Adult Travel Record-Cover-Feb 2013_1st proof_Nat Trav Rec-Cover-Adult-Revised Aug 08 01/03/2013 10:01 Page 1

NTS V2



Day1SW



In confidence

National Travel Survey

Travel record of Travel week Start day Start date Finish day Finish date Please use black or blue ink if possible Thank you very much for your help Your interviewer will call again on Day Date Date

Time

Time

Please see the notes on the reverse of this flap

A few points to remember when filling in the travel record:

 We are interested in all types of transport; walks and bike journeys as well as cars and public transport.













- 2. Use a **new line for each journey** (e.g. go to work, go home). From column F use a new line for each **method of travel** you used for each **stage** of your journey (e.g. car, train, bus, walk).
- 3. On day 1 include all walks. On days 2-7 only include walks of a mile or more (it takes approximately 20 minutes to walk a mile).
- 4. Drivers: On days 1 and 7 please remember to enter your gauge readings on the Mileage Chart.
- 5. If you make more than 7 journeys there is space at the end of the record to write down extra journeys.



NatCen Social Research
Kings House
101-135 Kings Road
Brentwood
Essex CM14 4LX
Telephone 0800 652 4568
www.natcen.ac.uk/nts
www.gov.uk/government/organisations/department-for-transport/series/national-travel-survey-statistics



Information Classification Level 3 - Respondent - Confidential

Adult Travel Record-Cover-Feb 2013_1st proof_Nat Trav Rec-Cover-Adult-Revised Aug 08 01/03/2013 10:01 Page 2

NOTES

Α

What was the purpose of your journey? Please give a **simple description** such as 'go to work', 'take children to school' or 'go home'. If you went shopping please note whether it was 'food shopping' or 'other shopping'.

B/C

What time did you leave/arrive?

Write in hours and minutes (e.g. 9.15). Please tick am or pm to show the time of day.

D/E

Where did you start/go to? (Tick 'Home' or give the name of the village, town or area)
Please write down the name of the place where your journey started and finished. If this was a large town or city give the name of the area. If you went to a shopping centre or visitor attraction please tell us its name. Please be as precise as possible. If your journey started or finished at home, you only need to tick 'Home'.

F

What method of travel did you use for each stage of your journey?

Use a different line for the **method of travel** you used at each **stage** of your journey (e.g. car, train, bus, bike). On day 1 include all walks. On days 2-7 only include walks of a mile or more (it takes approximately 20 minutes to walk a mile).

G

How far did you travel? (Miles)

Please give us the distance you travelled in miles or metres (e.g. 3 miles, 0.5 miles, 300 metres).

Н

How long did you spend travelling? (Minutes) Please note the amount of time you spent **travelling** and do not include any time you spent waiting for public transport.

•

How many people travelled including you?
Please write in the number of people, including yourself, who set out together. Only include people who were with you for at least half the distance of your journey.

J

Which car or other motor vehicle did you use? Please tell us which vehicle was used if it belongs to your household (e.g. Toyota). If you travelled in someone else's vehicle, please tell us that (e.g. friend's car).

K

Were you the driver (D) or a passenger (P)? Please tick 'D' if you were the driver or 'P' if you were the passenger of the vehicle.

L

How much did you pay for parking? Enter how much **you** paid for parking. Please tick the box marked 'Nil' if you did not pay anything.

M

What type of ticket did you use?

Write here the type of ticket you used. Tell us if it was a single, a return, a season ticket or a one day travelcard. If you were able to buy a ticket at a cheap rate please write this in too. If you used reduced or free tickets, or a concessionary pass that allows you to travel for free, please tell us. If you used an Oyster card please tell us whether it was a pre-pay or a season ticket.

N

How much did your ticket cost?

Please tell us the amount you actually paid. If your journey was covered by a season ticket tick 'Nil'. If you bought a return ticket or travel card write the total amount next to the first journey you used it for.

How many times did you board?

Write here the number of different trains or buses you used at each stage of your journey (e.g. if you used two separate buses enter '2').

HOW TO FILL IN YOUR TRAVEL RECORD

For help with filling ir	please	unfold	side flap for notes		S				ering detai	ils of each stage of yo			Only fill in those column	an if you you	1
			n journey on a new row. Include walks if 1 mile o				S.Y.	∮ ₩	XI T	Only fill in these column OTHER MOTOR VEHIC	SIT YOU USE CLE		Only fill in these colum PUBLIC TRANSPORT	ins ir you used	ı
Vhat was the ourpose of your ourney? ee Note A	time did you	C What time did you arrive? See Note C	Where did you start your journey? (Tick Home or give the name of the village, town or area) See Note D	E Where did you go to? (Tick Home or give the name of the village, town or area) See Note E		What method of travel did you use for each stage of your journey? See Note F	G How far did you travel? (Miles) See Note G	H How long did you spend travelling? (Minutes) See Note H	How many people travelled including you?	J Which car or other motor vehicle did you use? See Note J	Were you the driver (D) or a passenger (P)?	did you pay for parking? See Note L	M What type of ticket did you use? See Note M	N How much did your ticket cost? See Note N	How many times did y board See Note (
	Time 8 :15	Time	Home	Home	1	Car	18				_ D _	P £ : _N	il	£ : 🗆	Nil
नें कि		9.00 Vam		Pendleton,	2						_ D _	P £ : _N	il	£ : 🗆	Nil
Work	pm	pm		Salford	3						_ D _	P £ : _N	il	£ : 🗆	Nil
go food	Time	Time	Home	Home	1	Car	16				_ D _	P £ : N	1	£ : 🗆	Nil
go foca			Pendleton,	Haydock town centre	2						_ D _	P £ : N		£ : 🗆	Nil
shopping	☐ am pm	☐ am pm	Salford	town centre	3						_ D _	P £ : N		£ : 🗆	Nil
	1	Time	Home	Home	1	Car	4				D	P £ : N		£ : 🗆	Nil
90 home	6:20		Haydock town centre		2						D	P £ : [N	1	£ : [Nil
	☐ am	☐ am pm	towncentre		3						D	P £ : N	1	£ : 🗆	Nil
ca out		Time	Home	Home	1	walk	(D	P£: N	n e	£ : 🗆	Nil
for meal	7:00	8:05		Liverpool City	2	Train	8					P £ : \[\ \ \ \ \ \		£ : [Nil
GO OUT For meal with friends	☐ am pm	☐ am pm		Centre	3	BUS	1.5					P £ : N	il	£ : 🗆	Nil
	Time	Time	Home	Home	1	Taxi	10				D [P £ : [N	il	£ : [Nil
go home	10:30	10:55	werpool city		2							P £ : N	il	£ : 🗆	Nil
	□ am pm	☐ am	centre		3						_D _	P £ : [N	il	£ : [Nil
	Time	Time	Home	Home	1						D	P £ : []N	il	£ : [Nil
	:				2						D	P £ : _N	il	£ : [Nil
	am pm	☐ pm			3						_ D _	P £ : [N	il	£ : [Nil
	Time	Time	Home	Home	1						D	P £ : [N	il	£ : [Nil
	:	:			2						_ D _	P £ : N	il	£ : 🗆	Nil
	am pm	am pm			3						_ D _	P £ : N	il	£ : 🗆	Nil

