

<b>WEEK</b>	<b>SLA</b> 5				<b>IA</b> 6		<b>HN</b> 12			<b>PN</b> 13	

# RADIO LISTENING DIARY

**A CONFIDENTIAL RECORD OF YOUR RADIO LISTENING  
BOTH AT HOME AND AWAY**



**This diary is issued to** \_\_\_\_\_

**For your listening record from** \_\_\_\_\_

**Your interviewer is** \_\_\_\_\_

**The Diary will be collected on** \_\_\_\_\_

**AGB**  
AUSTRALIA

incorporating  
**AGB McNair Anderson**

# Radio Listening Diary



Dear Radio Listener,

To help Radio Stations give you the most enjoyable listening and cater for your likes and special needs, they need information.

Radio Stations need to know:

- how many people listen to radio
- when they listen, and
- what they listen to.

AGB:McNair Anderson collects this information from this booklet called **The Diary of Radio Listening**.

You have been specially selected to keep a **Radio Listening Diary** for this Radio survey period.

It doesn't matter if you don't listen to radio or whether you listen a little or a lot, **as long as your record of listening is accurate.**

Please do not let this Diary change or influence your listening in any way. . . please listen just as you would if you did not have this Diary.

## Survey of Radio Listening

Dear Household,

We would like you to take part in a survey of Radio Listening in your area.

Naturally, the two questions which immediately come to mind are – "Why are we chosen" and "Why should we co-operate".

These two questions can be answered very simply.

**Firstly**, there are a great many families living in the area covered by this study. Obviously, we cannot contact every one of these families, so we have randomly selected a number of families in different localities in such a way that the selected households will in total be representative of all the families in the area. Your family is one of these **selected households**.

**Secondly**, to ensure a high degree of accuracy in the results of the survey, a household, once it has been selected, cannot in any circumstances be replaced by another household. Therefore the co-operation of your **household is of vital importance**.

The object of this radio listening survey is to obtain basic facts to enable those concerned to keep abreast of rapidly changing conditions and to guide them in their programme planning so as to give continually improved programmes and service to listeners.

We trust you see the importance of your co-operation and that by performing this service you will be taking part in a study which will have widespread and long-term effects on the listening available, not only to you but to all people in your district.

It is just as important to know how little or how seldom people listen as it is to know how much or how often they listen. Everyone is important.

All the information which households supply us, except peoples' names, is transferred to computer input tape by trained operators who process the information so that it can be put through the computer. The information which many households provide is totalled and these aggregates are presented in a confidential report to those concerned with the radio industry.

We have been conducting radio surveys for over 45 years. Over this time, thousands of households have participated. Your co-operation will be very much appreciated.

**If you were not at home or unable to participate when our interviewer called, we hope you will be able to take part when he/she calls again in one or two weeks time.**

**If you have any questions concerning this study please ask our interviewer or call our supervisor in your area as follows:-**

168 Walker St  
North Sydney  
2060  
Ph (02) 911 7261

466 Malvern Rd  
Prahran  
3181  
Ph (03) 525 2349

164 Fullarton Rd  
Dulwich  
5065  
Ph (08) 31 5788

545 Queens St  
Brisbane  
4000  
Ph (07) 360 7151

7 Havelock St  
West Perth  
6005  
Ph (09) 322 1652

**AGB**  
**A U S T R A L I A**

# To complete this Diary

To achieve the greatest accuracy, please record your listening when you listen, or as soon as possible thereafter.

**Record all your radio listening.**

This includes:

**AT HOME**

- either inside your home or in the garden,

**IN THE CAR**

- either in your own car or in another car,

**AT WORK**

- at your normal place of employment,

and

**ELSEWHERE**

- anytime you are away from home while shopping, at the beach, on a picnic, at a friend's place, etc.

Tick the appropriate station square for every 15 minutes of listening, when you have listened for eight minutes or more. Then tick the column to indicate where that listening took place either **At Home, In Car, At Work or Elsewhere**.

**NOTE: For each Station tick, there should also be a corresponding place of listening tick.**

Check what you have recorded **at the end of each day** for accuracy, including the correct Radio Station or Stations. Please **remind other members** of the household to also check their diaries.

If you listen to any other **FM or AM** Station not listed in this diary, write the call sign of the station in the column headed **FM or AM**.

May we take this opportunity of saying in advance, on behalf of all Radio Stations and others –

Thank you most sincerely for you co-operation.

