



## Stats

Compiled by Jamie Novak

### The Environment

- Recycle your Sunday paper you'll keep 4 trees alive per year
- Cut 1 20 mile car trip by grouping errands prevent adding 1,200 pounds of greenhouse gas
- Recycle 6 pack of aluminum cans every week save enough energy to power a tv for 936 hours
- Cut 5 min from daily shower save 1,000 gallons of water a month
- 8 million tons of trees are consumed each year in the production of paper catalogs
- In 2006, Americans drank about 167 bottles of water each but only recycled an average of 23 percent. That leaves 38 billion water bottles in landfills.
- Bottled water costs between \$1 and \$4 per gallon, and 90 percent of the cost is in the bottle, lid and label.
- It takes over 1.5 million barrels of oil to manufacture a year's supply of bottled water. That's enough oil to fuel 100,000 cars.
- Eight out of 10 plastic water bottles become landfill waste.
- In 2007 we spent \$16 billion on bottled water. That's more than we spent on iPods or movie tickets.
- Plastic bottles can take up to 1000 years before they *begin* to decompose once buried.
- If everyone in NYC gave up water bottles for one week, they would save 24 million bottles from being landfilled. One month on the same plan would save 112 million bottles, and one year would save 1.32 billion bottles from going into the landfill.
- An average of 300 million ink cartridges are thrown away every year in the U.S. alone.
- According to the Beverage Marketing Corp, the average American consumed 1.6 gallons of bottled water in 1976. In 2006 that number jumped to 28.3 gallons.

### To Do Lists

- Women who create lists are 82% less likely to report feeling overwhelmed, says Karen Sherman a psychologist in NYC. Plus checking off tasks generates confidence boosting sense of accomplishment.

### Calendars

- According to a study done by the University of Iowa researchers found that writing notes in vivid colors makes them 60% easier to remember.

### Paper and Mail

- Average disorganized person has 3,000+ docs at home
- 97% of what is filed is never referenced again
- 44 million newspapers are thrown away every day
- 34 pounds of junk mail comes into our homes every year

### Time

- According to Neilson Media Research the average American watched 28 hours of TV a week so by the time we are 65 most people have spent 9 years watching TV
- 90 min a day is lost by the average American looking for lost or misplaced items
- We have 86,400 seconds a day
- At work the average us exec wastes 6 weeks per year searching for misplaced info equals 5 hours per week or one hour a day at 60,000 that's almost 8,000 a year in wasted time
- Us news and world report average American spends 1 year of life looking for misplaced items

### Housecleaning

- Reduce your housework by 87% if you do not wear shoes in the house

### Photographs

- Only 13% of digital photos are actually printed

### Money

- Storage units in US 13 million by mini co inc
- Home storage products 4.36 billion dollar industry

### **Family Time**

62% feel they are always or frequently feel rushed to keep up with school, jobs, family, and social lives (based on national survey of 662 high school seniors)  
45% spend nine hours or more each week with their family  
79% live with both parents  
Senior year students spend an average of 10 hours a week with their families in a week  
43% said they would like to increase the amount of time they spend with their families  
55% said they would like to spend the same amount of time with their families

### **Holding a Job**

Outside of school, students spend 16 hours per week earning money  
67% work at least 10 hours a week and 44% work 20 hours or more at jobs  
51% believe they work enough and would not take additional hours if given the opportunity  
41% said they would cut down on television viewing to make time for additional employment

### **A Typical Week**

35% of high school seniors said they eat dinner with their family twice a week or less often  
Students spend six hours a week with their significant other  
39% spend this time talking  
32% hang out at home  
10% make out  
Students spend six hours a week on the phone  
Students spend more than four hours a month on community service

### **A Typical School Day**

Students feel that 26% of classroom time is wasted  
In school two hours is spent on the computer and two hours spent on home computers to complete schoolwork  
70% of this country's high school seniors plan to attend a four year college after they graduate

### **Priorities and Goals**

66% of students would rather watch television than read a book  
70% would rather go shopping than watch television  
The average student accomplishes 76% of the work he/she plans each day  
47% use a personal planner  
68% of students would like to get more exercise  
68% would like to improve their grades  
60% believe they should eat better

### **Gender Differences**

73% of females vs. 47% of males are likely to clean  
69% of females vs. 32% of males do laundry  
53% of females vs. 30% of males cook  
66% of females vs. 60% of males run errands  
29% of females vs. 19% of males baby-sit  
35% of females vs. 23% males grocery shop  
72% of males vs. 31% of females mow the lawn  
69% of males vs. 32% of females take the garbage out  
51% of males vs. 23% of females maintain the family car  
29% of females surveyed said they always or frequently feel rushed, only 18% of males felt the same way