Y	Ø IA	(I I	Only fill in these columns OTHER MOTOR VEHIC	CLE _	used a		R or		Only fill in these column PUBLIC TRANSPORT		you us	sed Ç	
ar U	H How long did you spend travelling? (Minutes) See Note H	How many people travelled including you? See Note I	J Which car or other motor vehicle did you use? See Note J	Were the di (D) or passe (P)?	river a enger	did for		pay ting?	M What type of ticket did you use? See Note M	did tick	w mud your ket co Note I	st?	O How many times did you board? See Note O
	45	1	Flesta	✓ D	□ P	£ 2	_:α	D Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	Nil	
	.42	l	Fiesta	1 0	□Р	£	:	Nil		£	:	Nil	
				D	ΠР	£	:	□Nil		£	:	Nil	
				_ D	P	£	:	Nil		£	:	Nil	
	10	1	Fiesta	⋈ 6	P	£	:	Mil		£	:	Nil	
)				□ D	P	£	:	Nil		£	:	Nil	
				D	□Р	£	1	□Nil		£	:	Nil	
	18	2		D	P	£	:	Nil		£	:	Nil	
	27	2		□ D	ПР	£	7)	Nil	Single	£	2:90	Nil	ı
1	8	2		D	□ P	£	:	☐ Nil	Single	£	1:00	∏ Nil	l
	25	2		□D	P	£	:	☐ Nil		£	:	Nil	
				□D	P	£	:	□Nil		£	:	Nil	
				□D	ΠР	£	:	☐ Nil		£	:	Nil	
				D	P	£	:	Nil		£	:	Nil	
				D	P	£	:	Nil		£	:	Nil	
				□ D	P	£	:	Nil		£	:	Nil	
				D	P	£	:	Nil		£	:	Nil	
				D	P		:	☐ Nil		£	:	Nil	
				D	P	£	:	Nil		£	:	Nil	

DAY 1

Mon Tues Wed Thur Fri Sat Sun

Date

For help with filling in please unfold side flap for notes

JOURNEYS Please record each journey on a new row. Include very short ones and return journeys. A B C D What was the purpose of your purpose of your journey? did did did you you you name of the village, town or area) B C D Where did you go to? (Tick Home or give the name of the village, town or area) F What method of travel did you use for each stage of your (Miles)	far How did y? sper
What was the purpose of your journey? B C What What What Where did you start your purpose of your did did (Tick Home or give the journey or give the journey) E What was the What where did you go to? (Tick Home or give the name of the village, travel did you use for each travel di	far How did y? sper
leave? arrive? or area) See Note B Note C See Note D See Note E See Note F See Note F	(Min
Time Time Home Home	
: : 2 2	
pm pm 3	
4	
Time Time Home Home	•
am am 2	
pmpm	
4	
Time Time Home Home	
: : 2 2	
pm pm 3	
4	
Time Time Home Home	
: : 2 2	
4	

USE THIS SPACE FOR ANYTHING ELSE YOU WANT TO TELL US



Adult Travel Record-Feb 2013_4th proof_Layout 1 01/03/2013 10:09 Page 5—

Turn over for more journeys

*	Ø₩ IA	XI T	Only fill in these column OTHER MOTOR VEHIO			Only fill in these column PUBLIC TRANSPORT		
ar ou ? s)	H How long did you spend travelling? (Minutes) See Note H	How many people travelled including you? See Note I	J Which car or other motor vehicle did you use? See Note J	Were you the driver (D) or a passenger (P)? See Note K	L How much did you pay for parking? See Note L	M What type of ticket did you use? See Note M	N How much did your ticket cost? See Note N	O How many times did you board? See Note O
				□D □P	£ : Nil		£ : Nil	
				□D □P	£ : Nil		£ : Nil	
				D P	£ : Nil		£ : Nil	
				DP	£ : Nil		£ : Nil	
)				D P	£ : Nil		£ : Nil	
				DP	£ : Nil		£ : Nil	
				□D □P	£ : Nil		£ : Nil	
				DP	£ : Nil		£ : Nil	
				DP	£ : Nil		£ : Nil	
				DP	£ : Nil		£ : Nil	
				□D □P	£ : Nil		£ : Nil	
				DP	£ : Nil		£ : Nil	
				D P	£ : Nil		£ : Nil	
				DP	£ : Nil		£ : Nil	
				□D □P	£ : Nil		£ : Nil	
				DP	£ : Nil		£ : Nil	

