

2026 Seattle Commute Survey

Thank you for taking the Commute Trip Reduction (CTR) survey! Your answers help us understand commuting habits, patterns, and preferences. More importantly, you're also helping employers provide options that best meet everyone's transportation needs. Even if you telework full-time or always drive alone, you can support increased mobility and improved air quality by taking the survey and informing your employer.

CTR is a state law supported by the Washington State Department of Transportation and your local jurisdiction. If you would like to learn more about the CTR program, follow this [link to our frequently asked questions page](#).

Core question: ALL

Your work schedule is used to determine if the CTR law affects your worksite. Your employer and local planning organizations may also use this data to understand how many days per week employees commute to work.

1. Which of the following best describes your work schedule, regardless of if you telework?

- ☐ 5 days/8 hours (5/8s)
 - ☐ 4 days/10 hours (4/10s)
 - ☐ 9 days in two weeks (9/80)
 - ☐ 3 days/12 hours
 - ☐ Part-time (less than 35 hours per week)
 - ☐ Other (please specify) _____
-

Core Question: ALL

Your arrival time is used to assess the peak travel times in your area. This data can be used to develop recommendations and plans to decrease congestion.

2. When do you typically begin your workday?

- ☐ 12am – 1am
- ☐ 1am – 2am
- ☐ 2am – 3am
- ☐ 3am – 4am
- ☐ 4am – 5am
- ☐ 5am – 5:59am
- ☐ 6am – 7am
- ☐ 7am – 8am
- ☐ 8am – 9am
- ☐ 9:01am - 10am
- ☐ 10am – 11am
- ☐ 11am – 12pm
- ☐ 12pm – 1pm
- ☐ 1pm – 2pm
- ☐ 2pm – 3pm
- ☐ 3pm – 4pm
- ☐ 4pm – 5pm
- ☐ 5pm – 6pm
- ☐ 6pm – 7pm
- ☐ 7pm – 8pm
- ☐ 8pm – 9pm
- ☐ 9pm – 10pm

☐ 10pm – 11pm

☐ 11pm – 12am

Core Question: ALL

We use your home location or the location where you typically start your commute to calculate the average distance traveled. This data also helps us understand what roadways or transit routes you are most likely taking.

3. Please enter a location near the start of your commute (e.g., home address, closest intersection, or nearby point of interest), or for teleworkers, the location where you start your workday.

4. Enter your Zip Code

(Note: Once you select an address, the zip code autopopulates in the tool)

5. What is the estimated distance between the above location and your worksite? For people making a physical commute, this is how far you travel. For teleworkers, this is how many commute miles you save by teleworking.

(Note: Once zipcode populates, the estimated mileage auto-populates in the tool)

6. During a typical week, how do you get to work each day (physically or virtually)?

- If you do not have a typical week, please report on last week.
- If you used multiple types of transportation to get to work, please select the transportation mode you used for the longest distance (e.g. if you bike one mile to a park and ride, take a train 20 miles, and take a bus five miles, you will select train).
- Please only select modes for days you work. On typical days off select the day-off option. Days with no mode selected will be counted as a day off.

- ☐ Work from home
- ☐ Bus
- ☐ Train/ Light Rail/ Streetcar
- ☐ Ferry
- ☐ Carpool (2 or more people aged 16+)
- ☐ Vanpool
- ☐ Walk
- ☐ Bike
- ☐ Scooter
- ☐ Lyft/ Uber/ Taxi
- ☐ Employer Shuttle
- ☐ Motorcycle
- ☐ Drive Alone
- ☐ Other
- ☐ Day off (weekend, etc.)

Monday Commute Mode: *[select from dropdown]*

[each day of the week has a separate drop down]

Core Question: If 6 = Drive alone

6a. If drive alone selected: What type of vehicle do you use?

- ☐ Gas engine
- ☐ Diesel
- ☐ Electric
- ☐ Hybrid electric
- ☐ Other

Core Question: If 6= Ferry

6b. How do you typically get to the ferry?

