

Name: \_\_\_\_\_

### Activity 2.3 MP – Diary time



1. Have a look at the example overleaf showing how to record your travel. You will need to know:

- where you started a trip
- the time you left
- where you went
- what time you arrived.



Remember that travel means all movement outside the home. For example, walk to the bus = one trip; bus to school = one trip.

#### How to use your TravelSmart Diary Example Page

**Where:**

Where did you travel to? Record where you went. You don't need to write an address, only the name of the place

**First Travel Day**  
 Day Tuesday  
 Date 04 / 12

WHERE	MODE						TIME
	D	P	W	T	B	O	
I began the day at: <u>Home</u>							I left at: <u>8:00 am/pm</u>
I went to: <u>Work</u>	✓						I arrived at: <u>8:30 am/pm</u> I left at: <u>12:00 am/pm</u>
Then I went to: <u>Shop</u>	✓						I arrived at: <u>12:30 am/pm</u> I left at: <u>1:00 am/pm</u>
Then I went to: <u>Home</u>	✓						I arrived at: <u>1:15 am/pm</u> I left at: <u>3:30 am/pm</u>
Then I went to: <u>School</u>				✓			I arrived at: <u>3:15 am/pm</u> I left at: <u>3:20 am/pm</u>
Then I went to: <u>Home</u>				✓			I arrived at: <u>3:35 am/pm</u> I left at: <u>7:00 am/pm</u>
Then I went to: <u>Netball (YMCA)</u>		✓					I arrived at: <u>7:15 am/pm</u> I left at: <u>8:30 am/pm</u>
Then I went to: <u>Home</u>		✓					I arrived at: <u>8:45 am/pm</u> I left at: <u>: : am/pm</u>
Then I went to:							I arrived at: <u>: : am/pm</u> I left at: <u>: : am/pm</u>
<b>TOTAL</b>	<b>3</b>	<b>2</b>		<b>2</b>			

**Mode:**

Put a tick in the column to show how you travelled

**Total:**

Add up the columns to total the modes you used for the day



2. Now turn the page and fill in the practice diary. Record yesterday's activities or use your imagination.

Name: \_\_\_\_\_

### Activity 2.3 MP – Diary time (continued)

**First Travel Day**  
 Day \_\_\_\_\_  
 Date \_\_\_\_ / \_\_\_\_

**MODES**

Car Driver	D	Bus/Train/Tram	T
Car Passenger	P	Walk	W
Bicycle	B	Other	O

WHERE	MODE						TIME	
	D	P	W	T	B	O		
I began the day at:								I left at: __ : __ am/pm
I went to:							I arrived at: __ : __ am/pm	I left at: __ : __ am/pm
Then I went to:							I arrived at: __ : __ am/pm	I left at: __ : __ am/pm
Then I went to:							I arrived at: __ : __ am/pm	I left at: __ : __ am/pm
Then I went to:							I arrived at: __ : __ am/pm	I left at: __ : __ am/pm
Then I went to:							I arrived at: __ : __ am/pm	I left at: __ : __ am/pm
Then I went to:							I arrived at: __ : __ am/pm	I left at: __ : __ am/pm
Then I went to:							I arrived at: __ : __ am/pm	I left at: __ : __ am/pm
<b>TOTAL</b>								