

Please read the following guide!

Using bullets signs until the end time (→) or likened to mark (---) If spending more than 10 minutes.

Please note in detail of your completed works

If you have gone, please type your purpose in column 2 and which transportation in column 6. For example: went to work by bus etc.

But not need detailed typing the activities during working hourse.

For example

First day 07.00-09.00

Hours	What did you do? /Main activities/ Please type your completed activities by ten to ten minutes Please type one activity in one line! Typing the purpose.	Code	What did you do another activity? /Secondary activities/ Please type your completed secondary activities from the same time of the main activities Not neet to type your completed secondary activities from the same time of the main activities, such as meeting and working on computer etc	Code	Where was you?/By what vehicle do you go?/ For example: at another family, at the school, at work, walking, by car etc	Were you alone or together with someone? Please use X mark.					
						Alone	with members of HH				with familiar one
							Husband/wife	Parents	Member of HH up to age 12	other member of HH	
1	2	3	4	5	6	7	8	9	10	11	12
07.00-07.10	Wake-up kids				at home				X		
07.10-07.20	had a breakfast		talking with my family		↓		X		X		
07.20-07.30	---"---		---"---		↓		X		X		
07.30-07.40	cleaned a table				↓						
07.40-07.50	helped to wear clothes for kids		talking with kids		↓				X		
07.50-08.00	Go to the kindergarten.				walking				X		
08.00-08.10	---"---								X		
08.10-08.20	Go to the office				by bus	X					
08.20-08.30	↓					X					
08.30-08.40						X					
08.40-08.50	↓				↓	X					
08.50-09.00	working at the office				at work						X

