

## Appendix C. Travel Diary

## CHECKLIST

- ✓ A PLACE is a location that has a new or different address.
- ✓ Write down all PLACES visited, even short walks, trips, or stops (e.g. getting coffee on the way to work or going through the drive-through at a fast food restaurant).
- ✓ Record a parking lot or structure location only if the walk to your destination is more than five minutes.
- ✓ If you park your car and walk more than five minutes to a new PLACE, record your reason for travel as Code 16 (change mode of transportation).
- ✓ Write complete addresses for each PLACE you visit. Include:
  - exact place name,
  - complete street address,
  - city,
  - county,
  - zipcode,
  - a street that crosses near the address, and
  - a landmark (a unique place that is found on a map, such as a church, park, shopping mall, lake, bridge, etc.)
- ✓ Record the exact times that you arrive and leave each PLACE.

## Thank You!

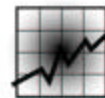
Keep your completed Travel Log near the phone and we'll call you the day after your Travel Day.

If you need any help completing your Travel Log, please call us toll-free at:

**1-888-687-8287, ext. 4055**

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Survey conducted by NuStats on behalf of the  
Metropolitan Council



NuStats

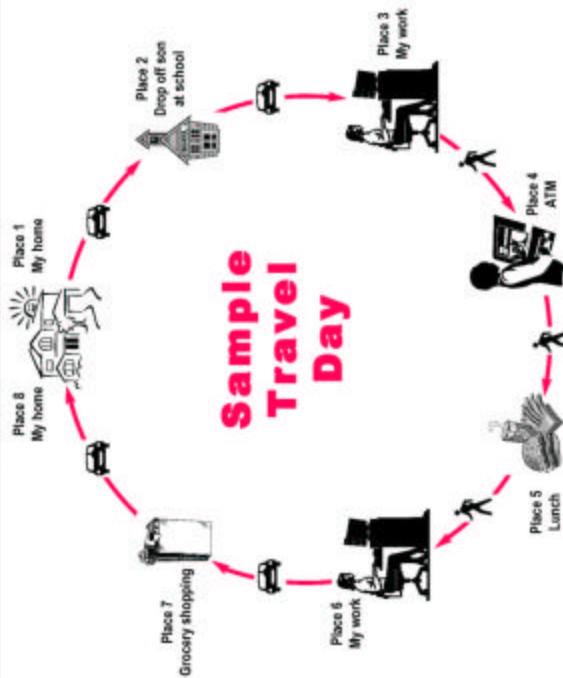
Full Study - 3/20/01



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**Personal One-Day Travel Log for:**

Use this log to record your travel from 3am on your travel day (or when you wake up) until 2:59am the following day (or when you go to sleep). Travel includes destinations and stops along the way, please record both.



**Remember:** Record any stops you made along the way as a separate **PLACE**. If you ride the bus, record each bus stop where you got on or off as a separate **PLACE**.

<b>E</b> What TIME did you ARRIVE? <i>(record exact times)</i>	<b>F</b> HOW did you get there? <i>(use Travel Modes list)</i>	<b>G</b> WHY did you go there? <i>(use Reasons for Travel list)</i>	<b>H</b> What TIME did you LEAVE? <i>(record exact times)</i>
: am / pm			: am / pm
: am / pm			: am / pm
: am / pm			: am / pm
: am / pm			: am / pm
: am / pm			: am / pm
: am / pm			: am / pm
: am / pm			: am / pm
: am / pm			: am / pm

Keep your completed Travel Logs by the phone and we'll call you to collect the information!

### LIST 1: TRAVEL MODES

Use these codes to answer question **F**

#### Non-Motorized:

- 1 Walk
- 2 Bicycle

#### Auto/Van/Truck:

- 3 Drove
- 4 Passenger

#### Other Modes:

- 5 Public Bus
- 6 School Bus
- 7 Taxi/Shuttle/Limousine
- 8 Motorcycle/Moped
- 97 Other: *(write code and specify)*

### LIST 2: REASONS FOR TRAVEL

Use these codes to answer question **G**

#### Outside the Home:

##### Work:

- 1 Work *(including regularly scheduled volunteer work)*
- 2 Work-related *(sales call, meeting, errand, etc.)*

##### School/Childcare:

- 3 School *(attending classes)*
- 4 Other school activities *(sports, extra-curricular)*
- 5 Childcare, day care, after school care

##### Personal:

- 6 Quick stop for gas, ATM, coffee, newspaper, etc.
- 7 Shopping
- 8 Visit friends/relatives
- 9 Personal business *(medical, banking, etc.)*