**AGB:McNair Anderson**

13	12	11	10	09	08	07	05	04	03	02	01	88	99
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1	2	3	4
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**DEMONSTRATION**

Any other Station

MORNING

AFTERNOON

	TIME	TRIPLE J/FM 107.5	ABC /FM 105.7	3MMM /FM 105.1	GOLD 104	FOX /FM 101.9	101.1 DOUBLE T/FM	3AK 1503	3MP 1377	3AW 1278	3UZ 927	3LO 774	ABC 3RN 621	Write in Stations		Where Listened				
														FM	AM	At Home	In Car	At Work	Else Where	
3	5.30- 5.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			3				
4	5.45- 6.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			4				
5	6.00- 6.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			5				
6	6.15- 6.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			6				
7	6.30- 6.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			7				
8	6.45- 7.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			8				
9	7.00- 7.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			9				
10	7.15- 7.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			10				
11	7.30- 7.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			11				
12	7.45- 8.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			12				
13	8.00- 8.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			13				
14	8.15- 8.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			14				
15	8.30- 8.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			15				
16	8.45- 9.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			16				
17	9.00- 9.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			17				
18	9.15- 9.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			18				
19	9.30- 9.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			19				
20	9.45-10.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			20				
21	10.00-10.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			21				
22	10.15-10.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			22				
23	10.30-10.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			23				
24	10.45-11.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			24				
25	11.00-11.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			25				
26	11.15-11.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			26				
27	11.30-11.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			27				
28	11.45-12.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			28				
29	12.00-12.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			29				
30	12.15-12.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			30				
31	12.30-12.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			31				
32	12.45- 1.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			32				
33	1.00- 1.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			33				
34	1.15- 1.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			34				
35	1.30- 1.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			35				
36	1.45- 2.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			36				
37	2.00- 2.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			37				
38	2.15- 2.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			38				
39	2.30- 2.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			39				
40	2.45- 3.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			40				
	TIME	TRIPLE J/FM	ABC /FM	3MMM /FM	GOLD 104	FOX /FM	DOUBLE T/FM	3AK	3MP	3AW	3UZ	3LO	ABC 3RN	FM	AM		At Home	In Car	At Work	Else Where

**Remember:** If your radio has been turned on at all this day — Place a tick (✓) alongside the correct times and under the correct stations EVERY quarter-hour (that is, 8 minutes or more).  
**Also:** Remember to record 'Where you Listened', Home, Car, Work or Elsewhere.

13 12 11 10 09 08 07 05 04 03 02 01 88 99

1 2 3 4

**DEMONSTRATION**

Any other Station

**AFTERNOON**

**EVENING**

	TIME	TRIPLE J/FM 107.5	ABC /FM 105.7	3MMM /FM 105.1	GOLD 104	FOX /FM 101.9	101.1 DOUBLE T/FM	3AK 1503	3MP 1377	3AW 1278	3UZ 927	3LO 774	ABC 3RN 621	Write in Stations		Where Listened						
														FM	AM	At Home	In Car	At Work	Else Where			
41	3.00- 3.15																41					
42	3.15- 3.30																	42				
43	3.30- 3.45																	43				
44	3.45- 4.00																	44				
45	4.00- 4.15																	45				
46	4.15- 4.30																	46				
47	4.30- 4.45																	47				
48	4.45- 5.00																	48				
49	5.00- 5.15																	49				
50	5.15- 5.30																	50				
51	5.30- 5.45																	51				
52	5.45- 6.00																	52				
53	6.00- 6.15																	53				
54	6.15- 6.30																	54				
55	6.30- 6.45																	55				
56	6.45- 7.00																	56				
57	7.00- 7.15																	57				
58	7.15- 7.30																	58				
59	7.30- 7.45																	59				
60	7.45- 8.00																	60				
61	8.00- 8.15																	61				
62	8.15- 8.30																	62				
63	8.30- 8.45																	63				
64	8.45- 9.00																	64				
65	9.00- 9.15																	65				
66	9.15- 9.30																	66				
67	9.30- 9.45																	67				
68	9.45-10.00																	68				
69	10.00-10.15																	69				
70	10.15-10.30																	70				
71	10.30-10.45																	71				
72	10.45-11.00																	72				
73	11.00-11.15																	73				
74	11.15-11.30																	74				
75	11.30-11.45																	75				
76	11.45-12.00																	76				
	TIME	TRIPLE J/FM	ABC /FM	3MMM /FM	GOLD 104	FOX /FM	DOUBLE T/FM	3AK	3MP	3AW	3UZ	3LO	ABC 3RN	FM	AM		At Home	In Car	At Work	Else Where		

HAVE YOU CHECKED OVER WHAT YOU HAVE ENTERED?  
 HAVE YOU RECORDED ALL YOUR LISTENING FOR THE WHOLE DAY?  
 DO NOT FORGET TO RECORD OUT-OF-HOME AND CAR LISTENING.