DAY 1 Mon Tues Wed Thur Fri Sat Sun

Date

On this day only,	please	include	all walks (even walks under	a mile)	S	TAGES These	columns	are f
JOURNEYS Pleas short ones and reti			n journey on a new row.	Include very			£X.	d d
A What was the purpose of your journey? See Note A	B What time did you leave? See Note B	C What time did you arrive? See Note C	Where did you start your journey? (Tick Home or give the name of the village, town or area) See Note D	Where did you go to? (Tick Home or give the name of the village, town or area) See Note E		What method of travel did you use for each stage of your journey? See Note F	G How far did you travel? (Miles) See Note G	H How did y sper trave (Min See N
5	Time	Time	Home	Home	1			
	: 	: □ am			2			
	pm	pm			3			
					4			
6	Time	Time	Home	Home	1			
	:	:			2			
	am pm	am pm			3			
					4			
7	Time	Time	Home	Home	1			
	:	:			2			
	am pm	am pm			3			
					4			
8	Time	Time	Llowe	□ Home				
	:	:	Home	Home	1			
	am pm	am pm			2			
					3			
					4			
9	Time :	Time :	Home	Home	1			
	am	am			2			
	pm	pm			3			
					4			



Adult Travel Record-Feb 2013_4th proof_Layout 1 01/03/2013 10:09 Page 7—

Turn over for more journeys

nns	are for ent	ering detai	ls of each stage of ye	our joui	rney							
*	Ø ™	XI F	Only fill in these column OTHER MOTOR VEHIC	CLE _	used a		R or		Only fill in these column PUBLIC TRANSPORT	ns if yo	u used	
far ou I? s)	H How long did you spend travelling? (Minutes) See Note H	How many people travelled including you? See Note I	J Which car or other motor vehicle did you use? See Note J	Were y the driv (D) or a passer (P)?	ver a nger	for	you	pay ing?	M What type of ticket did you use? See Note M	N How I did yo ticket See No	our cost?	O How many times did you board? See Note O
				□ D	P	£	:	□Nil		£ :	Nil	
				□ D	□Р	£	:	Nil		£ :	Nil	
				□ D	□Р	£	:	☐ Nil		£ :	Nil	
				□D	□Р	£	:	□Nil		£ :	Nil	
				D	ΠР	£	:	☐ Nil		£ :	Nil	
•				□ D	P	£	:	Nil		£ :	Nil	
				□ D	P	£	:	□Nil		£ :	Nil	
				□D	ΠР	£	:	Nil		£ :	Nil	
				□D	ΠР	£	:	□Nil		£ :	Nil	
				_ D	P	£	:	Nil		£ :	Nil	
				□ D	ΠР	£	:	Nil		£ :	Nil	
				□ D	□Р	£	:	□Nil		£ :	Nil	
				D	ΠР	£	:	☐ Nil		£ :	Nil	
				□ D	□Р	£	:	Nil		£ :	Nil	
				□ D	ΠР	£	:	□Nil		£ :	Nil	
				D	□Р	£	:	Nil		£ :	Nil	
				D	ΠР	£	:	☐ Nil		£ :	Nil	
				□ D	ΠР	£	:	□Nil		£ :	Nil	
				D	ΠР	£	:	□Nil		£ :	Nil	
				□ D	P	£	:	□Nil		£ :	Nil	

DAY 1 Mon Tues Wed Thur Fri Sat Sun Date

On this day only,	please	include	all walks (even walks under	a mile)	S	TAGES These	columns	are f
JOURNEYS Pleas short ones and retu			n journey on a new row.	Include very			E X	Ø.
A What was the purpose of your journey? See Note A	B What time did you leave? See Note B	C What time did you arrive? See Note C	Where did you start your journey? (Tick Home or give the name of the village, town or area) See Note D	Where did you go to? (Tick Home or give the name of the village, town or area) See Note E		What method of travel did you use for each stage of your journey? See Note F	G How far did you travel? (Miles) See Note G	H How did y sper trave (Min See I
10	Time	Time	Home	Home	1			
	: am	: am			2			
	pm	pm			3			
					4			
11	Time	Time	Home	Home	1			
	: am	: am			2			•
	pm pm	pm			3			
					4			
12	Time	Time	Home	Home	1			
	: am	: am			2			
	pm pm	pm pm			3			
					4			
13	Time	Time	Home	Home	1			
	: am	: am			2			
	pm pm	pm pm			3			
					4			
14	Time	Time	Home	Home	1			
	: am	: am			2			
	pm	pm			3			
					4			



nns K	s -		Is of each stage of younger fill in these column OTHER MOTOR VEHIC	s if you	used a	a CA	R or		Only fill in these column		you	used	
ar ou ?	H How long did you spend travelling? (Minutes) See Note H	How many people travelled including you?	J Which car or other motor vehicle did you use? See Note J	Were the di (D) or passe (P)?	river a enger	L Ho did for		pay ing?	M What type of ticket did you use? See Note M	did tick	w m you ket c	r ost?	O How many times did you board? See Note O
				D	P	£	:	Nil		£	:	Nil	
				D	P	£	:	Nil		£	:	Nil	
				D	P	£	:	Nil		£	:	Nil	
				□ D	P	£	:	□Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	Nil	
)				_ D	P	£	:	Nil		£	:	Nil	
<i>)</i>				D	P	£	:	Nil		£	:	Nil	
				D	P	£	:	Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	Nil	
				D	P	£	:	Nil		£	:	Nil	
				□ D	P	£	:	Nil		£	:	Nil	
				□ D	P	£	:	□Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	Nil	
				D	P	£	:	Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	Nil	
				□ D	P	£	:	□Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	Nil	
				_ D	P	£	:	Nil		£	:	Nil	
				□ D	P	£	:	□Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	Nil	

