

YOUR 24-hour DIARY TRIP TRACKER

Please keep track of all your trips on _____ (your assigned day of week) _____ (date)

A trip can be the following:**► A destination trip:** You travel from one location to another location for a purpose.

- Common trips with destinations are: going to work, to a school or daycare, to a store, going home, etc.
- Remember to **include short trips** (e.g., coffee shop stop, dropping someone off, etc.)
- Remember to **include return trips** (e.g., going home is a separate trip)

Or

► A trip that starts and ends at same location: You return to your start location with no stop-off along the way.

- Examples: just out walking, taking dog for a walk, jogging, etc.

On your assigned day (*the full calendar date*) did you make any trips?

- No, stayed home or was out of town all day
- Yes → Please record your start location and your trips below.

Start location at midnight on your travel day: (*choose one*)

- Home • Work #1 • Work #2
- Other (specify address or 2 cross-streets) _____ and _____, Municipality _____

Where did you go? (List all trips below, including the return trips separately)

Trip #	Destination (or End Location) Record address or 2 nearby cross-streets plus municipality. (e.g., Granville & Broadway, Vancouver)	Time started this trip	Main purpose (e.g., To work, During work/business trip, To school, Shopping, Dining/restaurant, Personal business, Dropping off/ picking up someone, Recreation/social/entertainment, Going HOME)	How you travelled List all modes in the order you used them (Mode options: Auto driver, Auto passenger, Transit bus, SkyTrain, SeaBus, West Coast Express, Walked, Bicycle, School bus, Other type of bus, Taxi, Other)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				



Vehicle drivers: Even if you did not drive on your trip day, please record this information about the vehicle you use most often for personal travel purposes.

Make _____ Model _____ Year _____ Odometer _____ km

Questions? Mustel Group Help Email: covtravelsurvey@mustelgroup.ca or Tel: 236-427-5256 or Watch our Instructional Video → [Trip Diary Video](#) When your day is over, please log into the survey link in our email & enter your trips.

Thank you again for participating and helping your community planners!