Thank you for your participation!

TRAVEL LOG

Please use for 7 days when wearing the GPS.

ID #

Planned Start Day: Planned End Day:

Travel Log Instructions

See the example of a completed Log on the following pages.

Use this Log to record **PLACES** visited, **HOW YOU GOT THERE**, and the **FOOD RELATED ACTIVITIES** you did at each place. For each place you go, ask yourself, <u>"Where did I go? What</u> was I doing there? How did I get there? What time did I arrive? What time did I leave?"

Record the following in as much detail as possible:

- <u>Places</u>: A place is **any location you travel to**, even if it's for only a few minutes. It is very important to record place name, address and/or cross-streets and city. If you know the zip code, please record that also. Places can include bus stops, train stations, or park-and-ride facilities (i.e., places where you change travel modes).
- <u>Times</u>: Record the time you arrived at and left each place. Exact times (<u>to the minute</u>) are preferred. For travel log purposes, **each day begins at 3am.**
- Food Related Activities: Record what you are doing at each place you go to using the "What did I Do" check box. You can record up to 3 activities.
- <u>Modes</u>: Record how (e.g. car, bus) you traveled to each place using the "How I Got Here" check boxes.

Starting the Travel Log:

<u>Step 1:</u> Enter the name and address of common places on the next page (home, work, usual bus stops, etc). When you fill out the daily log, you can enter the name of these common places without re-writing the address each time.

<u>Step 2:</u> Review the "How I Got Here" and "What Did I Do" check boxes in the example on pages 1-6. Please check the travel and activity for each place.

Daily Entries:

- Write in the date and check day of the week.
- Write in the time you put on your GPS**!!!
- The first entry is where you started your day (usually home)
- For each place you go,
 - Check a Common Place *or* write in place name and address.
 - Check an activity = what you did. If you are doing more than one activity, check all activities. Limit to 3 activities at each place.
 - Write in the travel mode = how you got there
 - Enter the <u>time arrived</u> and <u>time left</u>.
- <u>At the end of each day</u>, write in the time you took the GPS off.

**The <u>GPS</u> must be charged every night, after you take it off for the day. Refer to your GPS instructions or give us a call if you have any questions.

We guarantee that the information you provide will be kept confidential. Information you provide will be labeled using your ID#. Your name will not be connected to the information you provide.

Common Places

- Enter the address of your home, work (if applicable), and school (if applicable), and any other places you visit **frequently**.
- When completing the travel log, you can refer to these places by name. You do not need to write the address again in the log if it is listed below.

Location	Name	Address (i.e. 3124 59th Ave NE, Kent, WA 98030)
Home:		
Work:		
School:		
Other:		

Location	Name	Address (i.e. 3124 59th Ave NE, Kent, WA 98030)
Other:		

EXAMPLE (PL Date (m/d/y)	EASE DO NOT F 9/22/11	ILL OUT)	
Time you put the	GPS on: 8:	15 (AM)PM	
Start of Day:	Place Name: HOme	9	
Other:	Full address or two n	earest cross streets	
School	City:	Zip:	
What did I do: Snack Meal Beverage Food Shopping			Time Left: <u>8:50</u> AM7 PM
Place #1:	Place Name: WOrk		Time Arrived: <u>10:00 AM</u> PM
☐ Other: ⊠ Work	Full address or two nearest cross streets		
School	City:	Zip:	
How I got here:	ansit 🛛 Bicycle 🗌 V	Valking Other	
What did I do: Snack Meal Beverage Food Shopping			Time Left:6:00AM (PM)

EXAMPLE (PLEASE DO NOT FILL OUT)

Place #2: Home Other: Work	Place Name: Trader Joes Full address or two nearest cross streets 45 th St and Roosevelt Ave		Time Arrived: 6:18 AM
School	City: Seattle	Zip: 981 05	
How I got here:	ansit 🖂 Bicycle 🗌 V	Valking Other	
What did I do: Snack Meal Beverage Food Shopping			Time Left: 6:40 AM / PM
Place #3:	Place Name: HOMe		Time Arrived: 7:55 AM (PM)
Other:	Full address or two nearest cross streets		
School	City:	Zip:	
How I got here:			
What did I do:			Time Left: <u>9:00</u> AMY_PM

Page 1 EXAMPLE (PLEASE DO NOT FILL OUT)

Place #4: Home Other: Work	Place Name: AMC Theatre Full address or two nearest cross streets Pine Street and 6 th Ave		Time Arrived: 9:20 AM CPM	
School	City: Seattle	Zip: 98101		
How I got here:				
What did I do: Snack Meal Beverage Food Shopping		Time Left: <u>11:30</u> AM / PM		
Place #5:	Place Name: HOM	е	Time Arrived: 11:45 AM (PM)	
Other:	Full address or two nearest cross streets			
School	City:	Zip:		
How I got here:				
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM	

EXAMPLE (PLEASE DO NOT FILL OUT)

Place #6: Home Other: Work	Place Name: Full address or two nearest cross streets		Time Arrived: AM / PM
	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	/alking Other	
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM
Place #7:	Place Name:		Time Arrived: AM / PM
Other:	Full address or two nearest cross streets		
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 W	/alking Other	
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM

