0%	0%	2%	0%	0%	1%	0%	1%	1%	0%	1%	0%
25-49 hours	3%	3%	2%	3%	3%	3%	1%	4%	4%	4%	3%	1%	3%
10-24 hours	9%	7%	9%	10%	10%	11%	4%	9%	20%	12%	6%	8%	13%
5-9 hours	22%	24%	22%	20%	25%	22%	18%	23%	25%	19%	20%	22%	25%
1-4 hours	29%	29%	26%	33%	29%	33%	26%	31%	31%	33%	26%	28%	31%
Less than 1 hour	15%	15%	17%	13%	14%	15%	18%	15%	13%	12%	21%	15%	13%
I never do this	17%	19%	14%	17%	17%	12%	27%	14%	6%	15%	14%	20%	13%
Not sure	5%	3%	9%	2%	2%	3%	5%	3%	1%	4%	10%	4%	3%
Totals	101%	100%	99%	100%	100%	99%	100%	99%	101%	100%	100%	99%	101%
Unweighted N	(1,112)	(372)	(411)	(329)	(422)	(383)	(383)	(365)	(251)	(189)	(224)	(435)	(264)

YouGov Survey: Time Use
 April 24 - 29, 2026 - 1,122 U.S. adult citizens



10. Weekly Hours Spent on Activities — Lawn and garden care

In a typical week, about how many hours do you spend doing the following?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
50 hours or more	1%	1%	0%	1%	0%	1%	0%	1%	0%	0%	1%	1%
25-49 hours	1%	2%	0%	0%	2%	1%	1%	1%	1%	0%	1%	1%
10-24 hours	5%	4%	6%	5%	4%	5%	5%	5%	5%	3%	4%	6%
5-9 hours	8%	11%	6%	6%	9%	10%	9%	10%	5%	5%	8%	9%
1-4 hours	27%	33%	23%	20%	26%	29%	34%	30%	23%	26%	24%	34%
Less than 1 hour	19%	17%	21%	16%	21%	20%	20%	20%	11%	22%	20%	19%
I never do this	32%	26%	39%	39%	33%	32%	27%	28%	45%	39%	35%	27%
Not sure	6%	7%	5%	12%	6%	3%	4%	5%	9%	5%	7%	4%
Totals	99%	101%	100%	99%	101%	101%	100%	100%	99%	100%	100%	101%
Unweighted N	(1,114)	(543)	(571)	(281)	(303)	(313)	(217)	(724)	(145)	(169)	(714)	(400)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
50 hours or more	1%	0%	1%	0%	0%	0%	2%	0%	0%	1%	0%	1%	0%
25-49 hours	1%	0%	1%	2%	0%	1%	2%	1%	0%	0%	0%	2%	0%
10-24 hours	5%	4%	4%	6%	5%	6%	3%	5%	8%	8%	5%	4%	4%
5-9 hours	8%	8%	7%	10%	10%	13%	6%	12%	8%	7%	12%	8%	8%
1-4 hours	27%	25%	25%	32%	27%	36%	20%	29%	43%	28%	27%	28%	26%
Less than 1 hour	19%	23%	18%	18%	23%	18%	21%	18%	22%	16%	17%	21%	21%
I never do this	32%	35%	35%	26%	31%	22%	44%	31%	15%	37%	31%	31%	35%
Not sure	6%	4%	8%	5%	3%	5%	3%	5%	4%	3%	7%	6%	6%
Totals	99%	99%	99%	99%	99%	101%	101%	101%	100%	100%	99%	101%	100%
Unweighted N	(1,114)	(372)	(411)	(331)	(422)	(386)	(383)	(362)	(256)	(192)	(226)	(432)	(264)

YouGov Survey: Time Use

April 24 - 29, 2026 - 1,122 U.S. adult citizens



1P. Weekly Hours Spent on Activities — Grooming

In a typical week, about how many hours do you spend doing the following?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
50 hours or more	1%	0%	1%	1%	1%	0%	0%	0%	2%	0%	1%	0%
25-49 hours	2%	1%	3%	1%	3%	2%	3%	1%	4%	4%	2%	1%
10-24 hours	7%	6%	9%	6%	6%	9%	7%	8%	8%	3%	6%	10%
5-9 hours	19%	15%	22%	14%	24%	20%	16%	19%	15%	21%	15%	25%
1-4 hours	37%	38%	37%	29%	32%	44%	41%	42%	29%	27%	35%	41%
Less than 1 hour	20%	24%	16%	18%	22%	17%	24%	17%	23%	23%	23%	15%
I never do this	5%	7%	3%	11%	6%	2%	3%	4%	5%	11%	7%	2%
Not sure	9%	10%	9%	22%	7%	5%	5%	8%	14%	10%	11%	6%
Totals	100%	101%	100%	102%	101%	99%	99%	99%	100%	99%	100%	100%
Unweighted N	(1,114)	(544)	(570)	(281)	(303)	(309)	(221)	(727)	(146)	(167)	(715)	(399)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
50 hours or more	1%	1%	0%	0%	0%	0%	1%	0%	0%	1%	0%	1%	0%
25-49 hours	2%	1%	2%	3%	1%	2%	4%	2%	1%	2%	2%	2%	2%
10-24 hours	7%	8%	6%	9%	8%	8%	6%	6%	11%	6%	5%	8%	10%
5-9 hours	19%	22%	13%	23%	23%	24%	14%	23%	23%	21%	17%	18%	19%
1-4 hours	37%	38%	38%	35%	40%	38%	36%	40%	39%	42%	42%	34%	34%
Less than 1 hour	20%	21%	22%	16%	21%	18%	24%	17%	17%	12%	23%	20%	23%
I never do this	5%	2%	7%	6%	2%	3%	8%	3%	3%	5%	2%	6%	5%
Not sure	9%	7%	12%	7%	5%	6%	6%	9%	5%	11%	8%	10%	7%
Totals	100%	100%	100%	99%	100%	99%	99%	100%	99%	100%	99%	99%	100%
Unweighted N	(1,114)	(370)	(414)	(330)	(423)	(386)	(385)	(363)	(254)	(192)	(226)	(435)	(261)

