

Taku puka whai pānga

My NZ COVID Tracer booklet

Helping to stop the spread of COVID-19
to protect our whānau and the community.

E haukoti ana i te rere a te Mate Korona hei
tiaki i ō tātou whānau me te hāpori.

Unite
against
COVID-19

This booklet belongs to

Name: _____

Phone: _____

Email: _____

**Keeping track of where we have been
is one way we can stop the spread
of COVID-19 in New Zealand.**

We can do this by keeping track of:

- **Where** we went
- **How** we got there
- **When** we were there
- **Who** we met there

If you have cold or flu symptoms,
please **stay home and call Healthline**
on 0800 358 5453 for further advice.

For more information on contact tracing,
COVID-19 and alert levels visit
www.Covid19.govt.nz

**Unite
against
COVID-19**

Track your day EXAMPLE

Date: 25 August

Time:	How I travelled:	Where I went:	Who I met:
Start: <u>10.30am</u>	<input checked="" type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: <u>Korokoro</u> To: <u>Petone</u> Bus/train #: <u>3520</u>	<u>The Warehouse, Petone</u>	<u>Bus Driver Warehouse cashier</u>
Start: <u>12pm</u>	<input checked="" type="checkbox"/> Bus <input type="checkbox"/> Train <input checked="" type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: <u>Petone</u> To: <u>Korokoro</u> Bus/train #: <u>3520</u>	<u>Bus to a friend's house and then walked home.</u>	<u>Jared, Ana and kids Lauren and Jess.</u>
Start: <u>4.30pm</u>	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input checked="" type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: <u>Korokoro</u> To: <u>Island Bay</u> Bus/train #: _____	<u>Kiri picked me up and we went to Mere's 70th birthday at Maranui café.</u>	<u>Kiri, Aunt Mere, Uncle Mike, Jane, Aiden, Puki, Jaime, Tina. 20+ people were present.</u>
Start: <u>6.30pm</u>	<input checked="" type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: <u>Island Bay</u> To: <u>Korokoro</u> Bus/train #: _____	<u>Caught the bus home.</u>	<u>Bus Driver</u>
Start: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Tia from church

Notes:

Jane was feeling unwell

Track your day

Date: _____

Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

Track your day

Date: _____

Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

Track your day

Date: _____

Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

Track your day

Date: _____

Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

Track your day

Date: _____

Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

Track your day

Date: _____

Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

Track your day

Date: _____

Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

Track your day

Date: _____

Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

Track your day

Date: _____

Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

Track your day

Date: _____

Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

Track your day

Date: _____

Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

Track your day

Date: _____

Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

Track your day

Date: _____

Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

Track your day

Date: _____

Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

Track your day

Date: _____

Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

Track your day

Date: _____

Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

Track your day

Date: _____

Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

Track your day

Date: _____

Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

Track your day

Date: _____

Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

Track your day

Date: _____

Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

Track your day

Date: _____

Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

Track your day

Date: _____

Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

Track your day

Date: _____

Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

Track your day

Date: _____

Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

Track your day

Date: _____

Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

Track your day

Date: _____

Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

Track your day

Date: _____

Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

Track your day

Date: _____

Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

Track your day

Date: _____

Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

Track your day

Date: _____

Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

Track your day

Date: _____

Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

Track your day

Date: _____

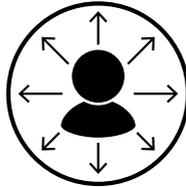
Time:	How I travelled:	Where I went:	Who I met:
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

My visitors:

Notes:

To get more contact tracing booklets,
go to [Covid19.govt.nz/tracerbooklet](https://www.covid19.govt.nz/tracerbooklet)

Let's work together to stamp out the virus



By staying home if you're sick,
washing and drying your hands,
keeping track of where you have been
and wearing a face covering,
you'll be doing your bit to keep
our whānau and communities safe.

Find out more at [Covid19.govt.nz](https://www.covid19.govt.nz)

[New Zealand Government](https://www.govt.nz/)

Unite
against
COVID-19