Page 2 EXAMPLE (PLEASE DO NOT FILL OUT)

Place #8: Home Other: Work	Place Name: Full address or two n	earest cross streets	Time Arrived: AM / PM	
School	City:	Zip:		
How I got here:	ansit 🗌 Bicycle 🗌 V	Valking Other		
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM	
Place #9:	Place Name:		Time Arrived: AM / PM	
Other:	Full address or two n	earest cross streets		
School	City:	Zip:		
How I got here:				
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM	

EXAMPLE (PLEASE DO NOT FILL OUT)

Place #10:	Place Name:		Time Arrived:
Home	Full address or two no	earest cross streets	AM / PM
Other:			
	City:	Zip:	
How I got here:			
Car Bus/Tra	ansit 🔄 Bicycle 🔄 V	Valking Other	
What did I do:	I Beverage Fo	od Shopping	Time Left: AM / PM
Place #11:	Place Name:		Time Arrived:
Home			AM / PM
Other:	Full address or two ne	earest cross streets	
🗌 Work			-
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	/alking Other	
What did I do:			Time Left:
Snack Meal Beverage Food Shopping			AM / PM
Time you took the GPS off:AM M BE SURE TO PLUG IN YOUR GPS TO CHARGE AND PUT RECEIPTS IN ENVELOPE!!!			
Time(s) removed GPS and reason:8:15-8:30 PM Shower			

DAY	1
-----	---

Date (m/d/y)			
Time you put the GPS on:AM / PM			
Start of Day: Home Other:	Place Name: Full address or two nearest cross streets		
Work School			
	City:	Zip:	
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM
Place #1:	Place Name:		Time Arrived: AM / PM
Other:	Full address or two nearest cross streets		
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 W	Valking Other	_
What did I do: Time Left: Snack Meal Beverage Food Shopping			Time Left: AM / PM

Place #2: Home Other: Work	Place Name: Full address or two nearest cross streets		Time Arrived: AM / PM
	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	/alking Other	
What did I do: Snack Meal Beverage Food Shopping		od Shopping	Time Left: AM / PM
Place #3:	Place Name:		Time Arrived: AM / PM
Other:	Full address or two nearest cross streets		
School	City:	Zip:	
How I got here:			
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM

I

Place #4: Home Other: Work	Place Name: Full address or two nearest cross streets		Time Arrived: AM / PM
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	/alking Other	
What did I do:			Time Left:
Snack Mea	🔄 Snack 🗌 Meal 🔄 Beverage 🔄 Food Shopping		AM / PM
Place #5:	Place Name:		Time Arrived: AM / PM
Other:	Full address or two nearest cross streets		
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	Valking Other	
What did I do: Snack Meal Beverage Food Shopping		Time Left: AM / PM	

Place #6: Home Other: Work	Place Name: Full address or two no	earest cross streets	Time Arrived: AM / PM
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	/alking Other	·
What did I do:			Time Left:
🗌 Snack 🗌 Mea	I 🗌 Beverage 🗌 Fo	od Shopping	AM / PM
Place #7:	Place Name:		Time Arrived:
Home			AM / PM
Other:	Full address or two ne	earest cross streets	
U Work			-
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 W	/alking Other	
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM

Place #8:	Place Name:		Time Arrived: AM / PM
Other:	Full address or two n	earest cross streets	
Work		I	-
School School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	Valking Other	
What did I do:			Time Left:
Snack Mea	al 🔄 Beverage 🔄 Fo	ood Shopping	AM / PM
Place #9:	Place Name:		Time Arrived:
🔄 Home			AM / PM
Other:	Full address or two n	earest cross streets	
U Work			
School	City:	Zip:	
How I got here:			
Car Bus/Tra	ansit 🗌 Bicycle 🗌 V	Valking Other	
What did I do:			Time Left:
Snack Meal Beverage Food Shopping			AM / PM

Place #10:	Place Name:		Time Arrived: AM / PM
Other:	Full address or two nearest cross streets		
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	/alking Other	
What did I do:	I 🗌 Beverage 🗌 Fo	od Shopping	Time Left: AM / PM
Place #11: Home	Place Name:		Time Arrived: AM / PM
Other:	Full address or two ne	earest cross streets	
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 W	/alking Other	
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM
Time you took the GPS off:AM / PM BE SURE TO PLUG IN YOUR GPS TO CHARGE AND PUT RECEIPTS IN ENVELOPE!!!			
Time(s) removed GPS and r	eason:		

DAY	2
-----	---

Date (m/d/y)					
Time you put the 0	Time you put the GPS on:AM / PM				
Start of Day:	Place Name:				
Other:	Full address or two nearest cross streets				
School	City:	Zip:			
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM		
Place #1:	Place Name:		Time Arrived: AM / PM		
Other:	Full address or two ne	earest cross streets			
School	City:	Zip:			
How I got here:	ansit 🗌 Bicycle 🗌 V	Valking Other	_		
What did I do: Time Left: Snack Meal Beverage Food Shopping AM /			Time Left: AM / PM		