YouGov Survey: Time Use
 April 24 - 29, 2026 - 1,122 U.S. adult citizens



1Q. Weekly Hours Spent on Activities — Seeing friends

In a typical week, about how many hours do you spend doing the following?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
50 hours or more	1%	1%	0%	1%	1%	0%	1%	1%	1%	0%	0%	1%
25-49 hours	2%	3%	1%	2%	2%	2%	2%	2%	2%	0%	2%	2%
10-24 hours	8%	8%	8%	11%	7%	7%	7%	8%	10%	7%	8%	9%
5-9 hours	16%	15%	16%	19%	18%	12%	15%	17%	16%	13%	15%	17%
1-4 hours	31%	31%	32%	28%	33%	28%	38%	33%	27%	28%	27%	39%
Less than 1 hour	22%	21%	23%	11%	20%	27%	27%	21%	20%	26%	22%	23%
I never do this	13%	14%	12%	12%	12%	20%	7%	13%	11%	14%	16%	8%
Not sure	7%	7%	8%	16%	8%	4%	4%	6%	13%	12%	10%	2%
Totals	100%	100%	100%	100%	101%	100%	101%	101%	100%	100%	100%	101%
Unweighted N	(1,113)	(543)	(570)	(279)	(302)	(310)	(222)	(726)	(144)	(168)	(713)	(400)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
50 hours or more	1%	0%	1%	0%	1%	0%	1%	0%	1%	1%	0%	0%	1%
25-49 hours	2%	0%	2%	3%	1%	4%	3%	1%	2%	2%	2%	2%	1%
10-24 hours	8%	8%	9%	7%	8%	8%	6%	8%	9%	8%	8%	7%	10%
5-9 hours	16%	16%	11%	21%	17%	20%	13%	19%	19%	20%	12%	14%	20%
1-4 hours	31%	35%	27%	33%	36%	33%	27%	29%	42%	31%	31%	32%	30%
Less than 1 hour	22%	21%	25%	20%	24%	21%	24%	24%	19%	16%	27%	24%	19%
I never do this	13%	13%	16%	10%	9%	8%	20%	11%	5%	15%	12%	14%	13%
Not sure	7%	7%	9%	6%	5%	4%	8%	6%	2%	6%	8%	7%	8%
Totals	100%	100%	100%	100%	101%	98%	102%	98%	99%	99%	100%	100%	102%
Unweighted N	(1,113)	(370)	(412)	(331)	(422)	(388)	(383)	(365)	(253)	(191)	(226)	(435)	(261)

YouGov Survey: Time Use
 April 24 - 29, 2026 - 1,122 U.S. adult citizens



1R. Weekly Hours Spent on Activities — Making consumer goods purchases

In a typical week, about how many hours do you spend doing the following?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
50 hours or more	0%	0%	0%	1%	0%	1%	0%	0%	1%	2%	0%	0%
25-49 hours	1%	1%	1%	1%	0%	1%	0%	0%	1%	2%	1%	1%
10-24 hours	4%	4%	4%	4%	5%	4%	3%	4%	3%	6%	4%	5%
5-9 hours	11%	11%	11%	11%	13%	8%	13%	12%	11%	10%	11%	11%
1-4 hours	45%	44%	47%	34%	41%	51%	52%	51%	36%	32%	39%	57%
Less than 1 hour	22%	24%	21%	22%	19%	23%	24%	20%	22%	26%	25%	17%
I never do this	7%	7%	7%	9%	11%	5%	3%	5%	10%	16%	9%	3%
Not sure	9%	10%	9%	18%	10%	6%	4%	7%	16%	6%	11%	6%
Totals	99%	101%	100%	100%	99%	99%	99%	99%	100%	100%	100%	100%
Unweighted N	(1,117)	(545)	(572)	(281)	(302)	(312)	(222)	(726)	(147)	(168)	(717)	(400)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
50 hours or more	0%	0%	1%	0%	0%	0%	1%	0%	0%	1%	0%	0%	1%
25-49 hours	1%	2%	0%	1%	1%	1%	1%	1%	1%	0%	1%	1%	1%
10-24 hours	4%	3%	4%	5%	5%	4%	5%	3%	5%	3%	3%	5%	4%
5-9 hours	11%	12%	6%	17%	12%	14%	7%	14%	17%	15%	9%	10%	11%
1-4 hours	45%	49%	44%	44%	52%	50%	40%	55%	50%	41%	47%	45%	47%
Less than 1 hour	22%	22%	26%	18%	22%	20%	27%	17%	21%	21%	23%	19%	27%
I never do this	7%	8%	5%	8%	4%	5%	13%	4%	4%	7%	5%	10%	4%
Not sure	9%	4%	15%	7%	4%	6%	7%	6%	4%	11%	12%	9%	6%
Totals	99%	100%	101%	100%	100%	100%	101%	100%	102%	99%	100%	99%	101%
Unweighted N	(1,117)	(373)	(414)	(330)	(424)	(386)	(386)	(363)	(255)	(193)	(226)	(434)	(264)

YouGov Survey: Time Use
 April 24 - 29, 2026 - 1,122 U.S. adult citizens



1S. Weekly Hours Spent on Activities — Going to the gym

In a typical week, about how many hours do you spend doing the following?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
50 hours or more	0%	1%	0%	1%	0%	0%	0%	0%	0%	0%	0%	0%
25-49 hours	1%	1%	0%	0%	1%	1%	0%	1%	1%	0%	0%	2%
10-24 hours	3%	4%	2%	5%	5%	2%	1%	3%	3%	4%	2%	5%
5-9 hours	10%	12%	9%	14%	14%	7%	9%	10%	10%	15%	8%	15%
1-4 hours	13%	13%	13%	20%	13%	10%	10%	12%	15%	20%	11%	16%
Less than 1 hour	9%	11%	8%	13%	8%	7%	9%	9%	10%	10%	9%	10%
I never do this	58%	51%	65%	35%	51%	72%	69%	61%	49%	45%	64%	48%
Not sure	5%	7%	4%	11%	8%	2%	1%	3%	10%	6%	6%	3%
Totals	99%	100%	101%	99%	100%	101%	99%	99%	98%	100%	100%	99%
Unweighted N	(1,108)	(546)	(562)	(280)	(302)	(305)	(221)	(721)	(147)	(165)	(714)	(394)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
50 hours or more	0%	0%	1%	0%	0%	0%	1%	0%	0%	1%	0%	0%	0%
25-49 hours	1%	1%	0%	2%	1%	2%	1%	1%	2%	1%	0%	1%	0%
10-24 hours	3%	4%	3%	3%	5%	3%	2%	2%	8%	3%	2%	3%	4%
5-9 hours	10%	11%	9%	11%	12%	13%	6%	11%	16%	10%	7%	9%	17%
1-4 hours	13%	17%	10%	13%	14%	18%	9%	16%	17%	15%	12%	9%	19%
Less than 1 hour	9%	8%	11%	7%	9%	10%	9%	9%	11%	13%	10%	9%	7%
I never do this	58%	57%	59%	59%	58%	50%	71%	54%	44%	51%	61%	64%	49%
Not sure	5%	3%	7%	5%	2%	4%	3%	6%	3%	6%	8%	5%	3%
Totals	99%	101%	100%	100%	101%	100%	102%	99%	101%	100%	100%	100%	99%
Unweighted N	(1,108)	(369)	(410)	(329)	(419)	(384)	(382)	(362)	(252)	(189)	(226)	(434)	(259)

