

a)Waking-up time: _____

Day 1 – Morning

General Activities	Hour(s)	Minutes
Household chores		
Maintaining or repairing the house/machines		
Personal care		
Child care		
Family care		
Food preparation		
Fetching firewood		
Fetching water		
Voluntary work		
Wage work		
Self-employment		
Shopping activities		
Social/Entertainment activities		
Cultural/community activities		
Farming Activities	Hour(s)	Minutes
Traveling to the field and back home		
Purchase of inputs		
Land clearing and leveling		
Tilling		
Harrowing		
Nursery preparation (rice farmers)		
Planting		
Application of fertilizers		
Application of crop protectants (fungicide, insecticide, biologicals)		
Chemical control of weeds (Application of herbicides)		
Manual weeding		
Supervising casual labor and monitoring for pests		
Animal husbandry		
Irrigation		
Bird scaring		
Harvest and Post-Harvest Activities	Hour(s)	Minutes
Cut		
Collecting		
Threshing		
Winnowing		
Packing		
Transport		
Drying		
Storage		
Transport products from the field to the warehouse		
Selling products		

TOTAL NUMBER OF HOURS/MINUTES SPENT IN THE MORNING _____

b)Time at which you went to bed: _____ c)(Hours/minutes available in the day): _____

Day 1 - Afternoon

General Activities	Hour(s)	Minutes
Household chores		
Maintaining or repairing the house/machines		
Personal care		
Child care		
Family care		
Food preparation		
Fetching firewood		
Fetching water		
Voluntary work		
Wage work		
Self-employment		
Shopping activities		
Social/Entertainment activities		
Cultural/community activities		
Farming Activities	Hour(s)	Minutes
Traveling to the field and back home		
Purchase of inputs		
Land clearing and leveling		
Tilling		
Harrowing		
Nursery preparation (rice farmers)		
Planting		
Application of fertilizers		
Application of crop protectants (fungicide, insecticide, biologicals)		
Chemical control of weeds (Application of herbicides)		
Manual weeding		
Supervising casual labor and monitoring for pests		
Animal husbandry		
Irrigation		
Bird scaring		
Harvest and Post-Harvest Activities	Hour(s)	Minutes
Cut		
Collecting		
Threshing		
Winnowing		
Packing		
Transport		
Drying		
Storage		
Transport products from the field to the warehouse		
Selling products		

TOTAL NUMBER OF HOURS/MINUTES SPENT IN THE AFTERNOON _____

TOTAL NUMBER OF HOURS/MINUTES SPENT IN THE DAY _____