Place #2:	Place Name:		Time Arrived: AM / PM	
Other:	Full address or two nearest cross streets		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	
School	City:	Zip:		
How I got here:	ansit 🗌 Bicycle 🗌 V	/alking Other		
What did I do:			Time Left:	
Snack 🗌 Meal	I 🗌 Beverage 🗌 Fo	od Shopping	AM / PM	
Place #3:	Place Name:		Time Arrived:	
Home			AM / PM	
Other:	Full address or two ne	earest cross streets		
Work				
School	City:	Zip:		
How I got here:				
Car Bus/Transit Bicycle Walking Other				
What did I do: Time Left:			Time Left:	
Snack Meal Beverage Food Shopping			AM / PM	

I

Place #4: Home Other: Work	Place Name: Full address or two nearest cross streets		Time Arrived: AM / PM
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 W	Valking Other	
What did I do:	al 🗌 Beverage 🗌 Fo	od Shopping	Time Left: AM / PM
Place #5:	Place Name:		Time Arrived: AM / PM
Other:	Full address or two nearest cross streets		
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 W	Valking Other	
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM

Place #6: Home Other: Work	Place Name: Full address or two nearest cross streets		Time Arrived: AM / PM
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	Valking Other	·
What did I do:			Time Left:
🗌 Snack 🗌 Mea	I 🗌 Beverage 🗌 Fo	od Shopping	AM / PM
Place #7:	Place Name:		Time Arrived:
🔄 Home			AM / PM
Other:	Full address or two ne	earest cross streets	
Work			
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	/alking Other	
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM

Place #8:	Place Name:		Time Arrived: AM / PM
Other:	Full address or two n	earest cross streets	AWI / PWI
Work			_
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	Valking Other	
What did I do:			Time Left:
Snack Mea	Snack Meal Beverage Food Shopping		
Place #9:	Place Name:		Time Arrived:
Home Other:	Full address or two n	oprost cross stroots	AM / PM
Work			
School	City:	Zip:	
How I got here:			
Car 🗌 Bus/Tra	ansit 🗌 Bicycle 🗌 V	Valking Other	
What did I do:			Time Left:
Snack Meal Beverage Food Shopping			AM / PM

Place #10:	Place Name:		Time Arrived: AM / PM
Other:	Full address or two nearest cross streets		
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	/alking Other	
What did I do:	I 🗌 Beverage 🗌 Fo	od Shopping	Time Left: AM / PM
Place #11: Home	Place Name:		Time Arrived: AM / PM
Other:	Full address or two ne	earest cross streets	
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 W	/alking Other	
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM
Time you took the GPS off:AM / PM BE SURE TO PLUG IN YOUR GPS TO CHARGE AND PUT RECEIPTS IN ENVELOPE!!!			
Time(s) removed GPS and r	eason:		

		DAY 3	
Date (m/d/y)			
Time you put the	GPS on:	AM / PM	
Start of Day:	Place Name:		
Other:	Full address or two n	earest cross streets	
School	City:	Zip:	
What did I do:		Time Left:	
Snack Meal Beverage Food Shopping		AM / PM	
Place #1:	Place Name:		Time Arrived: AM / PM
Other: Work	Full address or two n	earest cross streets	
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	Valking Other	
What did I do:			Time Left:
Snack Meal Beverage Food Shopping		AM / PM	

-

Place #2: Home Other: Work	Place Name: Full address or two ne	earest cross streets	Time Arrived: AM / PM
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	/alking Other	
What did I do:			Time Left:
Snack Mea	I Beverage Fo	od Shopping	AM / PM
Place #3:	Place Name:		Time Arrived:
Home			AM / PM
Other:	Full address or two ne	earest cross streets	
Work	Cit	7	
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 W	/alking Other	
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM

Place #4: Home Other: Work	Place Name: Full address or two no	earest cross streets	Time Arrived: AM / PM
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 W	Valking Other	
What did I do:	al 🗌 Beverage 🗌 Fo	od Shopping	Time Left: AM / PM
Place #5:	Place Name:		Time Arrived: AM / PM
Other:	Full address or two no	earest cross streets	
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 W	Valking Other	
What did I do:	I 🗌 Beverage 🗌 Foo	od Shopping	Time Left: AM / PM

Place #6:	Place Name: Full address o	r two nearest cross streets	Time Arrived: AM / PM
Other:			
School	City:	Zip:	
How I got here	: /Transit 🗌 Bicycl	e 🗌 Walking 🗌 Other	
What did I do:			Time Left:
Snack 🔄 🛛	1eal 🔄 Beverage	Food Shopping	AM / PM
Place #7:	Place Name:		Time Arrived:
Home			AM / PM
Other:	Full address o	r two nearest cross streets	
Work School	City:	Zip:	
How I got here		e 🗌 Walking 🗌 Other	
What did I do:			Time Left:
Snack 🗌 N	1eal 🗌 Beverage	Food Shopping	AM / PM
Page 11			

Place #8:	Place Name:		Time Arrived: AM / PM
Other:	Full address or two n	earest cross streets	
Work		I	-
School School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	Valking Other	
What did I do:			Time Left:
Snack Mea	al 🔄 Beverage 🔄 Fo	ood Shopping	AM / PM
Place #9:	Place Name:		Time Arrived:
🔄 Home			AM / PM
Other:	Full address or two n	earest cross streets	
U Work			
School	City:	Zip:	
How I got here:			
Car Bus/Tra	ansit 🗌 Bicycle 🗌 V	Valking Other	
What did I do:			Time Left:
Snack Mea	I 🔄 Beverage 🗌 Fo	od Shopping	AM / PM