### **Community Time**

49% said they were involved in community service, spending an average of 4.6 hours per month on this type of work  
35% of students involved in community activities felt they spent more time on community service than their peers  
Students talk on the phone an average of 6 hours a week

### **Time Anxiety Bridges Generation Gap**

62% of the nation's workers almost always feel rushed to accomplish the things they need to do  
54% of students described themselves as extremely or very happy  
73% of students exercise three or more times a week, 37% of American workforce works out regularly  
78% of adults say that getting more exercise is a goal and 68% of high school seniors believe they need to work out more  
Adults spend 46 hours on the job each week while teenagers spend 16 hours  
40% of adults describe themselves as extremely or very successful compared with 52% of students

### **Weekends and Time**

According to Life Magazines' 2005 "Great American Weekend" study, 55% of Americans spend Saturdays and Sundays doing things they "have-to" do vs. what they "want-to" do. The National Study of the Changing Workforce found that one in three employees brings work home once a week or more. And 47% of American's wait until Thursday morning or later to start planning their upcoming weekends.

### **Holidays**

A recent survey by Club Mom revealed that 38% of Moms are most anxious about balancing everything they need to do to prepare for the holidays. We're not all Moms but we all feel a bit of pressure around the holiday season.

### **Averages**

1970 average home single family 1,400 sq ft now 2,300 sq ft

Average home has 350,000 items

80% of clutter is a lack of disorganization not space

Survey by Day-Timers Inc., on Adults and Their Time

### **Americans at home**

Men work an average of 50 hours per week while women work 42 hours a week

12% of working women put in part-time hours while only 2 % of working men do

The average American worker spends 22 minutes commuting to work and 5% use their cellular phones during the trip.

62% of American workers feel they are always or frequently rushed to do the things they have to do. Only 5% rarely or never feel rushed.

52% of American workers mentioned their job as the reason they are unable to spend more time with their significant other.

65% listed spending more time with their family as a priority or goal in their lives

40% of American workers say they would put in an additional ten hours a week for extra pay

71% say they would watch less television in order to work more

### **Americans at work**

59% of Americans begin their work day by reviewing a daily action plan

Women are more likely than men to socialize the first half-hour at work (30% vs. 22%)

58% take care of their most urgent business in the morning and 47% in the mid-morning.

65% of American workers spend some time but less than a quarter of their day in meetings, and 11% spend between two and seven hours a day in meetings. Only 36% believe none of the time spent in meetings is wasted.

Overall, American workers spend a mean of 9.5 hours per week on a computer at work. 57% of the workforce uses a computer at work. Just under half, 45%, do job related work on their home computer.

### **Americans at Play**

The typical American worker in a relationship spends 10 hours a week alone with their significant other.

Given more free time, women are more likely than men to read, while men are more likely to work on hobbies. Women are almost three times more likely than men to say they would spend any additional free time doing household tasks or chores.

Reflecting national trends, the American workforce was twice as likely to take a 1-3 day vacation. Workers took an average of one short trip (1 to 3 days) for business or pleasure in the past year.

More than one-third of American workers don't perform any community service, while 40% say they spend between one and ten hours a month working in the community.

### **Success and Happiness**

8 percent of American workers describe themselves as extremely happy, while 46% claim to be very happy and 7% are not very or not at all happy.

Those who rate themselves extremely happy tend to work relatively short work weeks (20 to 29 hours) or very long work weeks (60 hours or more).

Extremely happy workers are less likely to feel rushed. They are more likely to have time for community activities such as church or little league. They are also more likely to rate themselves extremely successful; 10% say they are not at all or not very successful.

Extremely or very successful people tend to work longer hours and plan their days during their daily commute.

Extremely or very successful workers are less likely to feel rushed and are most likely to make a written schedule and prioritize tasks for each days' work.

### **Getting Organized and Personal Goals**

One-third of American workers (32%) never plan their daily work. While 45% make a daily plan at least once a week, only 9% accomplish everything they set out to do. The higher the income, the more likely the worker is to make a written schedule and prioritize tasks.

The majority of the workforce (78%) list getting more exercise as a goal, while two-thirds (65%) would like to spend more time with family and 59% would like to eat better.

Only 3% of American workers make New Year's resolutions and about two-thirds achieve them.

37% have written financial goals, 33% have written career goals, and 73% always or frequently know what they want to accomplish.

More than half of workers (52%) use calendars to keep track of their schedules, while 29% use organizers. Women are more likely than men to use these tools.