How do I Participate?
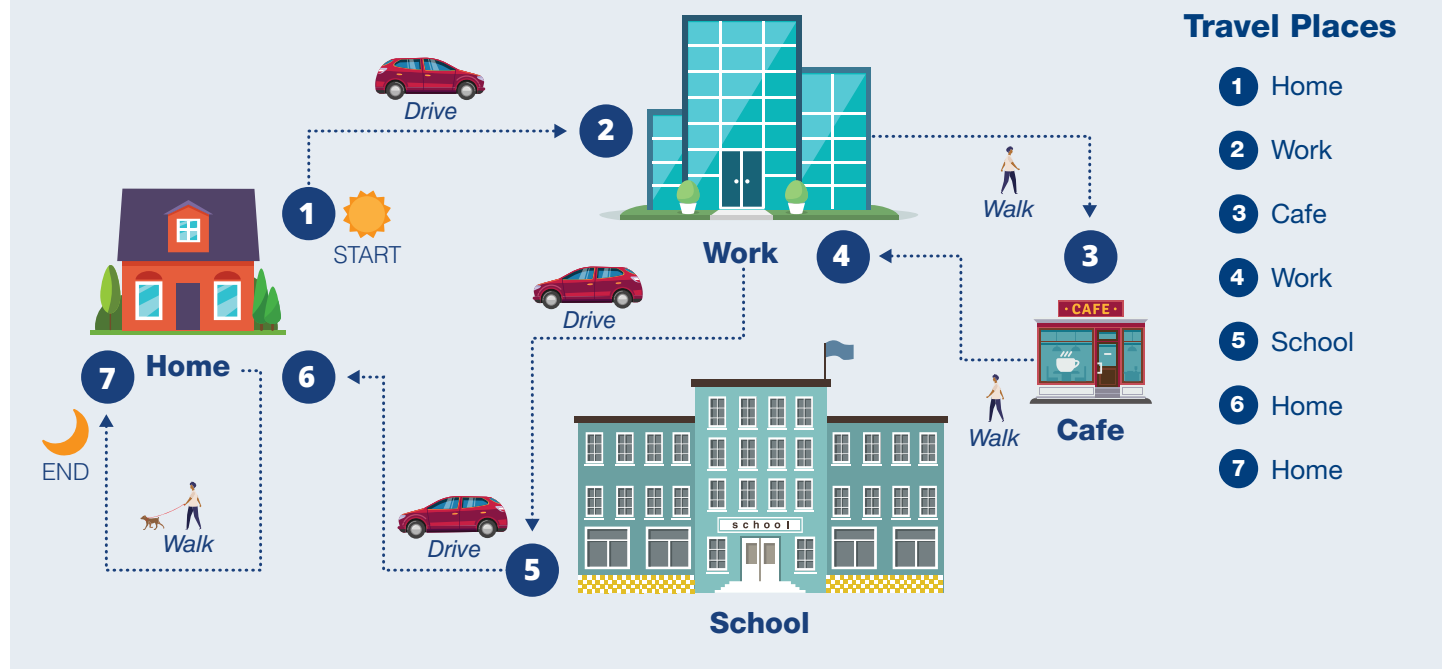
☑ **Smartphone App** — see below for instructions, or

☑ **Web** — see reverse for instructions

For more information about the survey and why your participation matters, **visit nhts2024.com**.

EXAMPLE TRAVEL DAY

Travel Places

1. Home
2. Work
3. Cafe
4. Work
5. School
6. Home
7. Home

Participate by Smartphone

1. Install the **Westat DailyTravel App** from the AppStore or Google Play Store.

2. Open App and enter the PIN from your letter.

3. Select yourself from the drop down list.

4. Complete the tutorial.

5. Follow the App's prompts to record your travel on travel date.

Westat DailyTravel App

AppStore

Scan me to download!

Google Play

Scan me to download!

Participate by Web

1 Use this log on your assigned travel day to jot down a quick summary of the places you go.

2 After your travel day, use your completed travel log to help you report your travel online or over the phone.

Name _____

Travel Day _____

TRAVEL LOG–REFERENCE ONLY (SEE STEP 2 ABOVE)

1. Were you HOME at 4:00 am?

❑ Yes

❑ No — where were you at 3:00 am?_____

What time did you LEAVE to go to your next place? _____:_____ ❑ a.m. ❑ p.m.

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2. Where did you go NEXT?

What time did you ARRIVE _____:_____ ❑ a.m. ❑ p.m.

What time did you LEAVE _____:_____ ❑ a.m. ❑ p.m.

3. Where did you go NEXT?

What time did you ARRIVE _____:_____ ❑ a.m. ❑ p.m.

What time did you LEAVE _____:_____ ❑ a.m. ❑ p.m.

4. Where did you go NEXT?

What time did you ARRIVE _____:_____ ❑ a.m. ❑ p.m.

What time did you LEAVE _____:_____ ❑ a.m. ❑ p.m.

5. Where did you go NEXT?

What time did you ARRIVE _____:_____ ❑ a.m. ❑ p.m.

What time did you LEAVE _____:_____ ❑ a.m. ❑ p.m.

6. Where did you go NEXT?

What time did you ARRIVE _____:_____ ❑ a.m. ❑ p.m.

What time did you LEAVE _____:_____ ❑ a.m. ❑ p.m.

7. Where did you go NEXT?

What time did you ARRIVE _____:_____ ❑ a.m. ❑ p.m.

What time did you LEAVE _____:_____ ❑ a.m. ❑ p.m.

8. Where did you go NEXT?

What time did you ARRIVE _____:_____ ❑ a.m. ❑ p.m.

What time did you LEAVE _____:_____ ❑ a.m. ❑ p.m.