

# TIME-USE RECORD

## APP

This leaflet gives you more information about how to log in to and use the time-use record. Please keep it safe and don't lose it!

Please tell us how you spent your time by completing the time-use record for both of your days.

### FOR EACH DAY, WE WOULD LIKE TO KNOW:

-   What you were doing
-  Where you were
-  Who you were with
-  How much you liked each activity

For each day, please make sure that you fill in what you were doing from 4am to 4am, and try not to miss out any times. If you used your paper time-use notebooks to write down how you spent your time, you can use these to help you remember what you did when you fill in your record using the app. The activity list printed on the back of your notebooks is the same as the list you will be asked to select your activities from in the app record.

WHAT DID  
YOU DO



TIME-USE

## HOW TO DOWNLOAD THE APP AND LOG IN

- ★ Go to the app store (if you are using an Apple device) or to Google Play (if you are using an Android device) and search for 'Ipsos Mobile'. You can also find the app by typing: <https://bit.ly/ipsosmobile> into the internet browser of your smartphone or tablet.
- ★ Download the 'Ipsos Mobile' app onto your Apple or Android smartphone or tablet. You will not need to pay for the app but it is best to connect to a wifi network to avoid possible data charges. Note that the app will not work on Windows or Blackberry devices. If you have any difficulties accessing the app please call 0808 238 5446 or email [childnc@ipsos.com](mailto:childnc@ipsos.com)
- ★ Open the Ipsos Mobile app. You will see the following screen. (The screenshots in this leaflet are from an Android phone. Your screen may look slightly different if you are using a different device).

Username

Password

By pressing Log in you agree to the [Terms and Privacy Policy](#)

Log in

From this screen, enter your username:

Affix log-in sticker

**You do not need to enter a password.**

Touch 'Log in'



- ★ You will see the following screen. Enter your username again, then touch 'Next'.

Welcome to the CNC time-use record. Before we move on, please enter your username to go into the time-use record.

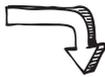
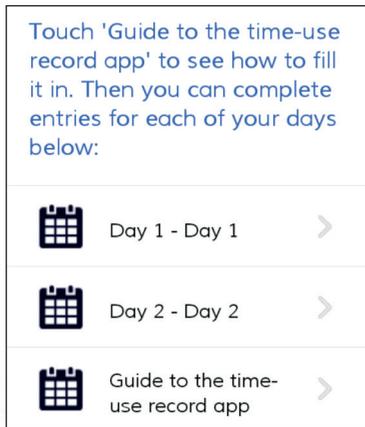
NEXT

There is a short delay between your interviewer visit and your record being ready to fill in. If your record is not yet ready to fill in, you will be asked to come back to it later. It will be ready to fill in by your first selected day.



# GETTING STARTED

After you have logged in, you will see this screen:



From this screen you can see a guide to the time-use app. This will show you how to fill it in. You should go through the guide before starting to fill in the record.

Your two days will be shown on the screen too (where it says Day 1 and Day 2 in the screenshot on the left). When you are ready to start filling one in, just touch it.

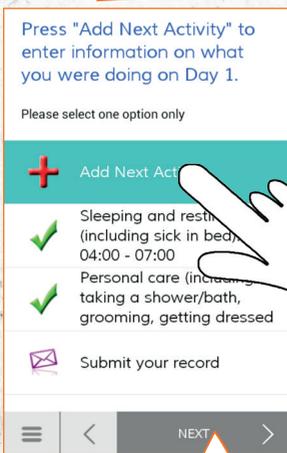
Make sure you fill in what you did for both of your days.

## HOW TO FILL IT IN:

You need to enter all of the activities you do throughout each day, starting at 4am. For each activity, you will need to:



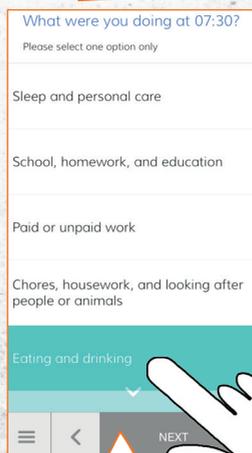
### STEP 1



#### Select "Add next activity"

On some of the screens, you will need to scroll down to see all of the options.

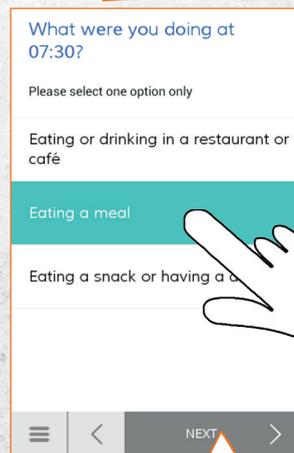
### STEP 2



#### Find the type of activity from the list and select it.

If you would prefer not to tell us what you were doing, please enter 'Any other activity'.

### STEP 3



You will now see a list of more specific activities to choose from.

#### Choose the activity that best describes what you were doing.





## STEP 4

What time did you finish eating a meal?

+	+
08	00
-	



Enter the time when you finished doing that activity.

After each activity, you will then be asked where you were, who you were with and how much you liked it.



# SUBMIT



## STEP 5

✓	20:15
✓	Cooking, cleaning, and shopping for the household: 20:15 - 20:45
✓	Watching TV, DVDs, downloaded videos: 20:45 - 22:00
✓	Personal care (including taking a shower/bath, grooming, getting dressed)
✓	Sleeping and resting (including sick in bed): 22:20 - 03:59
Submit your record	
←	Back



Once you have finished recording all your activities for the whole day you should touch 'Submit your record'.

You will then be asked some final questions about filling it in. Remember to fill in what you did for both of your days!



It is best to submit your record while you are connected to the internet so that it is sent right away.



## KEEPING YOUR INFORMATION PRIVATE

The app will automatically save your data as you go along. If you are completing your record on a smartphone or tablet which you share with other people, you should close the app when you are not using it.

Your login is just for you - nobody else has been given your login, so nobody else can see what you have entered.

## THANK YOU FOR YOUR HELP

### Ipsos MORI

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