Place #10:	Place Name:		Time Arrived: AM / PM
Other:	Full address or two ne	earest cross streets	
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	/alking Other	
What did I do:	I 🗌 Beverage 🗌 Fo	od Shopping	Time Left: AM / PM
Place #11: Home	Place Name:		Time Arrived: AM / PM
Other:	Full address or two ne	earest cross streets	
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 W	/alking Other	
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM
Time you took the GPS off: BE SURE TO PLUG IN YOUR	AM	/ PM EIPTS IN ENVELOPE!!!	
Time(s) removed GPS and r	eason:		

DAY 4 Time you put the GPS on:_ <u>AM / PM</u> Place Name: Full address or two nearest cross streets Zip: City:

What did I do:	Time Left: AM / PM		
Place #1: Home Other: Work School	Place Name:		Time Arrived: AM / PM
	Full address or two nearest cross streets		
	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 W	/alking Other	_
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM

Place #2: Home Other: Work	Place Name: Full address or two n	Time Arriv	
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	Valking 🗌 Other	
What did I do:	I 🗌 Beverage 🗌 Fo	od Shopping	Time Left:
Place #3:	Place Name:		Time Arrived: AM / PM
Other:	Full address or two n	earest cross streets	
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	/alking Other	
What did I do:	l 🗌 Beverage 🗌 Fo	od Shopping	Time Left: AM / PM

Date (m/d/y)

Start of Day:

Home Other:

Work School

Place #4: Home Other: Work	Place Name: Full address or two no	earest cross streets	Time Arrived: AM / PM
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 W	Valking Other	
What did I do:	al 🗌 Beverage 🗌 Fo	od Shopping	Time Left: AM / PM
Place #5:	Place Name:		Time Arrived:
Home Other: Work	Full address or two no	earest cross streets	AM / PM
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 W	Valking Other	
What did I do:	I 🗌 Beverage 🗌 Foo	od Shopping	Time Left: AM / PM

Place #6: Home Other: Work	Place Name: Full address or two nearest cross streets		Time Arrived: AM / PM
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	/alking Other	
What did I do:			Time Left:
🗌 Snack 🗌 Mea	I 🗌 Beverage 🗌 Fo	od Shopping	AM / PM
Place #7:	Place Name:		Time Arrived:
Home			AM / PM
Other:	Full address or two ne	earest cross streets	
U Work			_
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	/alking Other	
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM

Place #8:	Place Name:		Time Arrived: AM / PM
Other:	Full address or two n	earest cross streets	
Work		I	-
School School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	Valking Other	
What did I do:			Time Left:
Snack Mea	al 🔄 Beverage 🔄 Fo	ood Shopping	AM / PM
Place #9:	Place Name:		Time Arrived:
🔄 Home			AM / PM
Other:	Full address or two n	earest cross streets	
U Work			
School	City:	Zip:	
How I got here:			
Car Bus/Tra	ansit 🗌 Bicycle 🗌 V	Valking Other	
What did I do:			Time Left:
Snack Mea	I 🔄 Beverage 🗌 Fo	od Shopping	AM / PM

Place #10: Home Other: Work	Place Name: Full address or two nearest cross streets		Time Arrived: AM / PM
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	/alking Other	
What did I do:			Time Left:
Snack Mea	I Beverage Fo	od Shopping	AM / PM
Place #11: Home	Place Name:		Time Arrived: AM / PM
Other:	Full address or two no	earest cross streets	
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 W	/alking Other	
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM
Time you took the GPS off: BE SURE TO PLUG IN YOUR	AN GPS TO CHARGE AND PUT REC	/ PM EIPTS IN ENVELOPE!!!	
Time(s) removed GPS and r			

Date (m/d/y) Time you put the GPS on:AM / PM Start of Day: Place Name: Home	
Start of Day: Place Name: Home	
Home Other: Full address or two nearest cross streets Work School	
Other: Full address or two nearest cross streets Work School	
Work School	
School	
City: Zip:	
What did I do:	
Snack Meal Beverage Food Shopping	AM / PM
Place #1: Place Name: Time A	Arrived:
Home	AM / PM
Other: Full address or two nearest cross streets	
Work	
City: Zip:	
How I got here:	
Car Bus/Transit Bicycle Walking Other	
What did I do: Time I	Left:
Snack Meal Beverage Food Shopping	AM / PM

Place #2:	Place Name:		Time Arrived: AM / PM	
Other:	Full address or two no	earest cross streets		
School	City:	Zip:	-	
How I got here:	ansit 🗌 Bicycle 🗌 V	Valking Other		
What did I do:			Time Left:	
Snack 🗌 Meal	I 🗌 Beverage 🗌 Fo	od Shopping	AM / PM	
Place #3:	Place Name:	Time Arrived:		
🗌 Home			AM / PM	
Other:	Full address or two ne	earest cross streets		
Work				
School	City:	Zip:		
How I got here:				
Car Bus/Transit Bicycle Walking Other				
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM	

