

(office use only)

SNAPSHOT STAFF SURVEY – Paper version

SECTION ONE: ABOUT YOUR JOURNEY TO WORK

Q1. This question asks you about your normal journey to work (ignore your journey from work to home). Please use the following choices for each part of your journey that best describe the way you usually travel into work, and the amount of time spent on each part of the journey. Tick the box for the mode that applies to you for each leg of your journey and use as many 'legs' as it takes to complete all parts of your journey.

From home I:	Walk	<input type="checkbox"/>	for	Approx. time taken (mins) -----	to	My place of work	<input type="checkbox"/>
	Cycle	<input type="checkbox"/>				The Underground station	<input type="checkbox"/>
	Drive a car alone	<input type="checkbox"/>				The railway station	<input type="checkbox"/>
	Ride a scooter/ motorcycle (below 125cc)	<input type="checkbox"/>				The bus stop	<input type="checkbox"/>
	Ride a motorcycle (above 125cc)	<input type="checkbox"/>				The DLR station	<input type="checkbox"/>
	Catch a taxi	<input type="checkbox"/>				The tram stop	<input type="checkbox"/>
	Car share as a driver	<input type="checkbox"/>				The Park & Ride site	<input type="checkbox"/>
	Car share as a passenger	<input type="checkbox"/>				Meet my car share partner	<input type="checkbox"/>
	Go to my home work station	<input type="checkbox"/>				Pick up/drop of children	<input type="checkbox"/>
						The taxi rank	<input type="checkbox"/>
		The riverboat pier	<input type="checkbox"/>				
		Another location (<i>please specify</i>)	<input type="text"/>				

Then I:	Walk	<input type="checkbox"/>	for	Approx. time taken (mins) -----	to	My place of work	<input type="checkbox"/>
	Cycle	<input type="checkbox"/>				The Underground station	<input type="checkbox"/>
	Catch a Tube	<input type="checkbox"/>				The railway station	<input type="checkbox"/>
	Catch a train	<input type="checkbox"/>				The bus stop	<input type="checkbox"/>
	Catch a bus	<input type="checkbox"/>				The DLR station	<input type="checkbox"/>
	Catch the DLR	<input type="checkbox"/>				The tram stop	<input type="checkbox"/>
	Catch the tram	<input type="checkbox"/>				The Park & Ride site	<input type="checkbox"/>
	Catch the Park & Ride bus	<input type="checkbox"/>				Meet my car share partner	<input type="checkbox"/>
	Car share as a driver	<input type="checkbox"/>				Pick up/drop of children	<input type="checkbox"/>
	Car share as a passenger	<input type="checkbox"/>				The taxi rank	<input type="checkbox"/>
	Drive a car alone	<input type="checkbox"/>				The riverboat pier	<input type="checkbox"/>
	Catch a taxi	<input type="checkbox"/>				Another location (<i>please specify</i>)	<input type="text"/>
	Catch a riverboat	<input type="checkbox"/>					
	Ride a scooter/ motorcycle (below 125cc)	<input type="checkbox"/>					
	Ride a motorcycle (above 125cc)	<input type="checkbox"/>					
	Other (please specify)	<input type="text"/>					

Continue your journey breakdown on the next page(s) if necessary

Then I:	Walk		for	Approx. time taken (mins)	to	My place of work	
	Cycle					The Underground station	
	Catch a Tube					The railway station	
	Catch a train					The bus stop	
	Catch a bus					The DLR station	
	Catch the DLR					The tram stop	
	Catch the tram					The Park & Ride site	
	Catch the Park & Ride bus					Meet my car share partner	
	Car share as a driver					Pick up/drop of children	
	Car share as a passenger					The taxi rank	
	Drive a car alone					The riverboat pier	
	Catch a taxi					Another location (<i>please specify</i>)	
	Catch a riverboat						
	Ride a scooter/ motorcycle (below 125cc)						
	Ride a motorcycle (above 125cc)						
	Other (please specify)						

Then I:	Walk		for	Approx. time taken (mins)	to	My place of work	
	Cycle					The Underground station	
	Catch a Tube					The railway station	
	Catch a train					The bus stop	
	Catch a bus					The DLR station	
	Catch the DLR					The tram stop	
	Catch the tram					The Park & Ride site	
	Catch the Park & Ride bus					Meet my car share partner	
	Car share as a driver					Pick up/drop of children	
	Car share as a passenger					The taxi rank	
	Drive a car alone					The riverboat pier	
	Catch a taxi					Another location (<i>please specify</i>)	
	Catch a riverboat						
	Ride a scooter/ motorcycle (below 125cc)						
	Ride a motorcycle (above 125cc)						
	Other (please specify)						

Then I:	Walk		for	Approx. time taken (mins)	to	My place of work	
	Cycle					The Underground station	
	Catch a Tube					The railway station	
	Catch a train					The bus stop	
	Catch a bus					The DLR station	
	Catch the DLR					The tram stop	
	Catch the tram					The Park & Ride site	
	Catch the Park & Ride bus					Meet my car share partner	
	Car share as a driver					Pick up/drop of children	
	Car share as a passenger					The taxi rank	
	Drive a car alone					The riverboat pier	
	Catch a taxi					Another location (<i>please specify</i>)	
	Catch a riverboat						
	Ride a scooter/ motorcycle (below 125cc)						
	Ride a motorcycle (above 125cc)						
	Other (please specify)						

SECTION TWO: ABOUT YOU

By submitting the personal details you have provided in this form, you are authorising Transport for London and its subcontractors to use your details given in this Section for the purposes of administration and research linked to workplace travel plans. Your personal information will be properly safeguarded and processed in accordance with the requirements of the Data Protection Act 1998.

TfL would like to contact you to offer you further travel plan advice. We will only do this if you tick this box:

Q2. Please enter your surname and first initial (use block capitals)

Surname Initial

Q3. Please enter your email address (either work or personal).

Email address This address is:
Work Personal

Q4. What is your home postcode?

Q5. What is the postcode of your main place of work?

As part of the process to better understand the positive link between health and active travel please would you answer these final questions?

Q6. During the last seven days, what physical activity have you undertaken (excluding cycling or walking to work)?

For each type of activity, please indicate the number of **days** on which you did the activity and give an approximation of the total time spent. Please include only those physical activities done for at least **10 minutes** at a time.

Activity	Number of days on which you did this type of activity (Please indicate 0-7)	Total weekly time spent on this type of activity (in minutes)
Vigorous activity like football, squash, fast cycling, running, aerobics, workout in a gym	<input type="text"/>	<input type="text"/>
Moderate activity like walking, gentle cycling, yoga, gardening or DIY.	<input type="text"/>	<input type="text"/>

Q7. During the last 12 months, approximately how many days have you taken off work because of sickness?

No days	<input type="text"/>
1 to 5 days	<input type="text"/>
6 to 10 days	<input type="text"/>
11 to 15 days	<input type="text"/>
16 to 20 days	<input type="text"/>
20 or more days	<input type="text"/>

The survey is complete

THANK YOU FOR YOUR CO-OPERATION