##### Eat Meal:

- 10 Eat meal outside of home *(restaurant, drive-through, take-out, etc.)*

##### Entertainment/Recreation/Fitness:

- 11 Entertainment/Recreation/Fitness

##### Civic/Religious:

- 12 Civic/Religious activities

##### Pick-up/Drop-off:

- 13 Pick-up or drop-off passenger

##### Other Out of Home:

- 14 With another person at their activity outside of home
- 15 Other outside home *(write code and specify)*

#### Travel:

- 16 Change mode of transportation *(board/deboard bus, park-in-ride, etc.)*

#### At Home:

- 17 At home activities *(eating, TV, sleeping, homemaker, etc.)*
- 18 Working at home *(related to main or second job)*

Continue recording places visited below.

PLACE 9	PLACE 10	PLACE 11	PLACE 12	PLACE 13	PLACE 14	PLACE 15	PLACE 16
<b>D WHERE did you go next? (be as exact as possible)</b> Place name: _____ Address/City: _____ County/Zip: _____ Cross street/Landmark: _____							

If you have additional stops, please record them on a separate piece of paper.

**I** To end your day, what TIME did you GO TO SLEEP on your travel day?  : am/pm

PLACE 2	PLACE 3	PLACE 4	PLACE 5	PLACE 6	PLACE 7	PLACE 8	
<b>D WHERE did you go next? (be as exact as possible)</b> Place name: _____ Address/City: _____ County/Zip: _____ Cross street/Landmark: _____	<b>D WHERE did you go next? (be as exact as possible)</b> Note: Son's school name and address were provided in telephone interview.	<b>D WHERE did you go next? (be as exact as possible)</b> My work. Note: Work name and address were provided in telephone interview. Walk from parking lot to work was less than five minutes.	<b>D WHERE did you go next? (be as exact as possible)</b> Northwest Bank 800 Park Ave./Minneapolis Hennepin/55404 S. 8th St./Elliot Park	<b>D WHERE did you go next? (be as exact as possible)</b> Caffe Amore 701 Park Ave./Minneapolis Hennepin/55415 S. 7th St./Elliot Park	<b>D WHERE did you go next? (be as exact as possible)</b> My work. Note: Work name and address were provided in telephone interview.	<b>D WHERE did you go next? (be as exact as possible)</b> Tom's Thunab 4700 Cedar Ave. S./Minneapolis Hennepin/55407 E. 47th St./Lake Kaswathka	<b>D WHERE did you go next? (be as exact as possible)</b> My home. Note: Home address was provided in telephone interview.
	7:36 (am/pm)	8:02 (am/pm)	12:53 am (pm)	1:05 am (pm)	1:44 am (pm)	6:13 am (pm)	6:57 am (pm)
	3	3	1	1	1	3	3
	13	1	6	10	1	7	17
	7:38 (am/pm)	12:48 am (pm)	12:58 am (pm)	1:36 am (pm)	5:37 am (pm)	6:50 am (pm)	... am / pm

**PLACE 1**

**A WHERE were you at 3 am on your travel day?**

- My Home  
  My School  
  My Primary Workplace  
  Other Place →  
 Transit stop, park-n-ride, or other change of mode point (record cross streets) →

Place name: \_\_\_\_\_  
 Address/City: \_\_\_\_\_  
 County/Zip: \_\_\_\_\_  
 Cross street/Landmark: \_\_\_\_\_

**B To help us begin your day, what TIME did you WAKE UP on your travel day?**

: am/pm

**Remember:** Record any stops you made along the way as a separate **PLACE**.  
 If you ride the bus, record each bus stop where you got on or off as a separate **PLACE**.

**C What TIME did you LEAVE PLACE 1?**

: am/pm

**D WHERE did you go next? (be as exact as possible)**

Place name: \_\_\_\_\_  
 Address/City: \_\_\_\_\_  
 County/Zip: \_\_\_\_\_  
 Cross street/Landmark: \_\_\_\_\_

**E What TIME did you ARRIVE?**

(record exact times)

**F HOW did you get there?**

(use Travel Modes list)

**G WHY did you go there?**

(use Reasons for Travel list)

**H What TIME did you LEAVE?**

(record exact times)

**PLACE 2**

: am / pm

: am / pm

**PLACE 3**

: am / pm

: am / pm

**PLACE 4**

: am / pm

: am / pm

**PLACE 5**

: am / pm

: am / pm

**PLACE 6**

: am / pm

: am / pm

**PLACE 7**

: am / pm

: am / pm

**PLACE 8**

: am / pm

: am / pm

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