Place #4: Home Other: Work	Place Name: Full address or two no	earest cross streets	Time Arrived: AM / PM
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 W	Valking Other	
What did I do:	al 🗌 Beverage 🗌 Fo	od Shopping	Time Left: AM / PM
Place #5:	Place Name:		Time Arrived:
Home Other: Work	Full address or two no	earest cross streets	AM / PM
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 W	Valking Other	
What did I do: Snack Meal Beverage Food Shopping		od Shopping	Time Left: AM / PM

Place #6: Home Other: Work	Place Name: Full address or two nearest cross streets		Time Arrived: AM / PM
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	Valking Other	·
What did I do:			Time Left:
🗌 Snack 🗌 Mea	I 🗌 Beverage 🗌 Fo	od Shopping	AM / PM
Place #7:	Place Name:		Time Arrived:
Home			AM / PM
Other:	Full address or two ne	earest cross streets	
Work			_
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	/alking Other	
What did I do:	I 🔄 Beverage 🗌 Foo	od Shopping	Time Left: AM / PM

Place #8:	Place Name:		Time Arrived: AM / PM
Other:	Full address or two n	earest cross streets	
Work		I	-
School School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	Valking Other	
What did I do:			Time Left:
Snack Mea	al 🔄 Beverage 🔄 Fo	ood Shopping	AM / PM
Place #9:	Place Name:		Time Arrived:
🔄 Home			AM / PM
Other:	Full address or two n	earest cross streets	
U Work			
School	City:	Zip:	
How I got here:			
Car Bus/Tra	ansit 🗌 Bicycle 🗌 V	Valking Other	
What did I do:			Time Left:
Snack Mea	I 🔄 Beverage 🗌 Fo	od Shopping	AM / PM

Place #10: Home Other: Work	Place Name: Full address or two nearest cross streets		Time Arrived: AM / PM
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	/alking Other	
What did I do:			Time Left:
Snack Mea	I Beverage Fo	od Shopping	AM / PM
Place #11: Home	Place Name:		Time Arrived: AM / PM
Other:	Full address or two no	earest cross streets	
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 W	/alking Other	
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM
Time you took the GPS off: BE SURE TO PLUG IN YOUR	AN GPS TO CHARGE AND PUT REC	/ PM EIPTS IN ENVELOPE!!!	
Time(s) removed GPS and r			

		DAY 6	
Date (m/d/y)			
Time you put the	GPS on:	AM / PM	
Start of Day:	Place Name:		
Other:	Full address or two nearest cross streets		
School	City:	Zip:	
What did I do:			Time Left:
📄 Snack 🗌 Mea	al 🗌 Beverage 🗌 Fo	ood Shopping	AM / PM
Place #1:	Place Name:		Time Arrived: AM / PM
Other:	Full address or two n	earest cross streets	
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	Valking Other	
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM

Place #2: Home Other:	Place Name: Full address or two nearest cross streets		Time Arrived: AM / PM
Work	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	/alking Other	
What did I do:			Time Left:
Snack Mea	I Beverage Fo	od Shopping	AM / PM
Place #3:	Place Name:		Time Arrived:
Home			AM / PM
Other:	Full address or two ne	earest cross streets	
U Work			
School	City:	Zip:	
How I got here:			
Car Bus/Tra	ansit 🗌 Bicycle 🗌 W	/alking Other	
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM

Place #4: Home Other: Work	Place Name: Full address or two no	earest cross streets	Time Arrived: AM / PM
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	Valking Other	· · · · · · · · · · · · · · · · · · ·
What did I do:			Time Left:
Snack Mea	al 🗌 Beverage 🗌 Fo	od Shopping	AM / PM
Place #5:	Place Name:		Time Arrived: AM / PM
Other:	Full address or two ne	earest cross streets	
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	Valking Other	
What did I do:	I 🗌 Beverage 🗌 Foo	od Shopping	Time Left: AM / PM

Place #6: Home Other: Work	Place Name: Full address or two nearest cross streets		Time Arrived: AM / PM
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	Valking Other	
What did I do:			Time Left:
🔄 Snack 🗌 Mea	I 🔄 Beverage 📃 Fo	od Shopping	AM / PM
Place #7:	Place Name:		Time Arrived:
Home			AM / PM
Other:	Full address or two n	earest cross streets	
Work			_
School	City:	Zip:	
How I got here:			
Car Bus/Tra	ansit 🔄 Bicycle 🗌 V	Valking Other	
What did I do:	I 🔄 Beverage 🔄 Fo	od Shopping	Time Left: AM / PM

Place #8:	Place Name:		Time Arrived: AM / PM
Other:	Full address or two n	earest cross streets	AWI / FIVI
Work			
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	Valking Other	
What did I do:			Time Left:
Snack Mea	al 🗌 Beverage 🗌 Fo	ood Shopping	AM / PM
Place #9:	Place Name:		Time Arrived:
Home			AM / PM
Other:	Full address or two n	earest cross streets	
Work School	City:	Zip:	
How I got here:			•
Car Bus/Tra	ansit 🗌 Bicycle 🗌 V	Valking Other	
What did I do:			Time Left:
Snack Mea	I Beverage Foo	od Shopping	AM / PM