- ☐ Drive alone
- ☐ Bike
- ☐ Walk
- ☐ Taxi or rideshare app
- ☐ Public Transit
- ☐ Other (please specify): _____

Core Question: If 6 = Train/ Light Rail/ Streetcar

6c. How do you typically get to the Train/Light Rail/ Streetcar?

- ☐ Drive alone
- ☐ Bike
- ☐ Walk
- ☐ Taxi/Uber/Lyft
- ☐ Public Transit
- ☐ Other (please specify): _____

Core Question: If 6 = Carpool (2 or more people aged 16+)

6d. Including yourself, how many people (aged 16+) on average are in your carpool? Two is the default value. Please change if there were more people in the car.

	Number of people	Unsure			
	2	3	4	5	6
1					

Core Question: If 6 = Vanpool

6e. Including yourself, how many people (aged 16+) on average are in your vanpool?
(Four is the default value. Please change if there were fewer or more people in the van.)

	Number of people	Unsure
	2 3 4 5 6 7 8 9 10 11	
1		

Core Question: If 6 = Motorcycle

6f. Including yourself, how many people (aged 16+) on average ride on your motorcycle?

	Number of people	Unsure
	1 2 3	
1		

Core Question: If 6 = Lyft/Uber/Taxi

6g. If you selected ride-hailing: Not including the driver, how many passengers (age 16+) on average are in your Lyft/Uber/Taxi?

	Number of people	Unsure
	1 2 3 4 5 6	
1		

6h. Would any of the following options make you consider not driving alone to work?

(Please select all that apply)

- ☐ Bus/train/ferry benefits
- ☐ Employer shuttle access
- ☐ Flexible schedules
- ☐ Incentives for biking or walking
- ☐ Secure bike parking, showers, lockers, etc.
- ☐ Carpool/ vanpool ridematching assistance
- ☐ Carpool/vanpool subsidy or incentive
- ☐ Guaranteed ride home for emergencies
- ☐ Dedicated carpool/HOV parking spaces
- ☐ Increased opportunities to telework
- ☐ Other (please specify): _____

Core Question: ALL

Other modes used are captured so your worksite and local planning organizations can better understand how to support all modes that commuters are open to trying.

7. Which of these transportation modes – that you did not indicate using in your typical weekly commute, have you used during the past three months?

Select any that you used for at least five minutes of a commute trip.

- ☐ Work from Home
 - ☐ Bus
 - ☐ Train/ Light Rail/ Streetcar
 - ☐ Ferry
 - ☐ Carpool (2 or more people aged 16+)
 - ☐ Vanpool
 - ☐ Walk
 - ☐ Bike
 - ☐ Scooter
 - ☐ Lyft / Uber/ Taxi
-

8. Is there any other information you would like to provide about your commute that we did not ask about in this survey?

9. What is your age?

- ☐ 15-24
- ☐ 25-34
- ☐ 35-44
- ☐ 45-54
- ☐ 55-64
- ☐ 65-74
- ☐ 75-84
- ☐ 85+
- ☐ Prefer not to answer

10. Please specify your gender?

Select all that apply

☐

Male

☐

Female

☐

Non-binary

☐

Transgender

☐

Prefer to self-describe

☐

Prefer not to answer

11. What is your race/ethnicity?

Select all that apply

- ☐ White
- ☐ Black or African American
- ☐ Hispanic or Latino
- ☐ Asian
- ☐ American Indian or Alaska Native
- ☐ Native Hawaiian or Other Pacific Islander
- ☐ Middle Eastern or North African
- ☐ Other/Unknown
- ☐ Prefer not to answer

12. Which of the following best describes your household income last year?

- ☐ Less than \$30,000
- ☐ \$30,000 - \$59,999
- ☐ \$60,000 - \$89,999
- ☐ \$90,000 - \$119,999
- ☐ \$120,000 - \$149,999
- ☐ \$150,000 to \$199,999
- ☐ \$200,000 or more
- ☐ Prefer not to answer

13. What is the highest degree or level of education you have completed?

- ☐ Some high school
- ☐ High school
- ☐ Vocational/technical training
- ☐ Associate degree
- ☐ Bachelor's degree
- ☐ Graduate degree or postgraduate studies
- ☐ Other
- ☐ Prefer not to answer

