



Daily Round

Time of day	Weekday	Weekend	Impact
Morning			
Midday			
Evening			
Night			

How and when do you travel?

Use the four columns above to show us how and when you travel in an average week. Include the methods of travel in columns two and three, and what positive impact or challenges this has to your journey in column four. Think about how the way you travel might impact your chosen topic.



Top tip:
Think of all of the modes of travel, including Active Travel (walking/cycling).

 [Click here](#) to find out how to improve your travel