FRIDAY

Any other Station

MORNING

AFTERNOON

TIME	TRIPLE J/FM 107.5	ABC /FM 105.7	3MMM /FM 105.1	GOLD 104	FOX /FM 101.9	101.1 DOUBLE T/FM	3AK 1503	3MP 1377	3AW 1278	3UZ 927	3LO 774	ABC 3RN 621	Write in Stations		Where Listened				
													FM	AM	At Home	In Car	At Work	Else Where	
3 5.30- 5.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			3				
4 5.45- 6.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			4				
5 6.00- 6.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			5				
6 6.15- 6.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			6				
7 6.30- 6.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			7				
8 6.45- 7.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			8				
9 7.00- 7.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			9				
10 7.15- 7.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			10				
11 7.30- 7.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			11				
12 7.45- 8.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			12				
13 8.00- 8.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			13				
14 8.15- 8.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			14				
15 8.30- 8.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			15				
16 8.45- 9.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			16				
17 9.00- 9.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			17				
18 9.15- 9.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			18				
19 9.30- 9.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			19				
20 9.45-10.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			20				
21 10.00-10.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			21				
22 10.15-10.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			22				
23 10.30-10.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			23				
24 10.45-11.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			24				
25 11.00-11.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			25				
26 11.15-11.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			26				
27 11.30-11.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			27				
28 11.45-12.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			28				
29 12.00-12.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			29				
30 12.15-12.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			30				
31 12.30-12.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			31				
32 12.45- 1.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			32				
33 1.00- 1.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			33				
34 1.15- 1.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			34				
35 1.30- 1.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			35				
36 1.45- 2.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			36				
37 2.00- 2.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			37				
38 2.15- 2.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			38				
39 2.30- 2.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			39				
40 2.45- 3.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			40				
TIME	TRIPLE J/FM	ABC /FM	3MMM /FM	GOLD 104	FOX /FM	DOUBLE T/FM	3AK	3MP	3AW	3UZ	3LO	ABC 3RN	FM	AM		At Home	In Car	At Work	Else Where

**Remember:** If your radio has been turned on at all this day — Place a tick (✓) alongside the correct times and under the correct stations EVERY quarter-hour (that is, 8 minutes or more).  
**Also:** Remember to record 'Where you Listened', Home, Car, Work or Elsewhere.



FRIDAY

Any other Station

AFTERNOON

EVENING

	TIME	TRIPLE J/FM 107.5	ABC /FM 105.7	3MMM /FM 105.1	GOLD 104	FOX /FM 101.9	101.1 DOUBLE T/FM	3AK 1503	3MP 1377	3AW 1278	3UZ 927	3LO 774	ABC 3RN 621	Write in Stations		Where Listened				
														FM	AM	At Home	In Car	At Work	Else Where	
41	3.00- 3.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			41				
42	3.15- 3.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			42				
43	3.30- 3.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			43				
44	3.45- 4.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			44				
45	4.00- 4.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			45				
46	4.15- 4.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			46				
47	4.30- 4.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			47				
48	4.45- 5.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			48				
49	5.00- 5.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			49				
50	5.15- 5.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			50				
51	5.30- 5.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			51				
52	5.45- 6.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			52				
53	6.00- 6.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			53				
54	6.15- 6.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			54				
55	6.30- 6.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			55				
56	6.45- 7.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			56				
57	7.00- 7.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			57				
58	7.15- 7.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			58				
59	7.30- 7.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			59				
60	7.45- 8.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			60				
61	8.00- 8.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			61				
62	8.15- 8.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			62				
63	8.30- 8.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			63				
64	8.45- 9.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			64				
65	9.00- 9.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			65				
66	9.15- 9.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			66				
67	9.30- 9.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			67				
68	9.45-10.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			68				
69	10.00-10.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			69				
70	10.15-10.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			70				
71	10.30-10.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			71				
72	10.45-11.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			72				
73	11.00-11.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			73				
74	11.15-11.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			74				
75	11.30-11.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			75				
76	11.45-12.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			76				
	TIME	TRIPLE J/FM	ABC /FM	3MMM /FM	GOLD 104	FOX /FM	DOUBLE T/FM	3AK	3MP	3AW	3UZ	3LO	ABC 3RN	FM	AM		At Home	In Car	At Work	Else Where

HAVE YOU CHECKED OVER WHAT YOU HAVE ENTERED?  
 HAVE YOU RECORDED ALL YOUR LISTENING FOR THE WHOLE DAY?  
 DO NOT FORGET TO RECORD OUT-OF-HOME AND CAR LISTENING.



