# **TRAVEL LOG INSTRUCTIONS**



*My Travel Log*

A study of **how, when** and **why** you travel.

**SECURE SURVEY WEBSITE: https://mytravellog.ca** | **CALL: 587-316-7509**

**WHAT TO DO: On your assigned travel day,** each member of your household should take this Travel Log with them and note each trip made and the activities at each place travelled to during the day.

**WHAT IS A TRIP?**

* Anytime you travel more than 50 metres and stop at a new place, that equals 1 trip.
* Please include all trips, including short stops such as for gas or coﬀee, at an ATM, or to drop a child oﬀ at school.
* Your travel day begins at 4 a.m. on your assigned travel date and ends 24 hours later. For many people, your first trip is when you leave home in the morning.
* Please report two trips if you go out but don’t make a stop (e.g. go for a jog, go on a “Sunday drive”). The place that is the

farthest from where you began (e.g. the place you turned around on your jog) is your “destination.”

* Travel within a building is not considered a trip.

**NEXT STEP: After your travel day,** have your password ready (shown on invitation letter) and call us or go on to the secure study website to log your trips and activities. Adults may need to log trips and activities for children in the household. Please respond within 10 days of your assigned travel date.



**120**

EXAMPLE DAY

STARTS HERE

**11**

**PARK**

**HOME**

**12**

*Trip Mode of*

*No. transportation*

**9**

**#2**

*No. of people travelling*

**82**

**Example Travel Day Trips**

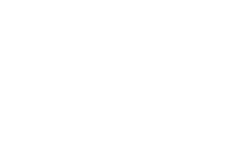
**DENTIST**



**72**

**22**

**WORK**



**EXAMPLE TRAVEL DAY**



**62**

**52**



**SCHOOL**

**Trip 1:** Drop kids off at school

**Trip 2:** Drive to work

**Trip 3:** Walk to lunch

**Trip 4:** Walk back to work

**Trip 5:** Carpool with coworker to meeting **Trip 6:** Carpool with coworker back to work **Trip 7:** Pick kids up from school

**Trip 8:** Take kids to dentist **Trip 9:** Drive with kids home **Trip 10:** Walk dog to park **Trip 11:** Walk home from park



**32**

**42**



**MEETING**

**LUNCH**

# **TRAVEL LOG**



**Name**

**Travel Date**

**Password**

*This Travel Log is for your use only and does not need to be submitted. Please refer to it when completing the follow-up survey online or by phone.*

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | **When did**  **your trip start?** | **How did you travel?** | **Travelled with?** | **Where did you go?**  *Address, Intersection, or Business Name* | **When did you get**  **there?** | **What activities did you do there?** | |  |
| **Primary Activity** | **Additional Activities** |
| *Example* | *7:05AM* | *Car* | *Grace, Sophie* | *Nose Creek Elementary, Airdrie* | *7:15AM* | *5* |  |
| *Example* | *7:20AM* | *Car* |  | *Saddletowne Park & Ride* | *7:45AM* | *4* |  |
| *Example* | *7:50AM* | *C-Train* |  | *Calgary City Hall, Calgary* | *8:15AM* | *1* |  |
| *Example* | *12:15PM* | *Walked* | *Mark* | *CORE Shopping Centre, Calgary* | *12:30PM* | *14* | *9, 10* |
| **Trip 1** |  |  |  |  |  |  |  |
| **Trip 2** |  |  |  |  |  |  |  |
| **Trip 3** |  |  |  |  |  |  |  |
| **Trip 4** |  |  |  |  |  |  |  |
| **Trip 5** |  |  |  |  |  |  |  |
| **Trip 6** |  |  |  |  |  |  |  |
| **Trip 7** |  |  |  |  |  |  |  |
| **Trip 8** |  |  |  |  |  |  |  |
| **Trip 9** |  |  |  |  |  |  |  |
| **Trip 10** |  |  |  |  |  |  |  |
| **Trip 11** |  |  |  |  |  |  |  |
| **Trip 12** |  |  |  |  |  |  |  |

1. **- Working** *(for pay)*
2. **- Work related** *(meeting, sales call, delivery)*
3. **- Attend daycare or school** *(any activities at school)*
4. **- Change type of transportation/transfer**

*(from car to bus, walk to bus, etc.)*

1. **- Routine shopping** *(grocery, gas for vehicle, convenience store, household maintenance)*
2. **- Shopping for major purchases or specialty items** *(clothing, appliances, electronics, new vehicle, major household repairs,etc.)*

**ACTIVITY CODES**

1. **- Household errands** *(bank, dry cleaning,etc.)*

**14 - Dining out / take out / coffee 15 - Social** *(visiting friends/relatives)* **16 - Recreation and Exercise**

1. **- Leisure / Entertainment** *(theatres, movies, spectator sports,etc.)*
2. **- Other** *(not at home)*

**11 - Personal business** *(visit government ofice,*

1. **- Drop someone off**
2. **- Pick someone up**
3. **– Accompany someone**

*attorney, accountant, etc.)* **12 - Medical** *(doctor, dentist, etc.)* **13 - Religious, Civic or Volunteer**

 *At home activities and times do not need to be recorded*

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