

Travel Pal!

Understanding Your Personal Mobility Pattern?



Have you ever considered what your “personal mobility” profile is? That is, have you ever asked yourself the question (for each day): where do I go, how do I get there and what does it really cost me? Understanding our personal travel patterns – where we go, what type of travel mode we take (driving alone, bicycling, walking, carpooling, bus) gives us the opportunity to make more informed choices that can have meaningful affect for our health, our pocket book and, ultimately, living in a cleaner more environmentally sustainable way.

Travel Pal is an exciting new mobility tool that will let you discover your “personal mobility” pattern. Simply register, login and start logging your trips to learn more about the calories you burn by choosing to walk or bicycle to the store rather than drive by yourself or the money you save by teleworking from home rather than commuting into the office. It’s also a great way to understand the environmental benefits of the Green House Gas Emissions (GHG) you save when the next trip you make is via walking, bicycling, taking the bus cycling or carpooling!

How do you create and track your personal mobility profile?

1. Go to <https://southbaytravelpal.com> and register or login to set up your account.
2. Once you’ve registered, you’re ready to start logging your trips. Simply go to the “Log Trips” tab on your dashboard and enter the date, distance and type of mode you used to travel – to get a good estimate we recommend you try this for a week or two.
3. You can check the GHG savings as well as other metrics by clicking on the “My Stats” tab under your name on your dashboard.
4. Go to <https://southbaytravelpal.com> and register or login to set up your account.
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6. You can check get a snap shot of your personal mobility profile by clicking on the “My Stats” tab under your name on your dashboard.

Travel Pal is an exciting new mobility tool to help you make more informed choices about the type of choice you make for getting around the South Bay. Simply register, login and start logging your trips to learn more the health benefits, money saved as well as your environmental impact – based on the type of mode that you choose to travel – It’s a great way to understand your “personal mobility” profile and the benefits of walking, bicycling, taking the bus or carpooling!

For any questions about [Travel Pal](#), please feel free to reach out to info@southbaytravelpal.com