**SATURDAY**

Any other Station

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	TIME	TRIPLE J/FM 107.5	ABC /FM 105.7	3MMM /FM 105.1	GOLD 104	FOX /FM 101.9	101.1 DOUBLE T/FM	3AK 1503	3MP 1377	3AW 1278	3UZ 927	3LO 774	ABC 3RN 621	Write in Stations		Where Listened				
														FM	AM	At Home	In Car	At Work	Else Where	
41	3.00- 3.15															41				
42	3.15- 3.30															42				
43	3.30- 3.45															43				
44	3.45- 4.00															44				
45	4.00- 4.15															45				
46	4.15- 4.30															46				
47	4.30- 4.45															47				
48	4.45- 5.00															48				
49	5.00- 5.15															49				
50	5.15- 5.30															50				
51	5.30- 5.45															51				
52	5.45- 6.00															52				
53	6.00- 6.15															53				
54	6.15- 6.30															54				
55	6.30- 6.45															55				
56	6.45- 7.00															56				
57	7.00- 7.15															57				
58	7.15- 7.30															58				
59	7.30- 7.45															59				
60	7.45- 8.00															60				
61	8.00- 8.15															61				
62	8.15- 8.30															62				
63	8.30- 8.45															63				
64	8.45- 9.00															64				
65	9.00- 9.15															65				
66	9.15- 9.30															66				
67	9.30- 9.45															67				
68	9.45-10.00															68				
69	10.00-10.15															69				
70	10.15-10.30															70				
71	10.30-10.45															71				
72	10.45-11.00															72				
73	11.00-11.15															73				
74	11.15-11.30															74				
75	11.30-11.45															75				
76	11.45-12.00															76				
	TIME	TRIPLE J/FM	ABC /FM	3MMM /FM	GOLD 104	FOX /FM	DOUBLE T/FM	3AK	3MP	3AW	3UZ	3LO	ABC 3RN	FM	AM		At Home	In Car	At Work	Else Where

HAVE YOU CHECKED OVER WHAT YOU HAVE ENTERED?  
 HAVE YOU RECORDED ALL YOUR LISTENING FOR THE WHOLE DAY?  
 DO NOT FORGET TO RECORD OUT-OF-HOME AND CAR LISTENING.

**SUNDAY**

Any other Station

**MORNING**

**AFTERNOON**

	TIME	TRIPLE J/FM 107.5	ABC /FM 105.7	3MMM /FM 105.1	GOLD 104	FOX /FM 101.9	101.1 DOUBLE T/FM	3AK 1503	3MP 1377	3AW 1278	3UZ 927	3LO 774	ABC 3RN 621	Write in Stations		Where Listened				
														FM	AM	At Home	In Car	At Work	Else Where	
3	5.30- 5.45															3				
4	5.45- 6.00															4				
5	6.00- 6.15															5				
6	6.15- 6.30															6				
7	6.30- 6.45															7				
8	6.45- 7.00															8				
9	7.00- 7.15															9				
10	7.15- 7.30															10				
11	7.30- 7.45															11				
12	7.45- 8.00															12				
13	8.00- 8.15															13				
14	8.15- 8.30															14				
15	8.30- 8.45															15				
16	8.45- 9.00															16				
17	9.00- 9.15															17				
18	9.15- 9.30															18				
19	9.30- 9.45															19				
20	9.45-10.00															20				
21	10.00-10.15															21				
22	10.15-10.30															22				
23	10.30-10.45															23				
24	10.45-11.00															24				
25	11.00-11.15															25				
26	11.15-11.30															26				
27	11.30-11.45															27				
28	11.45-12.00															28				
29	12.00-12.15															29				
30	12.15-12.30															30				
31	12.30-12.45															31				
32	12.45- 1.00															32				
33	1.00- 1.15															33				
34	1.15- 1.30															34				
35	1.30- 1.45															35				
36	1.45- 2.00															36				
37	2.00- 2.15															37				
38	2.15- 2.30															38				
39	2.30- 2.45															39				
40	2.45- 3.00															40				
	TIME	TRIPLE J/FM	ABC /FM	3MMM /FM	GOLD 104	FOX /FM	DOUBLE T/FM	3AK	3MP	3AW	3UZ	3LO	ABC 3RN	FM	AM	At Home	In Car	At Work	Else Where	

**Remember:** If your radio has been turned on at all this day — Place a tick (✓) alongside the correct times and under the correct stations EVERY quarter-hour (that is, 8 minutes or more).  
**Also:** Remember to record 'Where you Listened', Home, Car, Work or Elsewhere.

