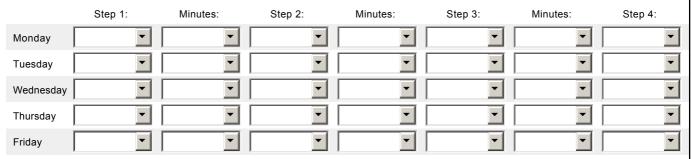
Weekly Travel Diary
This short survey tells us how you travelled during the last week, and provides the opportunity for you to tell us about any problems you have experienced with achieving your 'challenge'.
It takes 5 minutes to complete, and your responses will be anonymous.

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).



- 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.

day. So if, for exa	n, we are aiming to understand if you work in more than one place in a imple, 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 we	ek, how many face-to-face meetings would you say you had
At your workplace?	
At other places?	
7. During the who	ole of the last working week, how many times did you use each of
these types of te	
inoso typos or to	chnology?
Teleconference	chnology?
	chnology?
Teleconference	chnology?
Teleconference Videoconference suite	chnology?
Teleconference Videoconference suite Webinar	
Teleconference Videoconference suite Webinar	
Teleconference Videoconference suite Webinar	chnology?

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?