HOW TO FILL IN YOUR TRAVEL RECORD

STAGES These columns 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. Include walks if 1 mile or more В C D What was the What What Where did you start Where did you go to? What method How far (Tick Home or give purpose of your time time your journey? of travel did did you journey? did did (Tick Home or give the name of the you use for travel? See Note A (Miles) the name of the village, town or area) each stage of you vou leave? village, town or area) See Note E your journey? See arrive? Note G See See Note D See Note F See Note B Note C Home Time Time Home Car 18 GO 60 8:15 900 Pendleton, 2 am am Salford Work 3 pm pm Home Home 1 Car 16 GO food 5 30 6:12 Pendleton, Haydock 2 Shopping am am Salford town centre 3 pm pm Home Time Time Home Car 6:206:30 Haydock 90 home am am town centre pm pm 3 Home Time Time Home WIK go out 7:00 8:05 Liverpool City 8 for meal Train am am Centre with friends BUS 1.5 3 pm pm 5 Time Time Home Home Taxi 10 go home 10:3010:55 Hverpool city 2 am am centre V pm 3 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

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EXTRA JOURNEYS

If you made more than 7 journeys on this day please use the extra space towards the back of the booklet

DAY 1

Mon Tues Wed Thur Fri Sat Sun

Date

For help with filling in please unfold side flap for notes

On this day only,	please	include	all walks (even walks under	a mile)	S	TAGES These	columns are t
JOURNEYS Pleas short ones and retu			n journey on a new row.	Include very			
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Remember to complete your mileage chart

Turn over for more journeys

mns	are for ent	ering detai	ls of each stage of yo	our journey	/						
	<i>∮</i> ∳ ™	XI I	Only fill in these columns OTHER MOTOR VEHIC	a CAR or	Only fill in these columns if you used PUBLIC TRANSPORT						
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DAY 1 continued Mon Tues Wed Thur Fri Sat Sun Date

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Remember to complete your mileage chart

Turn over for more journeys

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DAY 1 continued Mon Tues Wed Thur Fri Sat Sun

Date

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Remember to complete your mileage chart

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DAY 2 Mon Tues Wed Thur Fri Sat Sun

Date

For help with filling in	please	unfold s	side flap for notes		S	TAGES These	columns	are
			n journey on a new row. Include walks if 1 mile o				M.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 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	
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EXTRA JOURNEYS

If you made more than 7 journeys on this day please use the extra space towards the back of the booklet

DAY 3 Mon Tues Wed Thur Fri Sat Sun

Date

For help with filling in	please	unfold s	side flap for notes		5	TAGES These	columns	are
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mns	are for ent	ering detai	ls of each stage of yo	our jou	rney									
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EXTRA JOURNEYSIf you made more than 7 journeys on this day please use the extra space towards the back of the booklet

DAY 4 Mon Tues Wed Thur Fri Sat Sun

Date

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4	Time	Time	Home	Home	1		
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5	Time	Time	Home	Home	1		
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	am pm	am pm			3		
6	Time	Time	Home	Home	1		
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EXTRA JOURNEYSIf you made more than 7 journeys on this day please use the extra space towards the back of the booklet

DAY 5 Mon Tues Wed Thur Fri Sat Sun

Date

For help with filling in	please	unfold s	side flap for notes			TAGES THESE		are
			n journey on a new row. Include walks if 1 mile o				EX.	
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	
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	pm	pm			3			
2	Time	Time	Home	Home	1			
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3	Time	Time	Home	Home	1			1
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4	Time	Time	Home	Home	1			
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	am pm	am pm			3			
5	Time	Time	Home	Home	1			
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6	Time	Time	Home	Home	1			
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mns	are for ent	ering detai	ls of each stage of yo	our jou	ırney							
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	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)?	river a enger	did for	w mu you park Note	pay ing?	M What type of ticket did you use? See Note M	did y	t cost?	O How many times did you board? See Note O
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EXTRA JOURNEYS

If you made more than 7 journeys on this day please use the extra space towards the back of the booklet

DAY 6 Mon Tues Wed Thur Fri Sat Sun

Date

For help with filling in	please	unfold	side flap for notes		5	TAGES These	columns	are
			n journey on a new row. Include walks if 1 mile o				S.Y.	
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EXTRA JOURNEYSIf you made more than 7 journeys on this day please use the extra space towards the back of the booklet

DAY 7 Mon Tues Wed Thur Fri Sat Sun

Date

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Remember to complete your mileage chart

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EXTRA JOURNEYS

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If you made more than 7 journeys on this day please use the extra space towards the back of the booklet

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EXTRA JOURNEYS

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PRACTICE PAGE

STAGES These columns 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. Include walks if 1 mile or more С В D What Where did you start What was the What Where did you go to? What method How far your journey? (Tick Home or give did you purpose of your time time of travel did journey? did did (Tick Home or give the name of the you use for travel? See Note A the name of the village, town or area) each stage of (Miles) you vou See Note E leave? arrive? village, town or area) your journey? See Note G See See Note D See Note F See Note B Note C 1 Time Time Home Home 1 : 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

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