SUNDAY

Any other Station

AFTERNOON

EVENING

	TIME	TRIPLE J/FM 107.5	ABC /FM 105.7	3MMM /FM 105.1	GOLD 104	FOX /FM 101.9	101.1 DOUBLE T/FM	3AK 1503	3MP 1377	3AW 1278	3UZ 927	3LO 774	ABC 3RN 621	Write in Stations		Where Listened				
														FM	AM	At Home	In Car	At Work	Else Where	
41	3.00- 3.15															41				
42	3.15- 3.30															42				
43	3.30- 3.45															43				
44	3.45- 4.00															44				
45	4.00- 4.15															45				
46	4.15- 4.30															46				
47	4.30- 4.45															47				
48	4.45- 5.00															48				
49	5.00- 5.15															49				
50	5.15- 5.30															50				
51	5.30- 5.45															51				
52	5.45- 6.00															52				
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59	7.30- 7.45															59				
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62	8.15- 8.30															62				
63	8.30- 8.45															63				
64	8.45- 9.00															64				
65	9.00- 9.15															65				
66	9.15- 9.30															66				
67	9.30- 9.45															67				
68	9.45-10.00															68				
69	10.00-10.15															69				
70	10.15-10.30															70				
71	10.30-10.45															71				
72	10.45-11.00															72				
73	11.00-11.15															73				
74	11.15-11.30															74				
75	11.30-11.45															75				
76	11.45-12.00															76				
	TIME	TRIPLE J/FM	ABC /FM	3MMM /FM	GOLD 104	FOX /FM	DOUBLE T/FM	3AK	3MP	3AW	3UZ	3LO	ABC 3RN	FM	AM		At Home	In Car	At Work	Else Where

HAVE YOU CHECKED OVER WHAT YOU HAVE ENTERED?  
 HAVE YOU RECORDED ALL YOUR LISTENING FOR THE WHOLE DAY?  
 DO NOT FORGET TO RECORD OUT-OF-HOME AND CAR LISTENING.



**MONDAY**

Any other Station

**AFTERNOON**

**EVENING**

	TIME	TRIPLE J/FM 107.5	ABC /FM 105.7	3MMM /FM 105.1	GOLD 104	FOX /FM 101.9	101.1 DOUBLE T/FM	3AK 1503	3MP 1377	3AW 1278	3UZ 927	3LO 774	ABC 3RN 621	Write in Stations		Where Listened				
														FM	AM	At Home	In Car	At Work	Else Where	
41	3.00- 3.15															41				
42	3.15- 3.30															42				
43	3.30- 3.45															43				
44	3.45- 4.00															44				
45	4.00- 4.15															45				
46	4.15- 4.30															46				
47	4.30- 4.45															47				
48	4.45- 5.00															48				
49	5.00- 5.15															49				
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57	7.00- 7.15															57				
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62	8.15- 8.30															62				
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64	8.45- 9.00															64				
65	9.00- 9.15															65				
66	9.15- 9.30															66				
67	9.30- 9.45															67				
68	9.45-10.00															68				
69	10.00-10.15															69				
70	10.15-10.30															70				
71	10.30-10.45															71				
72	10.45-11.00															72				
73	11.00-11.15															73				
74	11.15-11.30															74				
75	11.30-11.45															75				
76	11.45-12.00															76				
	TIME	TRIPLE J/FM	ABC /FM	3MMM /FM	GOLD 104	FOX /FM	DOUBLE T/FM	3AK	3MP	3AW	3UZ	3LO	ABC 3RN	FM	AM		At Home	In Car	At Work	Else Where

HAVE YOU CHECKED OVER WHAT YOU HAVE ENTERED?  
 HAVE YOU RECORDED ALL YOUR LISTENING FOR THE WHOLE DAY?  
 DO NOT FORGET TO RECORD OUT-OF-HOME AND CAR LISTENING.





