



2017 PUGET SOUND REGIONAL Travel Study

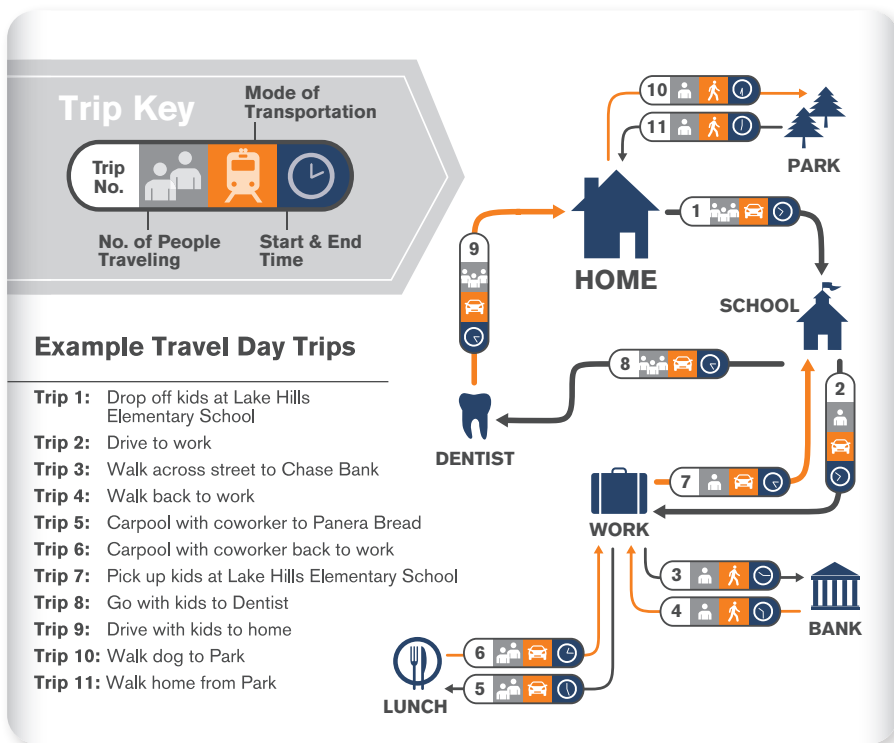
TRAVEL LOG INSTRUCTIONS

Secure study website: <https://survey.psrc.org> • Email: help@psrc.org • Call toll-free: 1-844-247-8189

STEP 1: On your assigned travel day: All members of your household (18+) should take this Travel Log with them and note each trip made. *Note: Your travel day begins at 3AM on your assigned day and ends 24 hours later. For many people, the first trip begins when they leave home in the morning.*

STEP 2: After you complete your travel for the day: Have your password ready (from the invitation letter) and call us or log on to the secure study website to record all your logged trips. Adults should log trips for all children under 18 in the household.

WHAT IS A TRIP? You make a trip anytime you travel for 5 or more minutes AND stop at a new location. Even if you stop briefly for gas, at an ATM, or to drop a child off at school, that equals 1 trip. If you go out but don't make a stop (e.g. walking the dog or going for a bike ride), please report 2 trips. The place farthest from where you began (such as where you turned around on your walk) is your "destination".





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Travel Study

TRAVEL LOG




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Name

Travel Date

mm / dd / yy

Password

	When did your trip...		Traveled by:	Traveled with: 	Where did you go?	
	Start 	End 			Description	Address, Intersection, or Business Name
Example	7:05AM	7:20AM	Car	Grace, Sophie	Drop kids at school	Lake Hills Elementary School, Bellevue
Example	7:25AM	7:35AM	Car	N/A	Drive to work	10400 Main St., Bellevue
1st Trip						
2nd Trip						
3rd Trip						
4th Trip						
5th Trip						
6th Trip						
7th Trip						
8th Trip						
9th Trip						
10th Trip						

- Include ALL trips you made on your travel day, including short stops such as for gas or coffee
- Include only the time spent traveling when listing your 'start' and 'end' times. Do not include any time spent at the location
- Keep track of extra information when applicable, such as whether you were the driver or passenger, parking costs, and bus routes

This sheet is for your use only. We do not need you to return this form. If you have questions, please email help@psrc.org