Place #10:	Place Name:		Time Arrived: AM / PM
Other:	Full address or two ne	earest cross streets	
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	/alking Other	
What did I do:	I 🗌 Beverage 🗌 Fo	od Shopping	Time Left: AM / PM
Place #11: Home	Place Name:		Time Arrived: AM / PM
Other:	Full address or two ne	earest cross streets	
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 W	/alking Other	
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM
Time you took the GPS off: BE SURE TO PLUG IN YOUR	AM	/ PM EIPTS IN ENVELOPE!!!	
Time(s) removed GPS and r	eason:		

		DAY 7	
Date (m/d/y)			
Time you put the	GPS on:	AM / PM	
Start of Day:	Place Name:		
Other:	Full address or two nearest cross streets		
School	City:	Zip:	
What did I do:			Time Left:
📃 Snack 🗌 Me	eal 🗌 Beverage 🗌	Food Shopping	AM / PM
Place #1:	Place Name:		Time Arrived:
Home Other:	Full address or two	o nearest cross streets	AM / PM
Work			
School	City:	Zip:	
How I got here:	ransit 🗌 Bicycle 🗌] Walking 🗌 Other	
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM

Place #2: Home Other:	Place Name: Full address or two ne	earest cross streets	Time Arrived: AM / PM
Work	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	/alking Other	
What did I do:	I 🗌 Beverage 🗌 Fo	od Shopping	Time Left: AM / PM
Place #3:	Place Name:		Time Arrived:
Home Other: Work	Full address or two ne	earest cross streets	AM / PM
School	City:	Zip:	
How I got here:		Zip: /alking Other	

Place #4: Home Other: Work	Place Name: Full address or two nearest cross streets		Time Arrived: AM / PM
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	Valking Other	
What did I do:			Time Left:
Snack Meal Beverage Food Shopping			AM / PM
Place #5:	Place Name:		Time Arrived: AM / PM
Other:	Full address or two ne	earest cross streets	
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	Valking Other	
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM

Place #6: Home Other: Work	Place Name: Full address or two ne	earest cross streets	Time Arrived: AM / PM	
School	City:	Zip:		
How I got here:	ansit 🗌 Bicycle 🗌 V	Valking Other	·	
What did I do:			Time Left:	
🗌 Snack 🗌 Mea	I 🗌 Beverage 🗌 Fo	od Shopping	AM / PM	
Place #7:	Place Name:		Time Arrived:	
Home			AM / PM	
Other:	Full address or two ne	earest cross streets		
Work			_	
School	City:	Zip:		
How I got here:				
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM	

Place #8:	Place Name:		Time Arrived: AM / PM
Other:	Full address or two n	earest cross streets	
Work			-
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	Valking Other	
What did I do:			Time Left:
Snack Mea	🗌 Snack 🗌 Meal 🔄 Beverage 🔄 Food Shopping		AM / PM
Place #9:	Place Name:		Time Arrived:
Home			AM / PM
Other:	Full address or two n	earest cross streets	
Work School	City:	Zip:	-
How I got here:		P.	
	ansit 🗌 Bicycle 🗌 V	Valking Other	
What did I do:			Time Left:
Snack Meal Beverage Food Shopping			AM / PM

Place #10: Home Other: Work School	Place Name: Full address or two no City:	earest cross streets Zip:	Time Arrived: AM / PM
How I got here:	ansit 🗌 Bicycle 🗌 V	/alking Other	
What did I do:	I 🗌 Beverage 🗌 Fo	od Shopping	Time Left: AM / PM
Place #11: Home Other: Work	Place Name: Full address or two nearest cross streets		Time Arrived: AM / PM
School How I got here:	City:	Zip:	
Car Bus/Transit Bicycle Walking Other What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM
Time you took the GPS off: BE SURE TO PLUG IN YOUR Time(s) removed GPS and re	GPS TO CHARGE AND PUT REC	I / PM EI PTS IN ENVELOPE!!!	

EXTRA DAY 1

Date (m/d/y)				
Time you put the GPS on:AM / PM				
Start of Day: Home Other: Work	Place Name: Full address or two nearest cross streets			
School	City:	Zip:		
What did I do:	al 🔄 Beverage 🗌 Fo	od Shopping	Time Left: AM / PM	
Place #1:	Place Name:		Time Arrived: AM / PM	
Other:	Full address or two no	earest cross streets		
School	City:	Zip:		
How I got here:				
What did I do: Time I Snack Meal Beverage Food Shopping			Time Left: AM / PM	

Place #2: Home Other: Work School	Place Name: Full address or two nearest cross streets City: Zip:		Time Arrived: AM / PM	
How I got here:		/alking Other		
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM	
Place #3: Home Other: Work	Place Name: Full address or two ne	earest cross streets	Time Arrived: AM / PM	
School City: Zip: How I got here: Car Bus/Transit Bicycle Walking Other				
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM	