YouGov Survey: Time Use
 April 24 - 29, 2026 - 1,122 U.S. adult citizens



2A. Regret over Time Spent on Activities — Sleeping

How much of the time that you spend doing the following do you generally regret?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
All of it	3%	4%	3%	6%	7%	1%	1%	2%	11%	4%	4%	3%
Almost all of it	3%	3%	3%	5%	4%	2%	0%	2%	2%	4%	3%	3%
About half of it	9%	10%	9%	18%	8%	7%	4%	9%	8%	11%	12%	4%
Almost none of it	13%	13%	13%	15%	11%	15%	10%	14%	7%	8%	11%	16%
None of it	67%	65%	69%	51%	65%	70%	80%	67%	69%	71%	66%	69%
Not sure	5%	5%	4%	5%	4%	4%	5%	5%	4%	3%	5%	4%
Not asked - Never does this	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Totals	100%	100%	101%	100%	99%	99%	100%	99%	101%	101%	101%	99%
Unweighted N	(1,113)	(542)	(571)	(276)	(301)	(312)	(224)	(724)	(147)	(168)	(715)	(398)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
All of it	3%	4%	2%	5%	3%	3%	6%	2%	2%	3%	3%	5%	2%
Almost all of it	3%	3%	2%	4%	2%	4%	5%	2%	2%	1%	2%	3%	4%
About half of it	9%	9%	9%	9%	7%	9%	8%	9%	9%	13%	9%	8%	8%
Almost none of it	13%	13%	15%	11%	12%	14%	12%	16%	12%	11%	16%	12%	13%
None of it	67%	69%	65%	68%	73%	67%	65%	66%	73%	68%	67%	66%	68%
Not sure	5%	3%	7%	3%	3%	2%	4%	5%	1%	4%	4%	5%	5%
Not asked - Never does this	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Totals	100%	101%	100%	100%	100%	99%	100%	100%	99%	100%	101%	99%	100%
Unweighted N	(1,113)	(374)	(410)	(329)	(423)	(386)	(383)	(363)	(255)	(191)	(225)	(433)	(264)

YouGov Survey: Time Use
 April 24 - 29, 2026 - 1,122 U.S. adult citizens



2B. Regret over Time Spent on Activities — Grooming

How much of the time that you spend doing the following do you generally regret?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
All of it	2%	1%	3%	3%	3%	0%	3%	1%	7%	3%	1%	3%
Almost all of it	3%	4%	2%	7%	2%	2%	0%	2%	4%	2%	2%	4%
About half of it	8%	7%	8%	8%	11%	7%	4%	8%	9%	8%	8%	6%
Almost none of it	13%	13%	14%	14%	11%	13%	15%	15%	4%	9%	10%	18%
None of it	64%	62%	65%	44%	63%	72%	70%	66%	60%	59%	64%	63%
Not sure	6%	7%	5%	14%	4%	3%	4%	4%	11%	8%	7%	3%
Not asked - Never does this	5%	7%	3%	11%	6%	2%	3%	4%	5%	11%	7%	2%
Totals	101%	101%	100%	101%	100%	99%	99%	100%	100%	100%	99%	99%
Unweighted N	(1,112)	(542)	(570)	(277)	(301)	(311)	(223)	(722)	(147)	(168)	(713)	(399)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
All of it	2%	2%	3%	1%	2%	2%	2%	3%	0%	3%	1%	3%	1%
Almost all of it	3%	3%	3%	3%	2%	4%	3%	2%	3%	3%	1%	3%	4%
About half of it	8%	7%	6%	10%	6%	10%	9%	6%	7%	9%	6%	8%	8%
Almost none of it	13%	14%	13%	12%	15%	14%	10%	15%	17%	10%	15%	12%	15%
None of it	64%	67%	61%	64%	69%	65%	64%	64%	69%	64%	66%	62%	63%
Not sure	6%	5%	8%	4%	4%	3%	5%	6%	1%	5%	8%	6%	4%
Not asked - Never does this	5%	2%	7%	6%	2%	3%	8%	3%	3%	5%	2%	6%	5%
Totals	101%	100%	101%	100%	100%	101%	101%	99%	100%	99%	99%	100%	100%
Unweighted N	(1,112)	(371)	(411)	(330)	(423)	(385)	(385)	(360)	(255)	(192)	(225)	(433)	(262)

YouGov Survey: Time Use
 April 24 - 29, 2026 - 1,122 U.S. adult citizens



2C. Regret over Time Spent on Activities — Socializing, relaxing, and leisure

How much of the time that you spend doing the following do you generally regret?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
All of it	3%	3%	3%	6%	2%	3%	1%	2%	6%	7%	3%	2%
Almost all of it	3%	4%	3%	5%	4%	3%	0%	3%	2%	2%	3%	5%
About half of it	11%	13%	9%	15%	12%	10%	6%	11%	9%	11%	11%	9%
Almost none of it	16%	16%	17%	22%	18%	14%	11%	18%	12%	15%	13%	22%
None of it	60%	57%	62%	42%	55%	63%	76%	60%	59%	58%	61%	57%
Not sure	4%	4%	5%	8%	4%	4%	2%	4%	5%	3%	5%	4%
Not asked - Never does this	3%	3%	3%	2%	5%	3%	2%	3%	6%	4%	4%	1%
Totals	100%	100%	102%	100%	100%	100%	98%	101%	99%	100%	100%	100%
Unweighted N	(1,115)	(544)	(571)	(279)	(302)	(312)	(222)	(726)	(145)	(169)	(716)	(399)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
All of it	3%	3%	2%	3%	2%	2%	5%	2%	1%	1%	2%	4%	3%
Almost all of it	3%	3%	3%	4%	2%	3%	5%	2%	3%	4%	2%	4%	2%
About half of it	11%	9%	9%	14%	10%	12%	9%	14%	10%	9%	10%	12%	10%
Almost none of it	16%	18%	18%	12%	19%	17%	13%	18%	20%	18%	17%	13%	20%
None of it	60%	61%	57%	61%	62%	61%	59%	60%	62%	60%	65%	57%	60%
Not sure	4%	2%	7%	3%	3%	3%	5%	3%	1%	6%	4%	4%	5%
Not asked - Never does this	3%	3%	3%	2%	2%	1%	5%	1%	2%	1%	1%	5%	2%
Totals	100%	99%	99%	99%	100%	99%	101%	100%	99%	99%	101%	99%	102%
Unweighted N	(1,115)	(372)	(412)	(331)	(422)	(385)	(386)	(365)	(252)	(191)	(225)	(434)	(265)