14. Do you identify as a person with a disability?

- ☐ Yes
- ☐ No
- ☐ Prefer not to answer

15. Do you have difficulty with any of the following activities?
to the extent that they interfere with your choice of transportation

- ☐ Walking ¼ mile
- ☐ Climbing stairs
- ☐ Navigating steep inclines
- ☐ Lifting or carrying a package or bag
- ☐ Understanding written directions
- ☐ Seeing
- ☐ Hearing
- ☐ None of the above
- ☐ I have a different accessibility need not listed here
- ☐ Prefer not to answer

16. Do you own or rent your current residence?

- ☐ Own
- ☐ Rent
- ☐ Other
- ☐ Prefer not to answer

17. Do you have children under 18 or adults living in your household who need assistance for transportation?

- ☐ Yes
- ☐ No

IF 17=YES

17a. How many children under 18 living in your household need assistance for transportation?

[drop down allowing responses 1-10]

IF L12=YES

17b. How many adults living in your household need assistance for transportation?

[drop down allowing responses 1-10]

18. How do you use your smartphone or similar handheld internet-capable device for commuting?

(Select all that apply)

- ☐ Mobile payment or booking for transportation
- ☐ Routing/navigation/wayfinding
- ☐ Transportation service information/schedule
- ☐ Work-related activities (e.g. writing emails)
- ☐ Entertainment/sports/news (e.g. listening to music, reading)
- ☐ Socializing or social media
- ☐ I do not have a smartphone
- ☐ Other (please specify): _____

19. Please estimate your average commute time in minutes for each mode you selected.

[Note: each mode selected in the Core Questions will autopopulate here]

Ex: Bus Commute Time

_____ (min)

20. What are the main reasons you drive alone to work?

Select as many as three reasons.

- ☐ I like the convenience of having my car
- ☐ It is less expensive to drive
- ☐ Family care or other obligations (e.g., ability to run other errands, drop off household members at school or work)
- ☐ Being able to make additional stops before/after work (e.g., grabbing coffee, picking up groceries)
- ☐ It makes my commute significantly shorter than other commute types
- ☐ Public transit and other commute options not available
- ☐ I have access to free/subsidized parking
- ☐ I am concerned about safety when choosing another travel option
- ☐ I am concerned about spreading or catching an illness when choosing another travel option
- ☐ I am concerned about safety when walking or bicycling without access to dedicated bike lanes and sidewalks
- ☐ My job requires me to use a car
- ☐ There isn't any secure or covered bicycle parking at my worksite
- ☐ I need more information on alternative modes/I'm not sure how else to get to work
- ☐ Other (please specify): _____

If 6=I drive alone for any day of the week

21. What are the main reasons you do not drive alone to commute?

Select as many as three reasons.

- ☐ I do not own a car
- ☐ It is expensive to drive and/or park ** or “to save money on fuel and/or parking costs” or (to mirror previous question) than driving
- ☐ It is stressful to drive
- ☐ I use other options to avoid traffic
- ☐ I want to reduce my contribution to air pollution and carbon emissions, or other environmental benefits
- ☐ I make use of my commute time when using other travel options
- ☐ I reduce my commute time by using the HOV lane
- ☐ I have access to preferred or reserved parking for my commute type (carpool/vanpool parking)
- ☐ I have access to bicycle parking/I can bring my bicycle into the building
- ☐ I have free or subsidized transit pass (including bus, train, and/or vanpool)
- ☐ I earn incentives for using other options
- ☐ I am concerned about safety on our roads
- ☐ I use other modes to increase my physical activity and/or personal health or well-being
- ☐ There is no parking/not enough parking at my workplace
- ☐ I have the option of teleworking
- ☐ Other (specify) _____

22. Generally, what are the main considerations that affect your travel decisions?

(Select up to three boxes)

