

## Activity 2.3 MP – Our travel habits

Being TravelSmart means being aware of travel options.  
By using the car a bit less, you will gain benefits like:

- having more time
- being fitter
- saving money.

**Options allow you to make a decision  
about what suits you best.**



1. Estimate how long you think you spend in the car in one week?

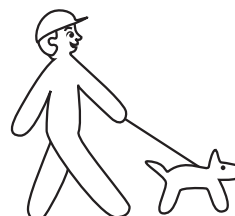
- Less than 4 hours
- 4 hours
- 6 hours
- 8 hours
- More

Tick one box



2. Estimate how many trips you make each day/each week.

Mode of travel	per day	per week
By car		
On a bike		
Walking		
On a bus/train		
Other		



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

### Activity 2.3 MP – Our travel habits (continued)



3. Work out an average for your number of trips.

For example: 30 car trips per week x 7 days = 4.2 trips average.

My average

Car trips: \_\_\_\_\_  
\_\_\_\_\_

Bike trips: \_\_\_\_\_  
\_\_\_\_\_

Walk trips: \_\_\_\_\_  
\_\_\_\_\_

Bus trips: \_\_\_\_\_  
\_\_\_\_\_

Train trips: \_\_\_\_\_  
\_\_\_\_\_