YouGov Survey: Time Use
 April 24 - 29, 2026 - 1,122 U.S. adult citizens



2D. Regret over Time Spent on Activities — Eating and drinking

How much of the time that you spend doing the following do you generally regret?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
All of it	3%	3%	3%	5%	5%	2%	1%	2%	11%	4%	3%	3%
Almost all of it	4%	4%	3%	6%	5%	4%	1%	3%	2%	6%	4%	3%
About half of it	12%	11%	12%	17%	12%	10%	8%	12%	11%	5%	12%	11%
Almost none of it	19%	18%	20%	18%	15%	22%	20%	22%	9%	13%	17%	23%
None of it	57%	58%	56%	46%	57%	59%	65%	56%	62%	65%	57%	57%
Not sure	5%	5%	5%	8%	5%	3%	5%	5%	5%	7%	7%	2%
Not asked - Never does this	0%	0%	0%	0%	1%	0%	0%	0%	0%	0%	0%	0%
Totals	100%	99%	99%	100%	100%	100%	100%	100%	100%	100%	100%	99%
Unweighted N	(1,113)	(545)	(568)	(279)	(302)	(312)	(220)	(722)	(147)	(169)	(716)	(397)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
All of it	3%	4%	4%	2%	3%	3%	5%	3%	2%	3%	2%	4%	3%
Almost all of it	4%	2%	4%	5%	3%	6%	4%	4%	3%	1%	4%	5%	4%
About half of it	12%	9%	11%	15%	8%	11%	13%	10%	10%	11%	15%	12%	8%
Almost none of it	19%	20%	19%	17%	24%	19%	15%	20%	26%	23%	21%	16%	19%
None of it	57%	62%	55%	56%	59%	57%	57%	59%	57%	56%	56%	56%	61%
Not sure	5%	3%	7%	5%	4%	3%	7%	4%	2%	7%	3%	7%	3%
Not asked - Never does this	0%	0%	1%	0%	0%	0%	1%	0%	0%	0%	0%	0%	1%
Totals	100%	100%	101%	100%	101%	99%	102%	100%	100%	101%	101%	100%	99%
Unweighted N	(1,113)	(371)	(411)	(331)	(420)	(386)	(386)	(362)	(253)	(189)	(225)	(436)	(263)

YouGov Survey: Time Use
 April 24 - 29, 2026 - 1,122 U.S. adult citizens



2E. Regret over Time Spent on Activities — Seeing friends

How much of the time that you spend doing the following do you generally regret?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
All of it	2%	3%	1%	5%	1%	1%	0%	1%	3%	4%	1%	2%
Almost all of it	3%	4%	2%	4%	4%	2%	2%	4%	1%	1%	2%	5%
About half of it	7%	7%	7%	17%	7%	4%	4%	6%	13%	7%	10%	2%
Almost none of it	18%	20%	15%	18%	19%	20%	13%	18%	11%	23%	13%	25%
None of it	65%	61%	68%	46%	61%	70%	78%	66%	64%	57%	66%	63%
Not sure	6%	5%	7%	11%	8%	3%	4%	5%	8%	7%	7%	3%
Not asked - Never does this	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Totals	101%	100%	100%	101%	100%	100%	101%	100%	100%	99%	99%	100%
Unweighted N	(987)	(482)	(505)	(255)	(270)	(255)	(207)	(642)	(133)	(146)	(614)	(373)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
All of it	2%	2%	1%	2%	1%	2%	3%	1%	1%	1%	2%	3%	0%
Almost all of it	3%	1%	2%	6%	1%	4%	2%	3%	3%	6%	0%	4%	2%
About half of it	7%	8%	7%	7%	5%	7%	9%	7%	5%	8%	5%	7%	10%
Almost none of it	18%	16%	20%	16%	19%	18%	14%	19%	21%	17%	14%	20%	17%
None of it	65%	68%	63%	63%	71%	67%	64%	65%	66%	60%	75%	60%	67%
Not sure	6%	5%	6%	6%	2%	3%	8%	3%	4%	7%	4%	8%	4%
Not asked - Never does this	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Totals	101%	100%	99%	100%	99%	101%	100%	98%	100%	99%	100%	102%	100%
Unweighted N	(987)	(333)	(357)	(297)	(381)	(356)	(319)	(324)	(245)	(174)	(196)	(383)	(234)

YouGov Survey: Time Use
April 24 - 29, 2026 - 1,122 U.S. adult citizens



2F. Regret over Time Spent on Activities — Sports, exercise, and recreation

How much of the time that you spend doing the following do you generally regret?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
All of it	2%	2%	2%	4%	1%	1%	2%	1%	5%	2%	2%	2%
Almost all of it	3%	4%	2%	4%	6%	2%	0%	3%	2%	3%	2%	4%
About half of it	5%	6%	4%	9%	5%	4%	2%	4%	7%	5%	6%	3%
Almost none of it	14%	14%	13%	17%	11%	14%	13%	15%	6%	13%	12%	17%
None of it	55%	54%	56%	49%	53%	56%	61%	54%	58%	52%	51%	62%
Not sure	5%	6%	4%	9%	6%	4%	3%	6%	7%	2%	7%	2%
Not asked - Never does this	17%	14%	20%	9%	17%	20%	20%	16%	14%	23%	20%	10%
Totals	101%	100%	101%	101%	99%	101%	101%	99%	99%	100%	100%	100%
Unweighted N	(1,116)	(545)	(571)	(279)	(303)	(313)	(221)	(727)	(146)	(168)	(717)	(399)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
All of it	2%	2%	2%	3%	2%	3%	2%	2%	2%	2%	2%	2%	2%
Almost all of it	3%	3%	1%	5%	4%	3%	3%	3%	4%	2%	1%	4%	2%
About half of it	5%	4%	4%	7%	2%	8%	5%	5%	4%	6%	4%	5%	5%
Almost none of it	14%	15%	12%	14%	16%	15%	10%	17%	16%	18%	16%	10%	14%
None of it	55%	53%	59%	50%	56%	56%	47%	55%	66%	52%	57%	52%	59%
Not sure	5%	4%	7%	4%	3%	4%	6%	5%	3%	6%	5%	6%	3%
Not asked - Never does this	17%	19%	14%	17%	17%	12%	27%	14%	6%	14%	14%	20%	13%
Totals	101%	100%	99%	100%	100%	101%	100%	101%	101%	100%	99%	99%	98%
Unweighted N	(1,116)	(373)	(412)	(331)	(422)	(388)	(384)	(365)	(255)	(192)	(226)	(434)	(264)

YouGov Survey: Time Use
April 24 - 29, 2026 - 1,122 U.S. adult citizens



2G. Regret over Time Spent on Activities — Reading or listening to books and podcasts

How much of the time that you spend doing the following do you generally regret?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
All of it	2%	2%	3%	4%	4%	1%	0%	2%	6%	3%	2%	2%
Almost all of it	2%	3%	2%	6%	2%	1%	1%	2%	3%	2%	2%	3%
About half of it	5%	6%	4%	9%	8%	3%	2%	4%	11%	5%	5%	5%
Almost none of it	14%	16%	12%	17%	12%	16%	11%	15%	6%	20%	14%	14%
None of it	55%	52%	58%	44%	54%	57%	64%	58%	51%	47%	50%	65%
Not sure	5%	6%	5%	9%	7%	2%	4%	4%	11%	4%	6%	3%
Not asked - Never does this	16%	16%	16%	12%	12%	19%	18%	15%	12%	18%	21%	7%
Totals	99%	101%	100%	101%	99%	99%	100%	100%	100%	99%	100%	99%
Unweighted N	(1,110)	(542)	(568)	(276)	(302)	(310)	(222)	(722)	(146)	(167)	(714)	(396)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
All of it	2%	3%	1%	3%	1%	3%	4%	2%	1%	1%	2%	4%	1%
Almost all of it	2%	2%	1%	4%	2%	4%	3%	2%	2%	1%	1%	3%	3%
About half of it	5%	4%	5%	6%	5%	5%	6%	3%	8%	8%	3%	4%	6%
Almost none of it	14%	13%	16%	13%	13%	17%	14%	13%	17%	16%	14%	14%	13%
None of it	55%	64%	54%	49%	65%	52%	45%	64%	62%	53%	56%	52%	63%
Not sure	5%	4%	8%	3%	4%	3%	5%	3%	3%	7%	5%	5%	4%
Not asked - Never does this	16%	9%	16%	22%	10%	16%	24%	13%	6%	14%	19%	18%	10%
Totals	99%	99%	101%	100%	100%	100%	101%	100%	99%	100%	100%	100%	100%
Unweighted N	(1,110)	(373)	(407)	(330)	(422)	(385)	(383)	(363)	(255)	(189)	(224)	(435)	(262)

