

Daily Activity Chart

by

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- Daily Activity '*Clocks*' illustrate all of the different kinds of activities carried out in one day.
- They are particularly useful for looking at relative workloads between different groups in the community.
- Comparisons between clocks show who works the longest hours, who concentrates on a few activities and who does a number of tasks in a day, and who has the most leisure time and sleep.



- **Daily Activity Chart** will help identify activities that are hoped to be accomplished each day.
- Each item is prioritized according to its importance.
- In developing a daily activities chart; take note of terms of:
 - things that ***must be*** accomplished at a particular day, and
 - which ***should be*** accomplished on that day.

Essence of Daily activities Chart:

To learn what different people do during one day and how heavy their workloads are.

With whom: Male and Female focus groups, and youth groups if need be.



Key Questions:

- 1. For each person, how is his or her time divided?
- 2. What is the difference between the women's and the men's clocks?
- 3. Who has the heaviest workload?
- 4. Who has time for rest and leisure?
- 5. How much time per day do women or girls spend collecting water and fuel wood?



Daily activity of most of the men living in a village

Time	Activities
5am	Wake up
5 am-6 am:	Morning Activities like Prayer etc
7 am-8 am	Breakfast
8 am-12 pm	Farming
12 pm -1 pm	Lunch Break
1 pm-3 pm	Afternoon Nap
3 pm - 5 pm	Farming
5 pm - 7 pm	Daily chores like Washing animals, Checking the farm and produce
7 pm - 8 pm	Dinner
8 pm - 11 pm	They spend it with family or outside playing cards, talking with other farmers
11 pm - 5 am	Sleep

Daily activity of most of the women living in a village

Time	Activities
4 am	Wake up
4 am-5am	Morning Activities like bathing (especially on market days), Prayer etc
5 am-6 am:	Cleaning the House, Cleaning the Utensils, fetching water
6am-7am	Preparing Breakfast, Milking the Cow
7 am-8 am	Eating Breakfast, Feeding the Family, Preparing the children for school.
8am-11am	Farming activities with the men.
11am-12 pm	Preparing Lunch
12 pm -2pm	Eating Lunch and Rest
2 pm-5 pm	Household activities like cleaning utensils, Grazing the animals, Fetching water and fodder.
5 pm - 6 pm	Going to the Co-operative to sell Milk
6 pm - 7 pm	Preparing Dinner
7 pm - 8 pm	Dinner
8 pm - 11 pm	They spend it with family or other women in the neighbourhood
11 pm - 4 am	Sleep

Example of Daily Activities Chart

S/ N	Things To Do Today Date:	Must do by:	Due Date:	Done Date:	Follow Up Remarks:



THANK YOU FOR YOUR ATTENTION