DAY 2 Mon Tues Wed Thur Fri Sat Sun

Date

For help with filling in	ı please	unfold s	side flap for notes		S	TAGES These	columns	are
			n journey on a new row. Include walks if 1 mile				~X	d d
A What was the purpose of your journey? See Note A	B What time did you leave? See Note B	C What time did you arrive? See Note C	Where did you start your journey? (Tick Home or give the name of the village, town or area) See Note D	Where did you go to? (Tick Home or give the name of the village, town or area) See Note E		F What method of travel did you use for each stage of your journey? See Note F	G How far did you travel? (Miles) See Note G	H How did spe trav (Mir See
1	Time : am pm	Time : am pm	Home	Home	1 2 3			
2	Time : am pm	Time : am pm	Home	Home	1 2 3			
3	Time : am pm	Time : am pm	☐ Home	Home	1 2 3			*
4	Time : am pm	Time : am pm	Home	Home	1 2 3			
5	Time : am pm	Time : am pm	Home	Home	1 2 3			
6	Time : am pm	Time : am pm	Home	Home	1 2 3			
7	Time : am pm	Time : am pm	☐ Home	Home	1 2 3			
USE THIS SPACE FO	R ANYT	HING E	LSE YOU WANT TO TELL U	IS				

mns	are for ent	ering detai	ls of each stage of yo	our jou	ırney								
*	Ø IA	XI 📜	Only fill in these columns OTHER MOTOR VEHIC	LE _	used a		R or		Only fill in these column PUBLIC TRANSPORT	ns if	you	used Ç	
/ far /ou el? es)	H How long did you spend travelling? (Minutes) See Note H	How many people travelled including you? See Note I	J Which car or other motor vehicle did you use? See Note J	Were the dr (D) or passe (P)?	iver a enger	did for	w mu you park Note	pay ing?	M What type of ticket did you use? See Note M	dic ticl	w mi I you ket c Note	r ost?	O How many times did you board? See Note O
				_ D	□Р	£	:	□Nil		£	:	Nil	
				_ D	□Р	£	:	□Nil		£	:	Nil	
				□D	□Р	£	:	□Nil		£	:	Nil	
				□ D	□Р	£	:	Nil		£	:	Nil	
				□ D	P	£	:	☐ Nil		£	:	Nil	
				□ D	□Р	£	:	Nil		£	:	Nil	
1				D	ΠР	£	:	☐ Nil		£	:	Nil	
③				□D	ΠР	£	:	☐ Nil		£	:	Nil	
				□D	□Р	£	:	☐ Nil		£	:	Nil	
				D	□Р	£	:	Nil		£	:	Nil	
				D	ΠР	£	:	☐ Nil		£	:	Nil	
				□ D	□Р	£	:	□Nil		£	:	Nil	
				D	ΠР	£	:	☐ Nil		£	:	Nil	
				D	ΠР	£	:	□Nil		£	:	Nil	
				□ D	P	£	:	□Nil		£	:	Nil	
				D	ΠР	£	:	☐ Nil		£	:	Nil	
				D	ΠР	£	:	☐ Nil		£	:	Nil	
				□ D	□Р	£	:	☐ Nil		£	:	☐ Nil	
				D	P	£	:	☐ Nil		£	:	Nil	
				D	ΠР	£	:	☐ Nil		£	:	Nil	
				D	ΠР	£	:	☐ Nil		£	:	Nil	

DAY 3 Mon Tues Wed Thur Fri Sat Sun

Date

For help with filling in	n please	unfold s	side flap for notes		S	TAGES These	columns	are
JOURNEYS Pleas	se reco	rd each	n journey on a new row.	Include verv			-X	_
			nclude walks if 1 mile o					d d
A What was the purpose of your journey? See Note A	B What time did you leave? See Note B	C What time did you arrive? See Note C	Where did you start your journey? (Tick Home or give the name of the village, town or area) See Note D	Where did you go to? (Tick Home or give the name of the village, town or area) See Note E		What method of travel did you use for each stage of your journey? See Note F	G How far did you travel? (Miles) See Note G	H How did spe trav (Min See
1	Time : am pm	Time : am pm	Home	Home	1 2 3			
2	Time : am pm	Time : am pm	Home	Home	1 2 3			
3	Time : am pm	Time : am pm	☐ Home	Home	1 2 3			•
4	Time : am pm	Time : am pm	☐ Home	☐ Home	1 2 3			
5	Time :	Time : am pm	☐ Home	☐ Home	1 2 3			
6	Time : am pm	Time : am pm	☐ Home	☐ Home	1 2 3			
7	Time : am pm	Time : am pm	Home	Home	1 2 3			
USE THIS SPACE FO	R ANYT	HING E	LSE YOU WANT TO TELL U	IS				

nns	are for ent	ering detai	Is of each stage of yo										
K	<i>∮</i> ™	XI [====	Only fill in these column OTHER MOTOR VEHIC	CLE	used a		. R or		Only fill in these column PUBLIC TRANSPORT		you	used	
far ou ? s)	H How long did you spend travelling? (Minutes) See Note H	How many people travelled including you? See Note I	J Which car or other motor vehicle did you use? See Note J	Were the di (D) or passe (P)?	river a enger	did for	w mu you park Note	pay ing?	M What type of ticket did you use? See Note M	dic ticl	w m I you ket c	r ost?	O How many times did you board? See Note O
				□ D	P	£	:	☐ Nil		£	:	Nil	
				□ D	P	£	:	☐ Nil		£	:	Nil	
				□D	□Р	£	:	☐ Nil		£	:	Nil	
				□D	ΠР	£	:	☐ Nil		£	:	Nil	
				D	ΠР	£	:	Nil		£	:	Nil	
				□ D	P	£	:	☐ Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	☐ Nil	
•				□ D	ΠР	£	:	☐ Nil		£	:	Nil	
				□D	P	£	:	Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	Nil	
				□D	P	£	:	☐ Nil		£	:	Nil	
				□D	P	£	:	☐ Nil		£	:	☐ Nil	
				D	P	£	:	Nil		£	:	Nil	
				□D	P	£	:	☐ Nil		£	:	☐ Nil	
				D	P	£	:	☐ Nil		£	:	☐ Nil	
				D	P	£	:	☐ Nil		£	:	Nil	
				D	□Р	£	:	□Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	Nil	
				□ D	P	£	:	Nil		£	:	Nil	
				D	ΠР	£	:	Nil		£	:	Nil	