YouGov Survey: Time Use

April 24 - 29, 2026 - 1,122 U.S. adult citizens



2H. Regret over Time Spent on Activities — Household management

How much of the time that you spend doing the following do you generally regret?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
All of it	3%	3%	3%	2%	4%	4%	2%	2%	8%	3%	3%	3%
Almost all of it	4%	5%	3%	5%	2%	3%	4%	4%	2%	5%	3%	5%
About half of it	9%	8%	10%	13%	11%	7%	7%	10%	9%	8%	10%	8%
Almost none of it	18%	19%	17%	11%	18%	21%	20%	21%	5%	15%	15%	24%
None of it	54%	52%	56%	45%	52%	57%	60%	54%	60%	52%	55%	52%
Not sure	7%	8%	6%	13%	8%	4%	4%	6%	10%	7%	9%	4%
Not asked - Never does this	5%	6%	4%	11%	5%	3%	3%	3%	6%	11%	6%	4%
Totals	100%	101%	99%	100%	100%	99%	100%	100%	100%	101%	101%	100%
Unweighted N	(1,113)	(543)	(570)	(279)	(300)	(312)	(222)	(722)	(147)	(168)	(716)	(397)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
All of it	3%	4%	3%	3%	3%	4%	5%	2%	2%	3%	4%	4%	2%
Almost all of it	4%	4%	3%	4%	4%	4%	2%	5%	5%	4%	2%	4%	3%
About half of it	9%	9%	6%	13%	9%	13%	9%	11%	8%	8%	11%	8%	11%
Almost none of it	18%	15%	20%	18%	19%	17%	15%	18%	25%	18%	16%	21%	14%
None of it	54%	59%	53%	51%	58%	54%	56%	54%	52%	53%	57%	51%	58%
Not sure	7%	4%	10%	6%	4%	4%	8%	5%	3%	8%	6%	8%	6%
Not asked - Never does this	5%	5%	5%	6%	3%	3%	5%	5%	5%	7%	5%	5%	6%
Totals	100%	100%	100%	101%	100%	99%	100%	100%	100%	101%	101%	101%	100%
Unweighted N	(1,113)	(374)	(410)	(329)	(424)	(386)	(385)	(363)	(253)	(192)	(225)	(435)	(261)

YouGov Survey: Time Use
 April 24 - 29, 2026 - 1,122 U.S. adult citizens



2I. Regret over Time Spent on Activities — Food preparation and cleanup

How much of the time that you spend doing the following do you generally regret?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
All of it	3%	2%	3%	2%	4%	4%	1%	2%	8%	5%	3%	3%
Almost all of it	5%	5%	5%	7%	4%	5%	5%	5%	1%	10%	5%	5%
About half of it	10%	9%	10%	13%	10%	9%	6%	9%	10%	12%	10%	9%
Almost none of it	20%	23%	18%	20%	18%	23%	18%	24%	5%	14%	18%	24%
None of it	54%	50%	57%	41%	53%	54%	67%	55%	60%	48%	54%	53%
Not sure	6%	7%	4%	13%	6%	4%	3%	4%	12%	4%	7%	4%
Not asked - Never does this	2%	3%	2%	5%	5%	1%	0%	1%	4%	6%	3%	2%
Totals	100%	99%	99%	101%	100%	100%	100%	100%	100%	99%	100%	100%
Unweighted N	(1,111)	(544)	(567)	(277)	(303)	(310)	(221)	(723)	(145)	(168)	(715)	(396)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
All of it	3%	3%	3%	2%	2%	4%	5%	2%	1%	2%	4%	4%	1%
Almost all of it	5%	6%	4%	6%	6%	6%	4%	6%	6%	2%	5%	5%	8%
About half of it	10%	10%	9%	9%	10%	10%	10%	8%	11%	9%	10%	8%	12%
Almost none of it	20%	18%	20%	22%	17%	23%	18%	24%	20%	24%	23%	18%	18%
None of it	54%	55%	53%	54%	60%	54%	53%	55%	58%	56%	49%	55%	55%
Not sure	6%	3%	9%	4%	4%	2%	6%	4%	2%	5%	7%	6%	4%
Not asked - Never does this	2%	4%	2%	2%	2%	1%	4%	1%	2%	2%	2%	3%	2%
Totals	100%	99%	100%	99%	101%	100%	100%	100%	100%	100%	100%	99%	100%
Unweighted N	(1,111)	(371)	(413)	(327)	(420)	(385)	(384)	(363)	(253)	(191)	(225)	(431)	(264)

YouGov Survey: Time Use

April 24 - 29, 2026 - 1,122 U.S. adult citizens



2J. Regret over Time Spent on Activities — Spending time with animals and pets

How much of the time that you spend doing the following do you generally regret?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
All of it	2%	2%	2%	2%	3%	0%	1%	2%	3%	2%	2%	2%
Almost all of it	3%	4%	2%	5%	4%	3%	1%	3%	2%	6%	3%	4%
About half of it	4%	4%	4%	8%	3%	3%	3%	4%	6%	5%	5%	3%
Almost none of it	6%	9%	3%	6%	6%	6%	7%	6%	0%	9%	6%	7%
None of it	53%	47%	59%	45%	51%	63%	51%	59%	42%	48%	52%	55%
Not sure	3%	3%	3%	6%	5%	2%	1%	3%	6%	2%	4%	2%
Not asked - Never does this	28%	30%	26%	27%	28%	23%	36%	24%	41%	29%	29%	26%
Totals	99%	99%	99%	99%	100%	100%	100%	101%	100%	101%	101%	99%
Unweighted N	(1,115)	(542)	(573)	(281)	(303)	(310)	(221)	(723)	(147)	(169)	(716)	(399)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
All of it	2%	1%	1%	3%	1%	2%	3%	2%	0%	2%	2%	3%	0%
Almost all of it	3%	3%	1%	5%	2%	4%	5%	3%	3%	2%	1%	5%	3%
About half of it	4%	5%	2%	6%	4%	7%	3%	5%	5%	6%	3%	3%	6%
Almost none of it	6%	5%	8%	5%	5%	6%	5%	5%	8%	5%	7%	6%	7%
None of it	53%	55%	52%	54%	59%	57%	51%	58%	58%	56%	51%	51%	58%
Not sure	3%	1%	5%	3%	2%	2%	3%	2%	2%	2%	4%	4%	2%
Not asked - Never does this	28%	30%	30%	25%	26%	22%	31%	27%	25%	27%	33%	29%	24%
Totals	99%	100%	99%	101%	99%	100%	101%	102%	101%	100%	101%	101%	100%
Unweighted N	(1,115)	(374)	(411)	(330)	(423)	(386)	(384)	(366)	(253)	(192)	(225)	(434)	(264)