I

Place #4: Home Other: Work	Place Name: Full address or two nearest cross streets		Time Arrived: AM / PM
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	Valking Other	
What did I do:			Time Left:
🔄 Snack 🗌 Meal 🔄 Beverage 🔄 Food Shopping			AM / PM
Place #5:	Place Name:		Time Arrived: AM / PM
Other:	Full address or two ne	earest cross streets	
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	Valking Other	
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM

Place #6: Home Other: Work	Place Name: Full address or two nearest cross streets		Time Arrived: AM / PM	
School	City:	Zip:		
How I got here:	ansit 🗌 Bicycle 🗌 V	Valking Other	·	
What did I do:			Time Left:	
🗌 Snack 🗌 Mea	I 🗌 Beverage 🗌 Fo	od Shopping	AM / PM	
Place #7:	Place Name:		Time Arrived:	
🗌 Home			AM / PM	
Other:	Full address or two no	earest cross streets		
Work				
School	City:	Zip:		
How I got here:				
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM	

Place #8:	Place Name:		Time Arrived: AM / PM
Other:	Full address or two n	earest cross streets	
Work			-
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	Valking Other	
What did I do:			Time Left:
Snack Mea	🗌 Snack 🗌 Meal 🔄 Beverage 🔄 Food Shopping		AM / PM
Place #9:	Place Name:		Time Arrived:
Home			AM / PM
Other:	Full address or two n	earest cross streets	
Work School	City:	Zip:	-
How I got here:		P.	
	ansit 🗌 Bicycle 🗌 V	Valking Other	
What did I do:			Time Left:
Snack Meal Beverage Food Shopping			AM / PM

Place #10:	Place Name:		Time Arrived: AM / PM	
Other:	Full address or two ne	earest cross streets		
School	City:	Zip:		
How I got here:	ansit 🗌 Bicycle 🗌 V	/alking Other		
What did I do:	I 🗌 Beverage 🗌 Fo	od Shopping	Time Left: AM / PM	
Place #11: Home	Place Name:		Time Arrived: AM / PM	
Other:	Full address or two ne	earest cross streets		
School	City:	Zip:		
How I got here:	ansit 🗌 Bicycle 🗌 W	/alking Other		
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM	
Time you took the GPS off:AM / PM BE SURE TO PLUG IN YOUR GPS TO CHARGE AND PUT RECEIPTS IN ENVELOPE!!!				
Time(s) removed GPS and r	eason:			

EXTRA DAY 2 Date (m/d/y) AM / PM Time you put the GPS on:_ Start of Day: Place Name: Home Other: Full address or two nearest cross streets Work School City: Zip: What did I do: Time Left: Snack Meal Beverage Food Shopping AM / PM Place #1: Place Name: Time Arrived: Home _____ AM / PM Other: Full address or two nearest cross streets Work School City: Zip: How I got here: Car Bus/Transit Bicycle Walking Other What did I do: Time Left: Snack Meal Beverage Food Shopping _ AM / PM

Place #2:	Place Name:	Time Arrived:		
Home	Full address or two no	earest cross streets	AM / PM	
Other:				
Work School	City:	Zip:		
	City:	-ip.		
How I got here:	ansit 🗌 Bicycle 🗌 V	Valking Other		
What did I do:			Time Left:	
🗌 Snack 🗌 Mea	I 🗌 Beverage 🗌 Fo	od Shopping	AM / PM	
Place #3:	Place Name:		Time Arrived:	
🗌 Home			AM / PM	
Other:	Full address or two no	earest cross streets		
🗌 Work			-	
School	City:	Zip:		
How I got here:				
Car Bus/Transit Bicycle Walking Other				
What did I do:			Time Left:	
Snack Meal Beverage Food Shopping			AM / PM	
Snack 🔄 Mea	AM / PN			

Place #4: Home Other: Work	Place Name: Full address or two nearest cross streets		Time Arrived: AM / PM
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	Valking Other	· · · · · · · · · · · · · · · · · · ·
What did I do:			Time Left:
Snack Meal Beverage Food Shopping			AM / PM
Place #5:	Place Name:		Time Arrived: AM / PM
Other:	Full address or two ne	earest cross streets	
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	Valking Other	
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM

Place #6: Home Other: Work	Place Name: Full address or two no	earest cross streets	Time Arrived: AM / PM				
School	City:	Zip:					
How I got here:							
What did I do:	hat did I do: Tin						
🗌 Snack 🗌 Mea	I 🗌 Beverage 🗌 Fo	od Shopping	AM / PM				
Place #7:	Place Name:		Time Arrived:				
Home			AM / PM				
Other:	Full address or two ne	earest cross streets					
Work			_				
School	City:	Zip:					
How I got here:	ansit 🗌 Bicycle 🗌 V	/alking Other					
What did I do: Time Left: Snack Meal Beverage Food Shopping							

Place #8:	Place Name:		Time Arrived: AM / PM	
Other:	Full address or two n	earest cross streets	AWI / FIVI	
Work				
School	City:	Zip:		
How I got here:	ansit 🗌 Bicycle 🗌 V	Valking Other		
What did I do: Time Left:				
Snack Meal Beverage Food Shopping			AM / PM	
Place #9:	Place Name:		Time Arrived:	
Home			AM / PM	
Other:	Full address or two n	earest cross streets		
Work School	City:	Zip:		
How I got here:			•	
Car Bus/Tra	ansit 🗌 Bicycle 🗌 V	Valking Other		
What did I do:	Time Left: AM / PM			