DAY 4

Mon Tues Wed Thur Fri Sat Sun

Date

For help with filling in	n please	unfold	side flap for notes		S	TAGES These	columns	are
			n journey on a new row. Include walks if 1 mile o				E X	d d
A What was the purpose of your journey? See Note A	B What time did you leave? See Note B	C What time did you arrive? See Note C	Where did you start your journey? (Tick Home or give the name of the village, town or area) See Note D	Where did you go to? (Tick Home or give the name of the village, town or area) See Note E		What method of travel did you use for each stage of your journey? See Note F	G How far did you travel? (Miles) See Note G	H How did spe trav (Min See
1	Time : am pm	Time : am pm	Home	Home	1 2 3			
2	Time : am pm	Time : am pm	Home	Home	1 2 3			
3	Time : am pm	Time : am pm	Home	☐ Home	1 2 3			•
4	Time : am pm	Time : am pm	☐ Home	Home	1 2 3			
5	Time : am pm	Time : am pm	Home	Home	1 2 3			
6	Time :	Time : am pm	Home	☐ Home	1 2 3			
7	Time : am pm	Time : am pm	☐ Home	☐ Home	1 2 3			
USE THIS SPACE FO	R ANYT	HING E	LSE YOU WANT TO TELL U	IS				

nns K	are for ent	ering detai	Ils of each stage of your only fill in these column OTHER MOTOR VEHIC	s if you			R or		Only fill in these column		ou used	Nil
17	Ø IA	XI P	OTHER MOTOR VEHIC			р			POBLIC TRANSPORT			
far ou ? s)	H How long did you spend travelling? (Minutes) See Note H	How many people travelled including you? See Note I	J Which car or other motor vehicle did you use? See Note J	Were the di (D) or passe (P)?	river a enger	did for		pay ing?	M What type of ticket did you use? See Note M	did tick	v much your et cost? Note N	How many times did you board?
				□D	□Р	£	:	□Nil		£	: 🔲	Jil
				□ D	P	£	:	☐ Nil		£	: 🔲	Jil
				D	P	£	:	Nil		£	: 🔲	Jil
				□ D	P	£	:	☐ Nil		£	: 🔲 I	Jil
				□D	P	£	:	☐ Nil		£	: 🔲	Jil
				D	P	£	:	☐ Nil		£	: 🔲 I	Jil
				□ D	P	£	:	Nil		£	: 🔲	Jil
)				□D	P	£	:	☐ Nil		£	: 🔲	Jil
				□D	P	£	:	☐ Nil		£	: 🔲	Jil
				□D	P	£	:	Nil		£	: 🔲 1	Jil
				□D	P	£	:	☐ Nil		£	: 🔲	Jil
				□D	□Р	£	:	□Nil		£	: 🔲	Jil
				D	P	£	:	☐ Nil		£	: 🗆	Jil
				□D			:	☐ Nil		£	: 🔲	Jil
				□D	P	£	:	☐ Nil		£	: 🗆	Jil
				□D	P	£	:	☐ Nil		£	: 🔲 I	Jil
				□D	P	£	:	☐ Nil		£	: 🔲 1	Jil
				□ D	P	£	:	Nil		£	: 🔲	Jil
				D	P	£	:	☐ Nil		£	: 🔲 I	Jil
				□ D	P	£	:	☐ Nil		£	: 🔲	Jil
				D	P	£	:	☐ Nil		£	: 🔲	Jil

DAY 5 Mon Tues Wed Thur Fri Sat Sun

Date

For help with filling in	please	unfold	side flap for notes		S	TAGES These	columns	are
			n journey on a new row. Include walks if 1 mile o				E X	d
What was the purpose of your journey? See Note A	B What time did you leave? See Note B	What time did you arrive?	Where did you start your journey? (Tick Home or give the name of the village, town or area) See Note D	Where did you go to? (Tick Home or give the name of the village, town or area) See Note E		What method of travel did you use for each stage of your journey? See Note F	G How far did you travel? (Miles) See Note G	H How did spe trav (Min See
1	Time : am pm	Time : am pm	Home	Home	1 2 3			
2	Time : am pm	Time : am pm	Home	Home	1 2 3			
3	Time : am pm	Time : am pm	Home	Home	1 2 3			*
4	Time : am pm	Time : am pm	Home	Home	1 2 3			
5	Time : am pm	Time : am pm	Home	Home	1 2 3			
6	Time : am pm	Time : am pm	Home	Home	1 2 3			
7	Time : am pm	Time : am pm	Home	Home	1 2 3			
USE THIS SPACE FO	R ANYT	HING EI	LSE YOU WANT TO TELL U	JS .				

nns	are for ent	ering detai	ls of each stage of yo										
*	Ø Ø IA	XI I	Only fill in these columns OTHER MOTOR VEHIC	CLE	used a		R or		Only fill in these column PUBLIC TRANSPORT		you	used	
far ou :l? s)	H How long did you spend travelling? (Minutes) See Note H	How many people travelled including you?	J Which car or other motor vehicle did you use? See Note J	Were the dr (D) or passe (P)?	river a enger	did for		pay ing?	M What type of ticket did you use? See Note M	did tick	w m I you ket c Note	r ost?	O How many times did you board? See Note O
				□ D	P	£	:	☐ Nil		£	:	Nil	
				_ D	P	£	:	☐ Nil		£	:	Nil	
				_ D	P	£	:	Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	Nil	
ı				D	P	£	:	☐ Nil		£	:	☐ Nil	
				D	ΠР	£	:	☐ Nil		£	:	Nil	
1				D	P	£	:	Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	Nil	
				D	P	£	:	Nil		£	:	Nil	
				D	P	£	:	Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	Nil	
				D	P	£	:	Nil		£	:	Nil	
				D	P	£	:	Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	Nil	
				D	ΠР	£	:	☐ Nil		£	:	Nil	

