

# My Travel Log

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

## TRAVEL LOG

### WHAT TO DO:

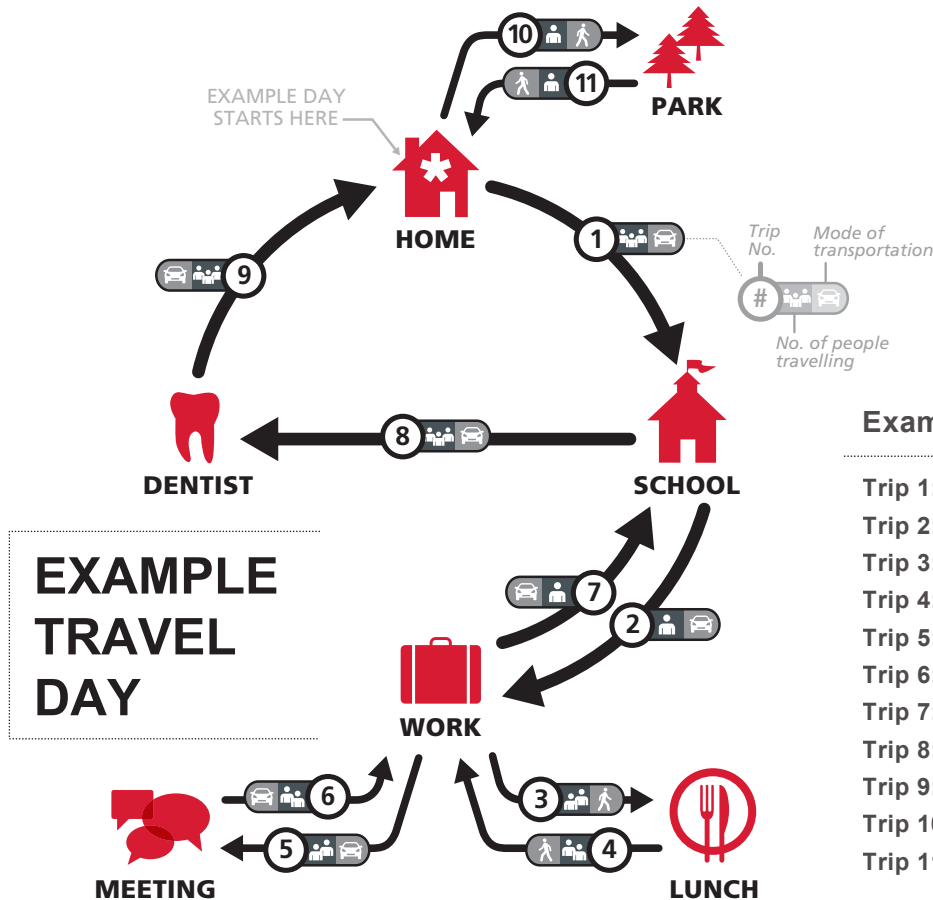
**Get started by going online or calling the study phone number to complete a short survey.** You will be assigned a specific date on which you should record your travel.

**On your assigned travel day,** each member of your household should take [this Travel Log](#) with them and log the trips they make and the activities they do at each place they visit. You can download more logs on the study website.

**After your travel day,** tell us about your trips. Go online to [MyTravelLog.ca](http://MyTravelLog.ca) or call the study phone number to tell us about your assigned travel day and complete the study. Please respond within 10 days of your assigned travel date.

### WHAT IS A TRIP?

- When you travel more than 50 metres and stop at a new place that is a trip.
- If you go out but don't make a stop (e.g., go for a jog, take a drive around the neighborhood). The place farthest from where you began (where you turned around) is your "destination."



### Example Travel Day Trips

- 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





Name  Travel Date  Password

*This Travel Log is for your use only and does not need to be submitted. Please refer to it when reporting your travel online or by phone.*

	When did your trip begin?	When did your trip end?	How did you travel?	Travelled with?	Where did you go? <i>Address, Intersection, or Business Name</i>	What did you do there?
<i>Example</i>	<i>7:05AM</i>	<i>7:15AM</i>	<i>Car</i>	<i>Grace, Sophie</i>	<i>Nose Creek Elementary, Airdrie</i>	<i>5</i>
<i>Example</i>	<i>7:20AM</i>	<i>7:45AM</i>	<i>Car</i>		<i>Saddletowne Park &amp; Ride</i>	<i>4</i>
<i>Example</i>	<i>7:50AM</i>	<i>8:15AM</i>	<i>C-Train</i>		<i>Calgary City Hall, Calgary</i>	<i>1</i>
<i>Example</i>	<i>12:15PM</i>	<i>12:30PM</i>	<i>Walked</i>	<i>Mark</i>	<i>CORE Shopping Centre, Calgary</i>	<i>14</i>
Trip 1						
Trip 2						
Trip 3						
Trip 4						
Trip 5						
Trip 6						
Trip 7						
Trip 8						
Trip 9						
Trip 10						
Trip 11						
Trip 12						

### ACTIVITY CODES

- 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.)
- 5 - Drop someone off
- 6 - Pick someone up
- 7 - Pick up mail at community mailbox

- 8 - Routine shopping (grocery, gas for vehicle, convenience store, household maintenance)
- 9 - Shopping for major purchases or specialty items (clothing, appliances, electronics, new vehicle, major household repairs, etc.)
- 10 - Household errands (bank, dry cleaning, etc.)
- 11 - Personal business (visit government office, attorney, accountant, etc.)
- 12 - Medical (doctor, dentist, etc.)
- 13 - Religious, Civic or Volunteer

- 14 - Dining out / take out / coffee
- 15 - Social (visiting friends/relatives)
- 16 - Recreation and Exercise (e.g., walk the dog)
- 17 - Leisure / Entertainment (theatres, movies, spectator sports, etc.)
- 18 - Other (not at home) \_\_\_\_\_

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