Place #10:	Place Name:	Time Arrived:			
Other:	Full address or two ne				
School	City:	Zip:			
How I got here:	ansit 🗌 Bicycle 🗌 V	/alking 🗌 Other			
What did I do:			Time Left:		
Snack 🗌 Mea	I 🗌 Beverage 🗌 Fo	od Shopping	AM / PM		
Place #11:	Place Name:		Time Arrived: AM / PM		
Other:	Full address or two ne	earest cross streets			
School	City:	Zip:			
How I got here:					
What did I do: Time Left: Snack Meal Beverage Food Shopping					
Time you took the GPS off:AM / PM BE SURE TO PLUG IN YOUR GPS TO CHARGE AND PUT RECEIPTS IN ENVELOPE!!!					
Time(s) removed GPS and reason:					

EXTRA DAY 3 Date (m/d/y) AM / PM Time you put the GPS on:_ Start of Day: Place Name: Home Other: Full address or two nearest cross streets Work School City: Zip: What did I do: Time Left: Snack Meal Beverage Food Shopping AM / PM Place #1: Place Name: Time Arrived: Home _____ AM / PM Other: Full address or two nearest cross streets Work School City: Zip: How I got here: Car Bus/Transit Bicycle Walking Other What did I do: Time Left: Snack Meal Beverage Food Shopping _ AM / PM

Place #2: Home Other: Work	Place Name: Full address or two nearest cross streets		Time Arrived: AM / PM				
School	City:	Zip:					
How I got here:							
What did I do:			Time Left: AM / PM				
Snack Mea	Snack Meal Beverage Food Shopping						
Place #3:	Place Name:	Time Arrived:					
🔄 Home			AM / PM				
Other:	Full address or two ne						
U Work							
School	City:	Zip:	<u> </u>				
How I got here:							
What did I do:	Time Left: AM / PM						

Place #4: Home Other: Work	Place Name: Full address or two nearest cross streets		Time Arrived: AM / PM
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	/alking Other	
What did I do:	Time Left:		
Snack Meal Beverage Food Shopping			AM / PM
Place #5:	Place Name:		Time Arrived: AM / PM
Other:	Full address or two ne	earest cross streets	
School	City:	Zip:	
How I got here:	ansit 🗌 Bicycle 🗌 V	/alking Other	
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM

Place #6: Home Other: Work	Place Name: Full address o	r two nearest cross streets	Time Arrived: AM / PM
School	City:	Zip:	
How I got here	: /Transit 🗌 Bicycl	e 🗌 Walking 🗌 Other	
What did I do:	_	Food Shopping	Time Left: AM / PM
Place #7: Home Other:	Place Name:	r two nearest cross streets	Time Arrived: AM / PM
Work	City:	Zip:	
How I got here		e 🗌 Walking 🗌 Other	_
What did I do: Snack Meal Beverage Food Shopping			Time Left: AM / PM
Page 32			

Place #8:	Place Name:		Time Arrived:
Home			AM / PM
Other:	Full address or two r	nearest cross streets	
Work			
School	City:	Zip:	
How I got here		·	
		Walking Other	
What did I do:			Time Left:
]		ood Shopping	AM / PM
Place #9:	Place Name:		Time Arrived:
Home			AM / PM
Other:	Full address or two r	nearest cross streets	
Work			
School	City:	Zip:	
How I got here		_	
Car Bus	/Transit 🔄 Bicycle 🔄 V	Walking Other	
What did I do:			Time Left:
	/leal 🗌 Beverage 🗌 Fo	ood Shopping	AM / PM
Place #10:	Place Name:		Time Arrived:
🗌 Home			AM / PM
Other:	Full address or two r	nearest cross streets	
🗌 Work			
School	City:	Zip:	
How I got here		_	
		Walking 🔄 Other	
What did I do:			Time Left:
Snack 🔄 🛛	Vleal 🔄 Beverage 🔄 Fo	ood Shopping	AM / PM
Place #11:	Place Name:		Time Arrived:
🔄 Home			AM / PM
Other:	Full address or two r	nearest cross streets	
1111.			
Work		Zio	
School	City:	Zip:	
School	e:		
School	e:	Walking Other	
School	e: /Transit Bicycle		Time Left:
School How I got here Car Bus What did I do:	e: /Transit Bicycle	Walking Other	
School How I got here Car Bus What did I do:	e: /Transit Bicycle \	Walking Other	Time Left: AM / PM

Time you took the GPS off: ______AM / PM
BE SURE TO PLUG IN YOUR GPS TO CHARGE AND PUT RECEIPTS IN ENVELOPE!!!

Time(s) removed GPS and reason:

Office Use Only:							
Date Mailed: Date Returned:							
			el Log S itial & Date				
	# V	alid					
Screene	d Do	ays Fo	ollow-Up	E	Intered	Comments	
Participo	ant Folle	ow-Up					_
	Meth	Method (check one)					Check if follow-up
Date	Phone	e Email Mail		Outcome		complete	