DAY 6 Mon Tues Wed Thur Fri Sat Sun

For help with filling i	n please	unfold	side flap for notes		5	TAGES These	columns	are
			n journey on a new row. Include walks if 1 mile o				~ X	₫.
A What was the purpose of your journey? See Note A	B What time did you leave? See Note B	C What time did you	Where did you start your journey? (Tick Home or give the name of the village, town	E Where did you go to? (Tick Home or give the name of the village, town or area) See Note E		F What method of travel did you use for each stage of your journey? See Note F	G How far did you travel? (Miles) See Note G	H How did spe trav (Mir See
1	Time : am pm	Time : am pm	Home	Home	1 2 3			
2	Time : am pm	Time : am pm	Home	Home	1 2 3			
3	Time : am pm	Time : am pm	Home	Home	1 2 3			•
4	Time : am pm	Time : am pm	Home	Home	1 2 3			
5	Time : am pm	Time : am pm	Home	☐ Home	1 2 3			
6	Time : am pm	Time : am pm	☐ Home	☐ Home	1 2 3			
7	Time : am pm	Time : am pm	Home	Home	1 2 3			
USE THIS SPACE FO	OR ANYT	HING E	LSE YOU WANT TO TELL U	JS				

ins K	5_7	XI L	Is of each stage of your only fill in these column OTHER MOTOR VEHIC	s if you		a CA	R or		Only fill in these column PUBLIC TRANSPORT		you	used Ç	
ar u ?	H How long did you spend travelling? (Minutes) See Note H	How many people travelled including you? See Note I	J Which car or other motor vehicle did you use? See Note J	the dr (D) or passe (P)?	Were you the driver (D) or a passenger s			uch pay ing?	M What type of ticket did you use? See Note M	did tick	you cet c	much our et cost? lote N	O How many times did you board? See Note O
				D	ΠР	£	:	☐ Nil		£	:	Nil	
				D	□Р	£	:	☐ Nil		£	:	Nil	
				□ D	□Р	£	:	Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	Nil	
				D	ΠР	£	:	Nil		£	:	Nil	
				D	ΠР	£	:	Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	Nil	
)				D	ΠР	£	:	☐ Nil		£	:	Nil	
				D	ΠР	£	:	Nil		£	:	Nil	
				D	ΠР	£	:	☐ Nil		£	:	Nil	
				_ D	ΠР	£	:	☐ Nil		£	:	Nil	
				_ D	ΠР	£	:	Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	Nil	
				D	ΠР	£	:	☐ Nil		£	:	Nil	
				D	ΠР	£	:	Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	Nil	
				D	ΠР	£	:	☐ Nil		£	:	Nil	
				D	ΠР	£	:	Nil		£	:	Nil	
<u> </u>				D	P	£	:	☐ Nil		£	:	Nil	
				D	ΠР	£	:	Nil		£	:	Nil	
				D	ΠР	£	:	☐ Nil		£	:	Nil	

DAY 7 Mon Tues Wed Thur Fri Sat Sun

Date

For help with filling in	please	unfold s	side flap for notes		3	TAGES These	Columns	are
			n journey on a new row. Include walks if 1 mile o				E X	d d
A What was the purpose of your journey? See Note A	B What time did you leave? See Note B	C What time did you arrive? See Note C	Where did you start your journey? (Tick Home or give the name of the village, town or area) See Note D	Where did you go to? (Tick Home or give the name of the village, town or area) See Note E		F What method of travel did you use for each stage of your journey? See Note F	G How far did you travel? (Miles) See Note G	H How did y sper trave (Min See I
1	Time	Time	Home	Home	1			
	:	: 			2			
	pm	am pm			3			
2	Time	Time	Home	Home	1			
	:	:			2			
	am pm	am pm			3			
3	Time	Time	Home	Home	1			
	:	:			2			•
	am pm	am pm			3			
4	Time	Time	Home	Home	1			
	:	:			2			
	am pm	am pm			3			
5	Time	Time	Home	Home	1			
	:	:			2			
	am pm	am pm			3			
6	Time	Time	Home	Home	1			
	:	:			2			
	☐ pm	am pm			3			
7	Time	Time	Home	Home	1			
	:	:			2			
	am pm	am pm			3			
USE THIS SPACE FO	R ANYT	HING E	LSE YOU WANT TO TELL U	IS				

ins K	٠.		Is of each stage of your only fill in these columns OTHER MOTOR VEHICE	s if you	used a	a CA	R or		Only fill in these column		you	used	
ar ou ?	H How long did you spend travelling? (Minutes) See Note H	How many people travelled including you?	J Which car or other motor vehicle did you use? See Note J	K Were the dr (D) or passe (P)?	iver a enger	L Ho did for		pay ing?	M What type of ticket did you use? See Note M	did tick	w mi you ket c	r ost?	O How many times did you board? See Note O
				□ D	ΠР	£	:	☐ Nil		£	:	Nil	
				_ D	ΠР	£	:	□Nil		£	:	Nil	
				_ D	□Р	£	:	Nil		£	:	Nil	
				_ D	□Р	£	:	☐ Nil		£	:	Nil	
				□ D	ΠР	£	:	☐ Nil		£	:	Nil	
				_ D	□Р	£	:	□Nil		£	:	Nil	
				D	ΠР	£	:	☐ Nil		£	:	Nil	
)				_ D	□Р	£	:	☐ Nil		£	:	Nil	
				□ D	□Р	£	:	Nil		£	:	Nil	
				_ D	□Р	£	:	Nil		£	:	Nil	
				_ D	□Р	£	:	□Nil		£	:	Nil	
				□ D	□Р	£	:	☐ Nil		£	:	Nil	
				_ D	ΠР	£	:	Nil		£	:	Nil	
				_ D	ΠР	£	:	☐ Nil		£	:	Nil	
				□ D	□Р	£	:	□Nil		£	:	Nil	
				_ D	ΠР	£	:	Nil		£	:	Nil	
				□ D	ΠР	£	:	Nil		£	:	Nil	
				_ D	□Р	£	:	□Nil		£	:	Nil	
				D	□Р	£	:	Nil		£	:	Nil	
				□ D	ΠР	£	:	Nil		£	:	Nil	
				□ D	ΠР	£	:	☐ Nil		£	:	Nil	