YouGov Survey: Time Use

April 24 - 29, 2026 - 1,122 U.S. adult citizens



2K. Regret over Time Spent on Activities — Housework

How much of the time that you spend doing the following do you generally regret?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
All of it	4%	4%	4%	6%	3%	5%	1%	3%	7%	5%	3%	4%
Almost all of it	4%	5%	4%	5%	5%	3%	5%	4%	4%	4%	4%	5%
About half of it	12%	9%	14%	14%	12%	10%	12%	12%	7%	16%	13%	10%
Almost none of it	18%	20%	17%	13%	17%	23%	19%	20%	13%	11%	16%	22%
None of it	53%	50%	55%	46%	53%	53%	59%	52%	56%	52%	52%	54%
Not sure	7%	8%	6%	13%	6%	4%	4%	6%	8%	8%	8%	4%
Not asked - Never does this	2%	4%	1%	3%	4%	2%	1%	2%	4%	4%	3%	1%
Totals	100%	100%	101%	100%	100%	100%	101%	99%	99%	100%	99%	100%
Unweighted N	(1,115)	(543)	(572)	(280)	(302)	(311)	(222)	(724)	(147)	(169)	(717)	(398)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
All of it	4%	3%	4%	4%	3%	5%	5%	3%	3%	5%	4%	4%	3%
Almost all of it	4%	5%	2%	6%	5%	6%	4%	5%	5%	1%	5%	6%	3%
About half of it	12%	12%	8%	16%	11%	14%	12%	11%	12%	13%	9%	11%	15%
Almost none of it	18%	20%	18%	17%	20%	17%	12%	22%	27%	17%	20%	17%	21%
None of it	53%	52%	54%	52%	56%	54%	53%	55%	51%	52%	56%	52%	51%
Not sure	7%	5%	9%	5%	3%	3%	9%	4%	1%	9%	5%	8%	5%
Not asked - Never does this	2%	2%	4%	1%	2%	1%	4%	1%	0%	3%	1%	3%	3%
Totals	100%	99%	99%	101%	100%	100%	99%	101%	99%	100%	100%	101%	101%
Unweighted N	(1,115)	(372)	(411)	(332)	(421)	(388)	(387)	(363)	(253)	(191)	(226)	(436)	(262)

YouGov Survey: Time Use
 April 24 - 29, 2026 - 1,122 U.S. adult citizens



2L. Regret over Time Spent on Activities — Religious and spiritual activities

How much of the time that you spend doing the following do you generally regret?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
All of it	2%	3%	2%	4%	3%	2%	0%	1%	5%	4%	2%	3%
Almost all of it	2%	2%	2%	4%	4%	1%	0%	2%	1%	3%	2%	3%
About half of it	4%	4%	4%	8%	4%	2%	2%	3%	7%	6%	5%	2%
Almost none of it	6%	7%	5%	6%	6%	5%	6%	5%	6%	9%	4%	9%
None of it	50%	47%	53%	42%	42%	50%	66%	50%	57%	42%	50%	51%
Not sure	5%	5%	4%	10%	4%	3%	3%	5%	9%	2%	6%	2%
Not asked - Never does this	31%	32%	30%	26%	37%	36%	23%	33%	15%	34%	32%	29%
Totals	100%	100%	100%	100%	100%	99%	100%	99%	100%	100%	101%	99%
Unweighted N	(1,112)	(544)	(568)	(279)	(302)	(311)	(220)	(723)	(145)	(169)	(712)	(400)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
All of it	2%	4%	2%	2%	3%	2%	3%	2%	2%	2%	2%	3%	1%
Almost all of it	2%	2%	0%	5%	2%	4%	2%	3%	3%	2%	1%	3%	3%
About half of it	4%	4%	3%	5%	3%	5%	5%	2%	3%	4%	3%	4%	3%
Almost none of it	6%	7%	5%	5%	4%	8%	4%	8%	8%	7%	4%	5%	7%
None of it	50%	39%	49%	62%	44%	61%	46%	48%	56%	58%	51%	53%	39%
Not sure	5%	4%	5%	4%	4%	3%	5%	5%	2%	4%	4%	5%	5%
Not asked - Never does this	31%	40%	36%	17%	40%	16%	35%	32%	27%	24%	36%	26%	42%
Totals	100%	100%	100%	100%	100%	99%	100%	100%	101%	101%	101%	99%	100%
Unweighted N	(1,112)	(372)	(412)	(328)	(421)	(384)	(384)	(362)	(254)	(191)	(226)	(433)	(262)

YouGov Survey: Time Use
 April 24 - 29, 2026 - 1,122 U.S. adult citizens



2M. Regret over Time Spent on Activities — Talking on the telephone

How much of the time that you spend doing the following do you generally regret?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
All of it	3%	3%	3%	6%	5%	2%	0%	2%	9%	4%	4%	3%
Almost all of it	4%	4%	4%	5%	4%	3%	4%	4%	3%	4%	3%	6%
About half of it	10%	12%	9%	16%	8%	10%	8%	10%	11%	8%	10%	11%
Almost none of it	22%	23%	21%	19%	22%	21%	25%	24%	12%	20%	18%	29%
None of it	50%	48%	52%	39%	49%	53%	58%	50%	51%	56%	52%	46%
Not sure	6%	5%	6%	10%	8%	2%	4%	5%	11%	2%	7%	3%
Not asked - Never does this	5%	5%	5%	5%	4%	9%	1%	5%	3%	6%	7%	2%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	101%	100%
Unweighted N	(1,108)	(543)	(565)	(279)	(302)	(309)	(218)	(721)	(144)	(168)	(711)	(397)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
All of it	3%	4%	4%	2%	3%	3%	6%	1%	2%	3%	3%	3%	3%
Almost all of it	4%	4%	3%	6%	4%	5%	4%	4%	5%	2%	4%	5%	3%
About half of it	10%	8%	9%	14%	8%	12%	8%	14%	8%	10%	8%	12%	10%
Almost none of it	22%	25%	21%	19%	25%	24%	16%	23%	28%	24%	22%	21%	21%
None of it	50%	53%	50%	47%	54%	48%	52%	51%	50%	46%	51%	49%	54%
Not sure	6%	2%	8%	5%	2%	4%	6%	3%	2%	10%	6%	5%	3%
Not asked - Never does this	5%	4%	5%	6%	3%	5%	8%	4%	4%	5%	5%	5%	5%
Totals	100%	100%	100%	99%	99%	101%	100%	100%	99%	100%	99%	100%	99%
Unweighted N	(1,108)	(371)	(409)	(328)	(418)	(384)	(382)	(363)	(253)	(190)	(224)	(433)	(261)

