

Weekly Travel Diary

This short survey tells us how you travelled during the last week, and provides the opportunity for you to tell us about any problems you have experienced with achieving your 'challenge'.

It takes 5 minutes to complete, and your responses will be anonymous.

ABOUT YOUR JOURNEY TO AND FROM WORK

Please tell us how you commuted to and from work last week (including your journey home on Friday).

1. For each day, you can use as many 'steps' as necessary to describe your journey. Let's say you simply drive to work and this takes 20 minutes. In this case, there is just one step, by car, lasting 20 minutes. If, on the other hand, you spend 6 minutes walking to a bus stop, wait 10 minutes and travel on the bus for a 15-minutes, then spend 5 minutes walking to the office, there are three steps: walk for 6 minutes, bus for 25 minutes and walk for 5 minutes. (Include waiting time into all of your public transport journeys times).

	Step 1:	Minutes:	Step 2:	Minutes:	Step 3:	Minutes:	Step 4:
Monday	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Tuesday	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Wednesday	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Thursday	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Friday	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

2. What is your home postcode? (You can provide only the first part of your postcode, or if you would prefer not to provide it, please complete the next question instead)

3. How many miles is your journey to work?

You can calculate the distance between your home and work postcodes by copying and pasting this link into your browser:

http://www.postcode.org.uk/country/uk/_postcode-distance-calculator.asp

Miles:

ABOUT YOUR TRAVEL FOR WORK

Please tell us about the journeys you need to make as part of your working day.

4. In this question, we are aiming to understand if you work in more than one place in a day. So if, for example, on every day last week you visited your usual workplace and somewhere else, feel free to answer '5' to more than one question.

During last week, on how many days did you work in your usual office or workplace?

During last week, on how many days did you work from home?

During last week, on how many days did you work at another location?

5. During last week, how many face-to-face meetings would you say you had...

At your workplace?

At other places?

6. If you can, please estimate, for last week, how far you travelled for work purposes, in miles? (This doesn't include commuting)

7. During the whole of the last working week, how many times did you use each of these types of technology?

Teleconference

Videoconference suite

Webinar

Skype or similar

YOUR CHALLENGE

In this section you can tell us about any issues you have experienced this week with achieving your challenge.

8. Have you achieved your challenge this week?

- Yes
- No
- Partially

9. Please tell us about your experience this week. For example, if you were not able to achieve the challenge, what were the barriers? If you were able to achieve the challenge, did you notice benefits?