Day of week Date

For help with filling i	n please	unfold s	side flap for notes					columns	
JOURNEYS Plea short ones and ref			n journey on a new row.	Include very				E X	ර ්
A What was the purpose of your journey? See Note A	B What time did you leave? See Note B	C What time did you arrive? See Note C	Where did you start your journey? (Tick Home or give the name of the village, town or area) See Note D	Where did you go to? (Tick Home or give the name of the village, town or area) See Note E		What me travel did use for e stage of journey? See Note I	thod of I you ach your	G How far did you travel? (Miles) See Note G	H Ho dic sp tra (M See
1	Time	Time	Home	Home	1				
	: am	:			2				
	pm	☐ pm			3				
2	Time	Time	Home	Home	1				
	:	:			2				+
	am pm	am pm			3				
3	Time	Time	Home	Home	1				•
	:	:			2				
	am pm	am pm			3				
TYTDA JOUDA	IEVO					7		1	
EXTRA JOURN	IEYS	Day	of week	Date					
1	Time	Time	Home	Home	1				
	: 	: am			2				
	☐ pm	☐ pm			3				
2	Time	Time	Home	Home	1				
	:	:			2				+
	am pm	am pm			3				
3	Time	Time	Home	Home	1				
	:	:			2				+
	am pm	am pm			3				+



K	<i>∮</i> \$ ™	XI 📜	Only fill in these column OTHER MOTOR VEHIC	CLE _	used a		R or		Only fill in these column PUBLIC TRANSPORT	ns if	you i	used	
ar u ?	H How long did you spend travelling? (Minutes) See Note H	How many people travelled including you? See Note I	J Which car or other motor vehicle did you use? See Note J	Were the di (D) or passe (P)?	river a enger	did for		pay ing?	M What type of ticket did you use? See Note M	did ticl	w mu I you ket c	r ost?	O How many times did you board? See Note O
				□D	P	£	:	□Nil		£	:	Nil	
				□ D	P	£	:	□Nil		£	:	Nil	
				D	P	£	:	□Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	Nil	
				□ D	P	£	:	□Nil		£	:	Nil	
				□ D	P	£	:	□Nil		£	:	Nil	
)				D	P	£	:	☐ Nil		£	:	Nil	
<u>′</u>				D	P	£	:	☐ Nil		£	:	Nil	
				D	ΠР	£	:	☐ Nil		£	:	Nil	
				D	P	£	:	Nil		£	:	Nil	
				D	P		:	☐ Nil		£	:	Nil	
				_ D	P	£	:	Nil		£	:	☐ Nil	
				D	ΠР	£	:	□Nil		£	:	Nil	
				_ D	P	£	:	□Nil		£	:	Nil	
				D	P	£	:	□Nil		£	:	Nil	
				□ D	P	£	:	☐ Nil		£	:	Nil	
				□ D	P	£	:	□Nil		£	:	Nil	
				D	ΠР	£	:	☐ Nil		£	:	Nil	

Day of week Date

For help with filling	in please	unfold s	side flap for notes					columns	
JOURNEYS Ple short ones and re			n journey on a new row.	Include very				EX.	F
A What was the purpose of your journey? See Note A	B What time did you leave? See Note B	C What time did you arrive? See Note C	Where did you start your journey? (Tick Home or give the name of the village, town or area) See Note D	Where did you go to? (Tick Home or give the name of the village, town or area) See Note E		What me travel did use for e stage of journey? See Note I	ethod of I you ach your	G How far did you travel? (Miles) See Note G	H Hordid spe trav (Mi See
1	Time :	Time	Home	Home	1				
	am	am			2				
	_ pm	pm pm			3				
2	Time	Time	Home	Home	1				
	: □ am	am			2				
	pm	pm			3				
3	Time	Time	Home	Home	1				•
	: □ am	: am			2				
	pm	pm			3				
XTRA JOUR	NEYS	Day	of week	Date					
1	Time	Time	Home	Home	1				
	:	:			2				
	☐ pm	am pm			3				
2	Time	Time	Home	Home	1				
	:	:			2				
	☐ am	am pm			3				
3	Time	Time	Home	Home	1				
	:	:			2				
	am pm	am pm			3				



ins K	۶.	XI	Only fill in these columns OTHER MOTOR VEHIC	s if you			R or		Only fill in these column PUBLIC TRANSPORT		you	used Ç	
ar u ?	H How long did you spend travelling? (Minutes) See Note H	How many people travelled including you? See Note I	J Which car or other motor vehicle did you use? See Note J	Were the dr (D) or passe (P)?	iver a enger	did for		pay king?	M What type of ticket did you use? See Note M	did tick	w mi you ket c	r ost?	O How many times did you board? See Note O
				D	ΠР	£	:	□Nil		£	:	Nil	
				□ D	□Р	£	:	□Nil		£	:	Nil	
				□ D	□Р	£	:	□Nil		£	:	Nil	
				_ D	□Р	£	:	☐ Nil		£	:	Nil	
				_ D	□Р	£	:	□Nil		£	:	Nil	
				□ D	□Р	£	:	□Nil		£	:	Nil	
)				D	P	£	:	☐ Nil		£	:	Nil	
				_ D	ΠР	£	:	☐ Nil		£	:	Nil	
				D	ΠР	£	:	☐ Nil		£	:	Nil	
				_ D	ΠР	£	:	□Nil		£	:	Nil	
				_ D	ΠР	£	:	□Nil		£	:	Nil	
				D	□Р	£	:	□Nil		£	:	Nil	
				_ D	ΠР	£	:	☐ Nil		£	:	Nil	
				_ D	□Р	£	:	☐ Nil		£	:	Nil	
				□ D	□Р	£	:	☐ Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	Nil	
				D	□Р	£	:	☐ Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	Nil	