YouGov Survey: Time Use
 April 24 - 29, 2026 - 1,122 U.S. adult citizens



2N. Regret over Time Spent on Activities — Making consumer goods purchases

How much of the time that you spend doing the following do you generally regret?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
All of it	3%	3%	3%	7%	2%	2%	1%	2%	7%	4%	2%	4%
Almost all of it	3%	4%	3%	4%	5%	3%	2%	4%	0%	3%	3%	3%
About half of it	13%	14%	13%	20%	12%	13%	9%	13%	12%	16%	13%	15%
Almost none of it	25%	25%	24%	17%	22%	30%	27%	27%	12%	21%	20%	33%
None of it	43%	42%	44%	31%	40%	44%	54%	44%	49%	36%	45%	39%
Not sure	6%	6%	7%	11%	8%	3%	5%	6%	9%	3%	8%	4%
Not asked - Never does this	7%	7%	7%	9%	11%	5%	3%	5%	10%	16%	9%	3%
Totals	100%	101%	101%	99%	100%	100%	101%	101%	99%	99%	100%	101%
Unweighted N	(1,113)	(546)	(567)	(279)	(300)	(313)	(221)	(724)	(146)	(168)	(715)	(398)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
All of it	3%	3%	3%	2%	2%	3%	3%	3%	3%	3%	3%	2%	4%
Almost all of it	3%	3%	3%	5%	4%	4%	3%	6%	2%	1%	2%	4%	4%
About half of it	13%	13%	13%	14%	12%	14%	13%	15%	15%	12%	12%	13%	17%
Almost none of it	25%	32%	20%	24%	30%	27%	20%	26%	31%	26%	25%	24%	24%
None of it	43%	37%	46%	42%	45%	44%	43%	42%	42%	42%	45%	41%	43%
Not sure	6%	3%	10%	4%	3%	3%	6%	5%	3%	9%	8%	6%	4%
Not asked - Never does this	7%	8%	5%	8%	4%	5%	12%	4%	4%	7%	5%	10%	4%
Totals	100%	99%	100%	99%	100%	100%	100%	101%	100%	100%	100%	100%	100%
Unweighted N	(1,113)	(372)	(411)	(330)	(421)	(385)	(387)	(361)	(254)	(190)	(226)	(434)	(263)

YouGov Survey: Time Use
 April 24 - 29, 2026 - 1,122 U.S. adult citizens



20. Regret over Time Spent on Activities — Lawn and garden care

How much of the time that you spend doing the following do you generally regret?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
All of it	3%	3%	2%	2%	3%	4%	1%	2%	4%	4%	2%	3%
Almost all of it	2%	3%	1%	4%	3%	2%	0%	2%	3%	3%	2%	3%
About half of it	6%	7%	5%	5%	9%	3%	5%	6%	4%	8%	5%	6%
Almost none of it	12%	14%	11%	12%	10%	13%	13%	13%	7%	13%	11%	14%
None of it	39%	41%	38%	27%	37%	42%	50%	44%	29%	31%	37%	43%
Not sure	5%	6%	5%	10%	6%	3%	5%	5%	9%	2%	7%	3%
Not asked - Never does this	33%	26%	39%	40%	33%	32%	26%	28%	44%	39%	35%	28%
Totals	100%	100%	101%	100%	101%	99%	100%	100%	100%	100%	99%	100%
Unweighted N	(1,111)	(543)	(568)	(280)	(301)	(309)	(221)	(720)	(146)	(169)	(713)	(398)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
All of it	3%	2%	2%	4%	2%	5%	4%	2%	2%	3%	3%	2%	3%
Almost all of it	2%	3%	1%	4%	3%	3%	2%	4%	2%	2%	2%	3%	2%
About half of it	6%	4%	4%	9%	6%	9%	4%	7%	7%	7%	5%	5%	6%
Almost none of it	12%	14%	11%	12%	11%	11%	8%	13%	18%	8%	12%	14%	12%
None of it	39%	39%	39%	40%	45%	47%	33%	40%	51%	37%	40%	39%	40%
Not sure	5%	4%	7%	5%	2%	3%	6%	3%	3%	6%	6%	6%	3%
Not asked - Never does this	33%	35%	35%	27%	31%	22%	44%	31%	15%	36%	31%	31%	35%
Totals	100%	101%	99%	101%	100%	100%	101%	100%	98%	99%	99%	100%	101%
Unweighted N	(1,111)	(371)	(414)	(326)	(422)	(384)	(384)	(362)	(253)	(193)	(226)	(431)	(261)

YouGov Survey: Time Use

April 24 - 29, 2026 - 1,122 U.S. adult citizens



2P. Regret over Time Spent on Activities — Working

How much of the time that you spend doing the following do you generally regret?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
All of it	5%	5%	4%	6%	5%	6%	1%	5%	3%	7%	4%	6%
Almost all of it	6%	6%	5%	11%	5%	5%	2%	4%	12%	6%	6%	5%
About half of it	10%	10%	10%	13%	13%	9%	4%	8%	9%	18%	8%	12%
Almost none of it	14%	17%	11%	14%	13%	16%	11%	16%	6%	7%	12%	17%
None of it	36%	35%	36%	37%	44%	36%	26%	33%	45%	37%	33%	41%
Not sure	7%	6%	8%	11%	6%	6%	4%	7%	10%	2%	7%	6%
Not asked - Never does this	24%	21%	27%	9%	15%	20%	53%	26%	16%	23%	30%	13%
Totals	102%	100%	101%	101%	101%	98%	101%	99%	101%	100%	100%	100%
Unweighted N	(1,114)	(544)	(570)	(279)	(302)	(310)	(223)	(724)	(146)	(169)	(716)	(398)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
All of it	5%	4%	4%	7%	4%	7%	4%	5%	4%	6%	7%	5%	1%
Almost all of it	6%	5%	6%	6%	6%	6%	6%	7%	3%	6%	8%	5%	5%
About half of it	10%	13%	9%	8%	11%	9%	8%	10%	12%	10%	10%	8%	13%
Almost none of it	14%	11%	15%	15%	13%	16%	7%	17%	19%	17%	16%	13%	11%
None of it	36%	38%	40%	29%	39%	32%	35%	35%	41%	33%	29%	35%	45%
Not sure	7%	6%	7%	7%	4%	4%	8%	5%	2%	8%	9%	7%	3%
Not asked - Never does this	24%	24%	20%	29%	22%	26%	33%	21%	18%	20%	22%	27%	22%
Totals	102%	101%	101%	101%	99%	100%	101%	100%	99%	100%	101%	100%	100%
Unweighted N	(1,114)	(370)	(414)	(330)	(420)	(388)	(385)	(363)	(254)	(191)	(225)	(434)	(264)

