


**⚠ CHECK** PLEASE CHECK YOU HAVE RECORDED "WHERE" AND "HOW" FOR EVERY PERIOD WHEN YOU LISTENED. **CHECK ⚠**

## The Three Steps: *The stations you listen to, Where you listened, How you listened.*

### 1 - Your listening

- Record your listening using a pen with **black / blue ink**.
- To record your listening draw a line downwards through the boxes from when you start listening until you stop. Then put an "X" at the start of the line and another "X" at the end.
- If you listen for 5 minutes or more, put an "X" in the box.
- If you listen to more than one station for 5 minutes or more during the same time period, please mark all of them.

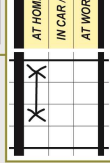


### 2 - Where you listen to the radio

Each time please also tell us where you listen:

- "AT HOME" - your own home or garden.
- "IN A CAR / VAN / LORRY" - as the driver or a passenger.
- "AT WORK/ELSEWHERE" - at work or in the office/at the shops, a public place, in a friend's home, or at school etc.

Please draw lines and "X"s in the same way as recording your listening.



### 3 - How you listen to the radio

Each time you listen please also tell us how you listen:

- "AM/FM RADIO".
- "DIGITAL TV".
- "DAB DIGITAL RADIO"
- "ONLINE / APPS / SMART SPEAKER"

Please draw lines and "X"s in the same way as recording your listening and where you listened.

