





		2008				2009				2010			
		Jan-	Apr-	Jul-	Oct-	Jan-	Apr-	Jul-	Oct-	Jan-	Apr-	Jul-	Oct-
		Mar	Jun	Sep	Dec	Mar	Jun	Sep	Dec	Mar	Jun	Sep	Dec
Place of residence													
Place of work/education													
Household (people joining/leaving)													
Vehicles used (if	Car / Light Goods Van												
owned – how													
many?, journey	Motorcycle												
purposes - use													
continuous line if	Public Transport												
always use,													
dashed line if	Other												
occasionally use)													
Owned/ access to bicycle (indicate if changed													
bicycle etc)													
Cycling as	Work												
regular activity	Education												
(use continuous line if always	Escort to school												
cycle, dashed line	Leisure/Shopping (travelling												
if occasionally	to a specific location or route)												
cycle) have cycle	Going for cycle ride (indicate												
trips replaced	if for fun/fitness/health reason)												
other modes or	Other												
new trips?	Other												
Walking as a regular activity (specify routes,													
destinations, purposes, etc)													
Personal/lifestyle/household changes (linked to													
changes in cycling behaviour / attitudes over the													
last three years)													