YouGov Survey: Time Use

April 24 - 29, 2026 - 1,122 U.S. adult citizens



2Q. Regret over Time Spent on Activities — Using social media

How much of the time that you spend doing the following do you generally regret?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
All of it	5%	4%	6%	8%	6%	4%	3%	4%	12%	4%	4%	7%
Almost all of it	10%	11%	10%	13%	14%	11%	2%	11%	3%	13%	10%	12%
About half of it	21%	23%	19%	28%	19%	23%	15%	22%	17%	23%	20%	24%
Almost none of it	19%	19%	18%	11%	18%	20%	25%	20%	13%	18%	17%	21%
None of it	33%	31%	36%	28%	34%	32%	39%	31%	45%	33%	37%	27%
Not sure	5%	4%	5%	7%	7%	2%	4%	5%	6%	3%	5%	4%
Not asked - Never does this	6%	7%	6%	4%	4%	6%	12%	7%	4%	7%	7%	6%
Totals	99%	99%	100%	99%	102%	98%	100%	100%	100%	101%	100%	101%
Unweighted N	(1,104)	(540)	(564)	(276)	(300)	(308)	(220)	(714)	(147)	(168)	(710)	(394)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
All of it	5%	7%	4%	5%	5%	5%	5%	5%	7%	5%	5%	6%	5%
Almost all of it	10%	9%	9%	13%	9%	11%	11%	10%	10%	6%	11%	12%	8%
About half of it	21%	21%	22%	21%	20%	25%	17%	23%	25%	29%	21%	19%	20%
Almost none of it	19%	23%	16%	18%	22%	21%	14%	21%	25%	20%	16%	18%	22%
None of it	33%	33%	32%	35%	33%	32%	40%	34%	27%	31%	38%	34%	29%
Not sure	5%	4%	6%	4%	5%	3%	6%	4%	0%	6%	4%	5%	5%
Not asked - Never does this	6%	4%	10%	4%	7%	3%	8%	4%	6%	3%	5%	6%	11%
Totals	99%	101%	99%	100%	101%	100%	101%	101%	100%	100%	100%	100%	100%
Unweighted N	(1,104)	(369)	(409)	(326)	(420)	(381)	(382)	(359)	(251)	(189)	(223)	(429)	(263)

YouGov Survey: Time Use
 April 24 - 29, 2026 - 1,122 U.S. adult citizens



2R. Regret over Time Spent on Activities — Going to the gym

How much of the time that you spend doing the following do you generally regret?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
All of it	4%	4%	5%	5%	4%	*	*	3%	*	*	3%	6%
Almost all of it	3%	4%	1%	4%	3%	*	*	2%	*	*	2%	4%
About half of it	10%	10%	9%	15%	9%	*	*	10%	*	*	12%	6%
Almost none of it	11%	10%	14%	9%	15%	*	*	12%	*	*	9%	15%
None of it	64%	64%	64%	52%	66%	*	*	65%	*	*	63%	65%
Not sure	8%	9%	7%	16%	4%	*	*	7%	*	*	11%	4%
Not asked - Never does this	0%	0%	0%	0%	0%	*	*	0%	*	*	0%	0%
Totals	100%	101%	100%	101%	101%	*	*	99%	*	*	100%	100%
Unweighted N	(521)	(286)	(235)	(189)	(165)	(99)	(68)	(312)	(81)	(96)	(298)	(223)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
All of it	4%	5%	3%	6%	6%	5%	6%	5%	4%	6%	*	6%	1%
Almost all of it	3%	5%	1%	4%	5%	4%	1%	6%	3%	1%	*	5%	3%
About half of it	10%	6%	9%	14%	4%	12%	14%	10%	8%	9%	*	10%	14%
Almost none of it	11%	16%	8%	13%	15%	11%	10%	14%	12%	10%	*	13%	12%
None of it	64%	63%	68%	60%	66%	64%	62%	61%	68%	68%	*	57%	69%
Not sure	8%	6%	12%	4%	5%	6%	7%	4%	6%	7%	*	10%	2%
Not asked - Never does this	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	*	0%	0%
Totals	100%	101%	101%	101%	101%	102%	100%	100%	101%	101%	*	101%	101%
Unweighted N	(521)	(176)	(188)	(157)	(198)	(202)	(128)	(182)	(156)	(105)	(91)	(178)	(147)

YouGov Survey: Time Use

April 24 - 29, 2026 - 1,122 U.S. adult citizens



2S. Regret over Time Spent on Activities — Caring for and helping household children

How much of the time that you spend doing the following do you generally regret?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
All of it	3%	4%	3%	3%	5%	3%	1%	2%	8%	4%	3%	3%
Almost all of it	2%	2%	2%	3%	4%	1%	1%	1%	4%	4%	2%	3%
About half of it	4%	4%	4%	8%	5%	3%	1%	4%	4%	7%	5%	2%
Almost none of it	3%	4%	2%	3%	3%	3%	3%	3%	0%	3%	2%	5%
None of it	26%	23%	29%	20%	41%	28%	14%	25%	29%	31%	25%	28%
Not sure	4%	3%	4%	8%	4%	2%	2%	4%	3%	1%	4%	2%
Not asked - Never does this	58%	60%	56%	56%	38%	60%	79%	60%	52%	51%	58%	57%
Totals	100%	100%	100%	101%	100%	100%	101%	99%	100%	101%	99%	100%
Unweighted N	(1,116)	(544)	(572)	(279)	(302)	(313)	(222)	(725)	(146)	(169)	(716)	(400)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
All of it	3%	3%	3%	3%	2%	2%	5%	3%	1%	3%	3%	3%	2%
Almost all of it	2%	3%	1%	4%	2%	3%	2%	2%	3%	1%	0%	4%	2%
About half of it	4%	3%	3%	6%	3%	6%	4%	4%	4%	5%	2%	4%	6%
Almost none of it	3%	3%	3%	3%	3%	4%	3%	3%	5%	4%	1%	3%	4%
None of it	26%	25%	26%	28%	23%	29%	25%	22%	39%	30%	25%	24%	30%
Not sure	4%	2%	5%	3%	2%	2%	3%	2%	4%	6%	2%	4%	2%
Not asked - Never does this	58%	62%	59%	53%	64%	54%	58%	64%	45%	52%	66%	57%	55%
Totals	100%	101%	100%	100%	99%	100%	100%	100%	101%	101%	99%	99%	101%
Unweighted N	(1,116)	(371)	(415)	(330)	(423)	(386)	(387)	(362)	(255)	(193)	(225)	(435)	(263)

YouGov Survey: Time Use

April 24 - 29, 2026 - 1,122 U.S. adult citizens



Interviewing Dates	April 24 - 29, 2026
Target population	U.S. citizens, aged 18 and over
Sampling method	Respondents were selected from YouGov's opt-in panel to be representative of adult U.S. citizens.
Weighting	The sample was weighted according to gender, age, race, education, U.S. region, 2024 presidential vote, 2020 election turnout and presidential vote, baseline party identification, and current voter registration status. Demographic weighting targets come from the 2019 American Community Survey. 2024 presidential vote, at time of weighting was estimated to be 48% Harris and 50% Trump. Baseline party identification is the respondent's most recent answer given around November 8, 2024, and is weighted to the estimated distribution at that time (31% Democratic, 33% Republican). The weights range from 0.051 to 5.286, with a mean of one and a standard deviation of 0.781.
Number of respondents	1,122
Margin of error	± 3.7 points (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	63 questions not reported.