Day of week Date

For help with filling i				columns					
JOURNEYS Plea short ones and ref			n journey on a new row.	Include very				E X	ල්
A What was the purpose of your journey? See Note A	B What time did you leave? See Note B	C What time did you arrive? See Note C	Where did you start your journey? (Tick Home or give the name of the village, town or area) See Note D	Where did you go to? (Tick Home or give the name of the village, town or area) See Note E		What me travel did use for e stage of journey? See Note I	thod of I you ach your	G How far did you travel? (Miles) See Note G	H Ho dic sp tra (M See
1	Time	Time	Home	Home	1				
	:	:			2				
	pm	☐ pm			3				
2	Time	Time	Home	Home	1				
	:	:			2				
	am pm	am pm			3				
3	Time	Time	Home	Home	1				-
	:	:			2				
	am pm	am pm			3				
EXTRA JOURN	IEYS	Day	of week	Date					
1	Time	Time	Home	Home	1				
	:	: 			2				
	☐ am	am pm			3				
2	Time	Time	Home	Home	1				
	i :	:			2				+-
	am pm	am pm			3				
3	Time	Time	Home	Home	1				
_	:	:			2				
	am pm	am pm			3				+



ins K	۶.	XI	Only fill in these columns OTHER MOTOR VEHIC	Only fill in these columns if you used PUBLIC TRANSPORT									
far ou :l? s)	H How long did you spend people travelling? (Minutes) See Note H How many people travelled including you?		How many people travelled including you? Which car or other motor vehicle did you use? See Note J		Were you the driver (D) or a passenger (P)? L How much did you pay for parking? See Note L		M What type of ticket did you use? See Note M	N How much did your ticket cost? See Note N			O How many times did you board? See Note O		
				D	ΠР	£	:	□Nil		£	:	Nil	
				□ D	ΠР	£	:	☐ Nil		£	:	Nil	
				□ D	□Р	£	:	□Nil		£	:	Nil	
				_ D	□Р	£	:	☐ Nil		£	:	Nil	
				_ D	□Р	£	:	□Nil		£	:	Nil	
				□ D	□Р	£	:	□Nil		£	:	Nil	
)				D	P	£	:	☐ Nil		£	:	☐ Nil	
<u> </u>				_ D	ΠР	£	:	☐ Nil		£	:	Nil	
				D	ΠР	£	:	☐ Nil		£	:	Nil	
				_ D	ΠР	£	:	□Nil		£	:	Nil	
				_ D	ΠР	£	:	□Nil		£	:	Nil	
				D	□Р	£	:	□Nil		£	:	Nil	
				_ D	ΠР	£	:	☐ Nil		£	:	Nil	
				_ D	□Р	£	:	☐ Nil		£	:	Nil	
				□ D	□Р	£	:	☐ Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	Nil	
				D	□Р	£	:	☐ Nil		£	:	Nil	
				D	ΠР	£	:	☐ Nil		£	:	Nil	

Day of week Date

For help with filling	j in please				columns				
JOURNEYS Ple short ones and re			n journey on a new row.	Include very				EX.	ð
A What was the purpose of your journey? See Note A	What time did you leave?	C What time did you arrive? See Note C	Where did you start your journey? (Tick Home or give the name of the village, town or area) See Note D	Where did you go to? (Tick Home or give the name of the village, town or area) See Note E		What me travel did use for e stage of journey? See Note I	ethod of I you ach your	G How far did you travel? (Miles) See Note G	H Ho did spe trav (Mi See
1	Time :	Time	Home	Home	1				
	am	am			2				
	pm	pm pm			3				
2	Time	Time	Home	Home	1				
	: am	: am			2				
	pm	_ pm			3				
3	Time	Time	Home	Home	1				*
	: am	: □ am			2				
	pm	pm			3				
EXTRA JOUR	NEYS	Day	of week	Date					
1	Time	Time	Home	Home	1				
	:	:			2				
	☐ am	am pm			3				
2	Time	Time	Home	Home	1				
	:	:			2				
	am pm	am pm			3				
3	Time	Time	Home	Home	1				
	:	:			2				
	am pm	am pm			3				



K	<i>∮</i> ‰ ™	XI J	Only fill in these column OTHER MOTOR VEHIC	Only fill in these columns if you used PUBLIC TRANSPORT									
far ou el? es)	H How long did you spend travelling? (Minutes) See Note H How many people travelled including you? See Note I		J Which car or other motor vehicle did you use? See Note J	Were you the driver (D) or a passenger (P)? See Note K L How much did you pay for parking? See Note L		other Were you the driver (D) or a passenger (P)? What type did you pay for parking? See Note L What type did you us See Note M	M What type of ticket did you use? See Note M	did ticl	w mi you ket c	O How many times did you board? See Note O			
				D	P	£	:	☐ Nil		£	:	Nil	
				D	P	£	:	Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	Nil	
				□D	P	£	:	☐ Nil		£	:	Nil	
				□ D	P	£	:	☐ Nil		£	:	Nil	
				□ D	P	£	:	☐ Nil		£	:	Nil	
)				D	P	£	:	☐ Nil		£	:	☐ Nil	
<u> </u>				D	P	£	:	☐ Nil		£	:	Nil	
				D	ΠР	£	:	☐ Nil		£	:	Nil	
				_ D	P	£	:	Nil		£	:	Nil	
				□ D	□ P	£	:	Nil		£	:	Nil	
				D	P	£	:	Nil		£	:	Nil	
				□ D	P		:	☐ Nil		£	:	Nil	
				D	P		:	Nil		£	:	Nil	
				D	P	£	:	☐ Nil		£	:	Nil	
				□ D	P	£	:	☐ Nil		£	:	Nil	
				□ D	P	£	:	□Nil		£	:	Nil	
				_ D	P	£	:	□Nil		£	:	Nil	



PRACTICE PAGE

STAGES These columns are f For help with filling in please unfold side flap for notes JOURNEYS Please record each journey on a new row. Include very र्क short ones and return journeys. Include walks if 1 mile or more С В D What What was the What Where did you start Where did you go to? What method How far Hov your journey? (Tick Home or give did you purpose of your time time of travel did did journey? did did (Tick Home or give the name of the you use for travel? spei See Note A the name of the village, town or area) each stage of (Miles) trav you you leave? arrive? village, town or area) See Note E your journey? See (Min Note G See Note D See Note F See I See See Note B Note C 1 Time Time Home Home : 2 am am 3 pm pm 2 Time Time Home Home 1 2 am am 3 pm pm 3 Time Time Home Home 1 : 2 am am 3 pm pm 4 Time Time Home Home 1 2 am am 3 pm pm 5 Time Time Home Home 1 : 2 am am 3 pm pm 6 Time Time Home Home 1 2 am am 3 pm pm 7 Time Time Home Home 1 : 2 am am 3 pm pm USE THIS SPACE FOR ANYTHING ELSE YOU WANT TO TELL US

®