

Set Yourself Free Travel Diary



Remember to return your travel diary by
Friday 10 July 2009 to be entered into the prize draw.

BUSINESS REPLY SERVICE
License No NEA11088

Travel for Work
Metro
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LEEDS
LS1 2YY

2



Set yourself free travel diary and prize draw form

We've got £700* to give away to people who walk or cycle some or all of the way to work in June.

Taking part is easy, all you need to do is:

- Complete your details and record your mileage each time you walk or cycle some or all of the way to work during June.
- For every week you walk or cycle to work you'll be entered into the prize draw. For example, if you walk or cycle every week for a month you'll be entered into the draw 5 times. You only need to walk or cycle once in the month to enter!
- If you walk or cycle to work already, you can still take part.
- Seal the travel diary and return it to Metro by 10 July 2009 - postage is paid.
- You'll hear by the end of July if you're a lucky winner.

Walking or cycling to work are great ways to incorporate exercise into the working day, helping you feel brighter, healthier and wealthier. So, 'set yourself free' and step (or pedal) into summer:

- If you use public transport, why not take part by walking or cycling to the train station or getting off the bus a few stops earlier?
- If you drive, why not park further away from the office and walk or cycle the final part of your journey?
- If you already walk or cycle to work, why not encourage your colleagues to join you, so they can experience the benefits of an active commute?

*There are four prizes to be won; 2 x £250 for employees who are employed by participating organisations of the West Yorkshire Travel Plan Network and 2 x £100 for any other West Yorkshire commuter. For Terms & Conditions of the Active Travel prize draw go to www.wytravelplan.com/NewsAndEvents. Offer closes Friday 10 July 2009.



To complete the diary card, record the distance in miles you walked or cycled to work in the relevant box and enter your personal details.

Give distance in miles		Week 1 w/c 1 June		Week 2 w/c 8 June		Week 3 w/c 15 June		Week 4 w/c 22 June		Week 5 w/c 29 June	
		AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Mon	Walked										
	Cycled										
Tues	Walked										
	Cycled										
Wed	Walked										
	Cycled										
Thurs	Walked										
	Cycled										
Fri	Walked										
	Cycled										
Sat	Walked										
	Cycled										
Sun	Walked										
	Cycled										

Name: Home postcode:
 Employer: Work postcode:
 Tel: Signature:
 Contact email:

Did you walk or cycle all of the way to work? (Please delete as appropriate) Yes / No

How would you normally travel for the part of the journey you walked or cycled?
 (Please tick relevant box) Car Public Transport Cycle Walk

In the future do you plan to walk or cycle to work? (Please tick relevant box)
 Every day Once or twice a week Occasionally Never again

Please check your details have been completed, seal the form using the moisten strips and post. No stamp is required. Forms must be returned to Metro by Friday 10 July 2009 to be eligible for the prize draw.