

My Travel Log

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



TRAVEL LOG INSTRUCTIONS

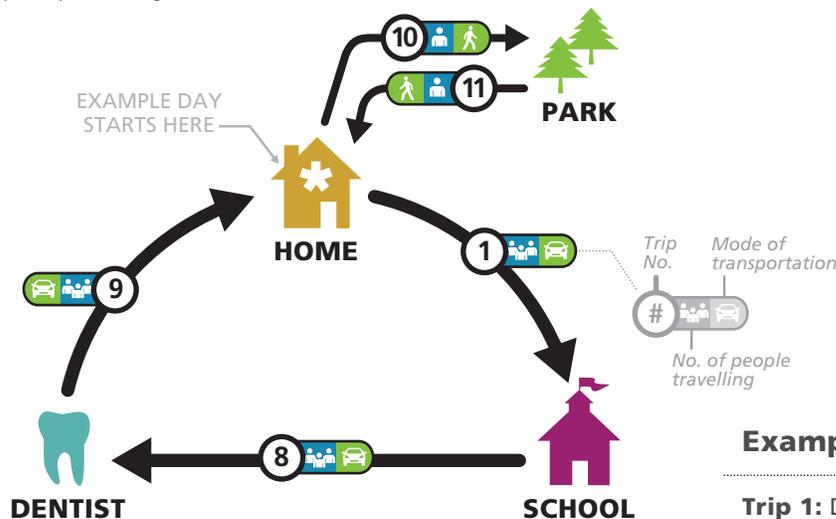
SECURE SURVEY WEBSITE: <https://mytravellog.ca> | **CALL:** 587-316-7509

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.

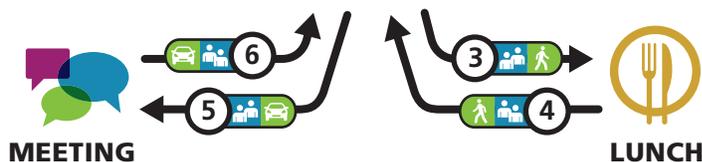
NEXT STEP: After your travel day, have your password ready (shown on invitation letter) and call us or go on to the secure study website to log your trips and activities. Adults may need to log trips and activities for children in the household. Please respond within 10 days of your assigned travel date.



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

EXAMPLE TRAVEL DAY



MyTravelLog.ca



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? <i>Address, Intersection, or Business Name</i>	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							

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 - Accompany someone

- 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
- 17 - Leisure / Entertainment (theatres, movies, spectator sports, etc.)
- 18 - Other (not at home) _____

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