**TUESDAY**

Any other Station

**AFTERNOON**

**EVENING**

	TIME	TRIPLE J/FM 107.5	ABC /FM 105.7	3MMM /FM 105.1	GOLD 104	FOX /FM 101.9	101.1 DOUBLE T/FM	3AK 1503	3MP 1377	3AW 1278	3UZ 927	3LO 774	ABC 3RN 621	Write in Stations		Where Listened					
														FM	AM	At Home	In Car	At Work	Else Where		
41	3.00- 3.15																41				
42	3.15- 3.30																42				
43	3.30- 3.45																43				
44	3.45- 4.00																44				
45	4.00- 4.15																45				
46	4.15- 4.30																46				
47	4.30- 4.45																47				
48	4.45- 5.00																48				
49	5.00- 5.15																49				
50	5.15- 5.30																50				
51	5.30- 5.45																51				
52	5.45- 6.00																52				
53	6.00- 6.15																53				
54	6.15- 6.30																54				
55	6.30- 6.45																55				
56	6.45- 7.00																56				
57	7.00- 7.15																57				
58	7.15- 7.30																58				
59	7.30- 7.45																59				
60	7.45- 8.00																60				
61	8.00- 8.15																61				
62	8.15- 8.30																62				
63	8.30- 8.45																63				
64	8.45- 9.00																64				
65	9.00- 9.15																65				
66	9.15- 9.30																66				
67	9.30- 9.45																67				
68	9.45-10.00																68				
69	10.00-10.15																69				
70	10.15-10.30																70				
71	10.30-10.45																71				
72	10.45-11.00																72				
73	11.00-11.15																73				
74	11.15-11.30																74				
75	11.30-11.45																75				
76	11.45-12.00																76				
	TIME	TRIPLE J/FM	ABC /FM	3MMM /FM	GOLD 104	FOX /FM	DOUBLE T/FM	3AK	3MP	3AW	3UZ	3LO	ABC 3RN	FM	AM		At Home	In Car	At Work	Else Where	

HAVE YOU CHECKED OVER WHAT YOU HAVE ENTERED?  
 HAVE YOU RECORDED ALL YOUR LISTENING FOR THE WHOLE DAY?  
 DO NOT FORGET TO RECORD OUT-OF-HOME AND CAR LISTENING.

WEDNESDAY

Any other Station

MORNING

AFTERNOON

	TIME	TRIPLE J/FM 107.5	ABC /FM 105.7	3MMM /FM 105.1	GOLD 104	FOX /FM 101.9	101.1 DOUBLE T/FM	3AK 1503	3MP 1377	3AW 1278	3UZ 927	3LO 774	ABC 3RN 621	Write in Stations		Where Listened				
														FM	AM	At Home	In Car	At Work	Else Where	
3	5.30- 5.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			3				
4	5.45- 6.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			4				
5	6.00- 6.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			5				
6	6.15- 6.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			6				
7	6.30- 6.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			7				
8	6.45- 7.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			8				
9	7.00- 7.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			9				
10	7.15- 7.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			10				
11	7.30- 7.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			11				
12	7.45- 8.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			12				
13	8.00- 8.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			13				
14	8.15- 8.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			14				
15	8.30- 8.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			15				
16	8.45- 9.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			16				
17	9.00- 9.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			17				
18	9.15- 9.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			18				
19	9.30- 9.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			19				
20	9.45-10.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			20				
21	10.00-10.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			21				
22	10.15-10.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			22				
23	10.30-10.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			23				
24	10.45-11.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			24				
25	11.00-11.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			25				
26	11.15-11.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			26				
27	11.30-11.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			27				
28	11.45-12.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			28				
29	12.00-12.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			29				
30	12.15-12.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			30				
31	12.30-12.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			31				
32	12.45- 1.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			32				
33	1.00- 1.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			33				
34	1.15- 1.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			34				
35	1.30- 1.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			35				
36	1.45- 2.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			36				
37	2.00- 2.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			37				
38	2.15- 2.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			38				
39	2.30- 2.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			39				
40	2.45- 3.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			40				
	TIME	TRIPLE J/FM	ABC /FM	3MMM /FM	GOLD 104	FOX /FM	DOUBLE T/FM	3AK	3MP	3AW	3UZ	3LO	ABC 3RN	FM	AM		At Home	In Car	At Work	Else Where

**Remember:** If your radio has been turned on at all this day — Place a tick (✓) alongside the correct times and under the correct stations EVERY quarter-hour (that is, 8 minutes or more).  
**Also:** Remember to record 'Where you Listened', Home, Car, Work or Elsewhere.

