



Normal Week

Day of the Week	Mode of Transport	If car, how many people are usually in the car?	Where to?	Kilometres (if it's a return trip, make sure you write in the total kms in both directions)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Total Number of Kilometres per mode of transport				
Train	Bus	Car (4 passengers)	Car (3 Passengers)	Car (2 Passengers)

Use this space to calculate how many grams of CO₂ each journey produced.

Now calculate the total amount of travel related CO₂ for the week.

Total CO₂ for **Normal Week**:



Quarantine Week

Day of the Week	Mode of Transport	If car, how many people are usually in the car?	Where to?	Kilometres (if it's a return trip, make sure you write in the total kms in both directions)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Total Number of Kilometres per mode of transport:				
Train	Bus	Car (4 passengers)	Car (3 Passengers)	Car (2 Passengers)

Use this space to calculate how many grams of CO₂ each journey produced.

Now calculate the total amount of travel related CO₂ for the week.

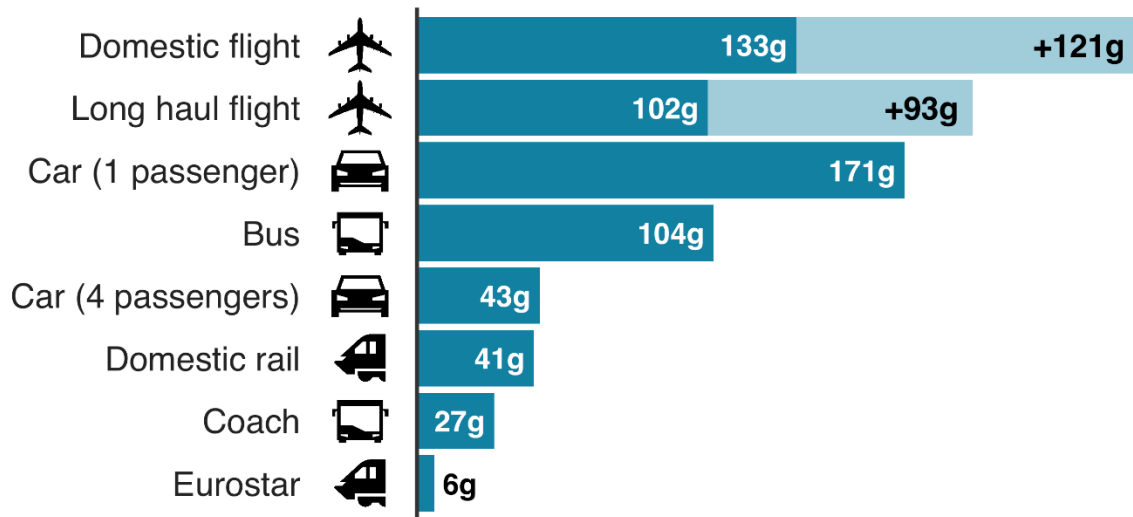
Total CO₂ for **Quarantine Week**:



Emissions from different modes of transport

Emissions **per passenger per km travelled**

■ CO₂ emissions ■ Secondary effects from high altitude, non-CO₂ emissions



Note: Car refers to average diesel car

Source: BEIS/Defra Greenhouse Gas Conversion Factors 2019



More information for car:

Car (2 passengers): 129g per person per km in the car

Car (3 passengers): 86g per person per km in the car