- ☐ Time/duration
- ☐ Cost/affordability
- ☐ Flexibility/convenience
- ☐ Comfort
- ☐ Availability and/or cost of parking
- ☐ Environmental impact (e.g., reduce my contribution to CO2 emissions)
- ☐ Value of travel time (i.e. I make use of my travel time for other activities)
- ☐ Subsidies (i.e. my commute mode/option is subsidized or financially incentivized)
- ☐ Safety (i.e. I feel safe from crimes using this mode)
- ☐ Protection from illness (e.g., flu, COVID-19)
- ☐ Health/fitness
- ☐ Facilities (e.g., bike parking, showers, lockers)
- ☐ Habit (i.e. I developed a habit of using certain modes)
- ☐ Weather (e.g., climate, seasonal differences)
- ☐ Reliability

-----Other (specify) _____

23. What is the main mode you most frequently use for the following trips?

Trip Type:

- Grocery shopping
- School pickup or drop-off
- Health or medical treatment
- Leisure or social
- Fitness or exercise
- Other trips, N/A

[For each trip type, select from a drop down of the following modes:]

- ☐ Public transit
- ☐ Ferry
- ☐ Carpool
- ☐ Taxi or rideshare
- ☐ Drive alone
- ☐ Motorcycle
- ☐ Bike
- ☐ Walk
- ☐ NA

24. Did you pay for parking at least one day in the last week?

Mark 'Yes' if you paid that day, if you prepaid, if you are billed later, or if the cost of parking is deducted from your paycheck

- ☐ Yes
- ☐ No

25. When do you typically depart from work?

- ☐ 12am - 3am
- ☐ 3am - 6 am
- ☐ 6am - 9am
- ☐ 9am – 12pm
- ☐ 12pm - 3pm
- ☐ 3pm - 6pm
- ☐ 6pm - 9pm
- ☐ 9pm – 12am

26. Please select one option that best describes the availability of and your ability to work remotely.

- ☐ I can regularly work remotely (3-5 days per week)
 - ☐ I can frequently work remotely (1-2 days per week)
 - ☐ I can occasionally work remotely (1-4 times per month)
 - ☐ I have the option to work remotely, but I do not use it
 - ☐ My employer does not offer remote work
 - ☐ The nature of my work cannot be done remotely
-

27. What is your most common way of getting to work?

If you use more than one, choose the one you use for most of your trip.

- ☐ Work from Home
- ☐ Bus
- ☐ Train/ Light Rail/ Streetcar
- ☐ Ferry
- ☐ Carpool (2 or more people aged 16+)
- ☐ Vanpool
- ☐ Walk
- ☐ Bike
- ☐ Scooter
- ☐ Lyft/ Uber/ Taxi
- ☐ Employer Shuttle
- ☐ Motorcycle
- ☐ Drive Alone
- ☐ Other
- ☐ Day off (weekend)

28. How likely is it that you would recommend your most common commute mode to a friend or colleague?

*A higher rating on the scale indicates a stronger recommendation
[drop down responses of 0-10]*

29. Which of the following best describes the frequency of the following trips?

Activity	Not applicable	Daily	Weekly	Monthly	Less than Monthly
Worksite	☐	☐	☐	☐	☐
Grocery shopping	☐	☐	☐	☐	☐
School pickup/dropoff	☐	☐	☐	☐	☐
Health/medical treatment	☐	☐	☐	☐	☐
Leisure/social	☐	☐	☐	☐	☐
Fitness/exercise	☐	☐	☐	☐	☐
Other trips	☐	☐	☐	☐	☐

30. Which of the following best describes the proximity of the following trips?

Activity	Not applicable	Short Trip (less than 10 min)	Moderate Trip (10-20 min)	Long Trip (more than 20 min)
Worksite	☐	☐	☐	☐
Grocery shopping	☐	☐	☐	☐
School pickup/dropoff	☐	☐	☐	☐
Health/medical treatment	☐	☐	☐	☐
Leisure/social	☐	☐	☐	☐
Fitness/exercise	☐	☐	☐	☐
Other trips	☐	☐	☐	☐

31. Rate your level of agreement with the following statements:

(Strongly Agree, Agree, Neutral, Disagree, Strongly Disagree)

- I am aware of the commute benefits (i.e. benefits program) offered by my employer.
- I know the different ways I can travel to and from work.
- The commute benefits I receive meet my transportation needs.
- My transportation benefits influence how I choose to commute.

Thank you for taking the survey and helping us better understand your commuting needs.