WEDNESDAY

Any other Station

AFTERNOON

EVENING

	TIME	TRIPLE J/FM 107.5	ABC /FM 105.7	3MMM /FM 105.1	GOLD 104	FOX /FM 101.9	101.1 DOUBLE T/FM	3AK 1503	3MP 1377	3AW 1278	3UZ 927	3LO 774	ABC 3RN 621	Write in Stations		Where Listened				
														FM	AM	At Home	In Car	At Work	Else Where	
41	3.00- 3.15															41				
42	3.15- 3.30															42				
43	3.30- 3.45															43				
44	3.45- 4.00															44				
45	4.00- 4.15															45				
46	4.15- 4.30															46				
47	4.30- 4.45															47				
48	4.45- 5.00															48				
49	5.00- 5.15															49				
50	5.15- 5.30															50				
51	5.30- 5.45															51				
52	5.45- 6.00															52				
53	6.00- 6.15															53				
54	6.15- 6.30															54				
55	6.30- 6.45															55				
56	6.45- 7.00															56				
57	7.00- 7.15															57				
58	7.15- 7.30															58				
59	7.30- 7.45															59				
60	7.45- 8.00															60				
61	8.00- 8.15															61				
62	8.15- 8.30															62				
63	8.30- 8.45															63				
64	8.45- 9.00															64				
65	9.00- 9.15															65				
66	9.15- 9.30															66				
67	9.30- 9.45															67				
68	9.45-10.00															68				
69	10.00-10.15															69				
70	10.15-10.30															70				
71	10.30-10.45															71				
72	10.45-11.00															72				
73	11.00-11.15															73				
74	11.15-11.30															74				
75	11.30-11.45															75				
76	11.45-12.00															76				
	TIME	TRIPLE J/FM	ABC /FM	3MMM /FM	GOLD 104	FOX /FM	DOUBLE T/FM	3AK	3MP	3AW	3UZ	3LO	ABC 3RN	FM	AM		At Home	In Car	At Work	Else Where

HAVE YOU CHECKED OVER WHAT YOU HAVE ENTERED?  
 HAVE YOU RECORDED ALL YOUR LISTENING FOR THE WHOLE DAY?  
 DO NOT FORGET TO RECORD OUT-OF-HOME AND CAR LISTENING.

**THURSDAY**

Any other Station

**MORNING**

**AFTERNOON**

TIME	TRIPLE J/FM 107.5	ABC /FM 105.7	3MMM /FM 105.1	GOLD 104	FOX /FM 101.9	101.1 DOUBLE T/FM	3AK 1503	3MP 1377	3AW 1278	3UZ 927	3LO 774	ABC 3RN 621	Write in Stations		Where Listened				
													FM	AM	At Home	In Car	At Work	Else Where	
3 5.30- 5.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			3				
4 5.45- 6.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			4				
5 6.00- 6.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			5				
6 6.15- 6.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			6				
7 6.30- 6.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			7				
8 6.45- 7.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			8				
9 7.00- 7.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			9				
10 7.15- 7.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			10				
11 7.30- 7.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			11				
12 7.45- 8.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			12				
13 8.00- 8.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			13				
14 8.15- 8.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			14				
15 8.30- 8.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			15				
16 8.45- 9.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			16				
17 9.00- 9.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			17				
18 9.15- 9.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			18				
19 9.30- 9.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			19				
20 9.45-10.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			20				
21 10.00-10.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			21				
22 10.15-10.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			22				
23 10.30-10.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			23				
24 10.45-11.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			24				
25 11.00-11.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			25				
26 11.15-11.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			26				
27 11.30-11.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			27				
28 11.45-12.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			28				
29 12.00-12.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			29				
30 12.15-12.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			30				
31 12.30-12.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			31				
32 12.45- 1.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			32				
33 1.00- 1.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			33				
34 1.15- 1.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			34				
35 1.30- 1.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			35				
36 1.45- 2.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			36				
37 2.00- 2.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			37				
38 2.15- 2.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			38				
39 2.30- 2.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			39				
40 2.45- 3.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			40				
TIME	TRIPLE J/FM	ABC /FM	3MMM /FM	GOLD 104	FOX /FM	DOUBLE T/FM	3AK	3MP	3AW	3UZ	3LO	ABC 3RN	FM	AM	At Home	In Car	At Work	Else Where	

**Remember:** If your radio has been turned on at all this day — Place a tick (✓) alongside the correct times and under the correct stations EVERY quarter-hour (that is, 8 minutes or more).  
**Also:** Remember to record 'Where you Listened', Home, Car, Work or Elsewhere.

