UKK Institute

Code _____

KÄPY-study

TRAVEL DIARY

Use the diary on the same days that you use the activity monitor. Table below contains one row per day. Enter following information to each row:

1. The date you used the activity monitor and whether it was a working day at workplace, working day at home, travelling day or non-working day.
2. The time you started and ended your journey to and from work (hours:minutes).
3. Travel modes you used during your journeys to and from work. Enter the modes by using the numbers listed on the right side table. Separate each mode with a comma.
4. The time your working time started and ended (hours:minutes).

TRAVEL MODES

1 = walking
2 = cycling
3 = actively some other way
4 = car
5 = bus
6 = train
7 = moped / motorcycle
8 = other motorized vehicle

Date	T = working day at workplace E = working day at home M = travelling day V = non-working day	JOURNEY TO WORK			WORKING TIME		JOURNEY FROM WORK		
		Started	Ended	Travel modes	Started	Ended	Started	Ended	Travel modes
/		:	:		:	:	:	:	
/		:	:		:	:	:	:	
/		:	:		:	:	:	:	
/		:	:		:	:	:	:	
/		:	:		:	:	:	:	
/		:	:		:	:	:	:	
/		:	:		:	:	:	:	

FITNESS TEST BY WALKING

1. First warm up first by walking slowly a period that feels appropriate.
2. Then walk 6 minutes as fast as you can.
3. Finally cool down by walking slowly a period that feels appropriate to you.

Date	Started	Ended
/	:	:

Include warm-up and cool-down periods in the time you started and ended the test.

If you are unsure about the suitability of the test for your health, please contact your occupational health.