**THURSDAY**

Any other Station

**AFTERNOON**

**EVENING**

	TIME	TRIPLE J/FM 107.5	ABC /FM 105.7	3MMM /FM 105.1	GOLD 104	FOX /FM 101.9	101.1 DOUBLE T/FM	3AK 1503	3MP 1377	3AW 1278	3UZ 927	3LO 774	ABC 3RN 621	Write in Stations		Where Listened					
														FM	AM	At Home	In Car	At Work	Else Where		
41	3.00- 3.15																41				
42	3.15- 3.30																42				
43	3.30- 3.45																43				
44	3.45- 4.00																44				
45	4.00- 4.15																45				
46	4.15- 4.30																46				
47	4.30- 4.45																47				
48	4.45- 5.00																48				
49	5.00- 5.15																49				
50	5.15- 5.30																50				
51	5.30- 5.45																51				
52	5.45- 6.00																52				
53	6.00- 6.15																53				
54	6.15- 6.30																54				
55	6.30- 6.45																55				
56	6.45- 7.00																56				
57	7.00- 7.15																57				
58	7.15- 7.30																58				
59	7.30- 7.45																59				
60	7.45- 8.00																60				
61	8.00- 8.15																61				
62	8.15- 8.30																62				
63	8.30- 8.45																63				
64	8.45- 9.00																64				
65	9.00- 9.15																65				
66	9.15- 9.30																66				
67	9.30- 9.45																67				
68	9.45-10.00																68				
69	10.00-10.15																69				
70	10.15-10.30																70				
71	10.30-10.45																71				
72	10.45-11.00																72				
73	11.00-11.15																73				
74	11.15-11.30																74				
75	11.30-11.45																75				
76	11.45-12.00																76				
	TIME	TRIPLE J/FM	ABC /FM	3MMM /FM	GOLD 104	FOX /FM	DOUBLE T/FM	3AK	3MP	3AW	3UZ	3LO	ABC 3RN	FM	AM		At Home	In Car	At Work	Else Where	

HAVE YOU CHECKED OVER WHAT YOU HAVE ENTERED?  
 HAVE YOU RECORDED ALL YOUR LISTENING FOR THE WHOLE DAY?  
 DO NOT FORGET TO RECORD OUT-OF-HOME AND CAR LISTENING.

**FRIDAY**

Any other Station

**MORNING**

**AFTERNOON**

	TIME	TRIPLE J/FM 107.5	ABC /FM 105.7	3MMM /FM 105.1	GOLD 104	FOX /FM 101.9	101.1 DOUBLE T/FM	3AK 1503	3MP 1377	3AW 1278	3UZ 927	3LO 774	ABC 3RN 621	Write in Stations		Where Listened				
														FM	AM	At Home	In Car	At Work	Else Where	
3	5.30- 5.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			3				
4	5.45- 6.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			4				
5	6.00- 6.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			5				
6	6.15- 6.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			6				
7	6.30- 6.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			7				
8	6.45- 7.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			8				
9	7.00- 7.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			9				
10	7.15- 7.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			10				
11	7.30- 7.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			11				
12	7.45- 8.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			12				
13	8.00- 8.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			13				
14	8.15- 8.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			14				
15	8.30- 8.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			15				
16	8.45- 9.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			16				
17	9.00- 9.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			17				
18	9.15- 9.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			18				
19	9.30- 9.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			19				
20	9.45-10.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			20				
21	10.00-10.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			21				
22	10.15-10.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			22				
23	10.30-10.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			23				
24	10.45-11.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			24				
25	11.00-11.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			25				
26	11.15-11.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			26				
27	11.30-11.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			27				
28	11.45-12.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			28				
29	12.00-12.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			29				
30	12.15-12.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			30				
31	12.30-12.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			31				
32	12.45- 1.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			32				
33	1.00- 1.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			33				
34	1.15- 1.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			34				
35	1.30- 1.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			35				
36	1.45- 2.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			36				
37	2.00- 2.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			37				
38	2.15- 2.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			38				
39	2.30- 2.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			39				
40	2.45- 3.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			40				
	TIME	TRIPLE J/FM	ABC /FM	3MMM /FM	GOLD 104	FOX /FM	DOUBLE T/FM	3AK	3MP	3AW	3UZ	3LO	ABC 3RN	FM	AM		At Home	In Car	At Work	Else Where

**Remember:** If your radio has been turned on at all this day — Place a tick (✓) alongside the correct times and under the correct stations EVERY quarter-hour (that is, 8 minutes or more).  
**Also:** Remember to record 'Where you Listened', Home, Car, Work or Elsewhere.

FRIDAY

Any other Station

AFTERNOON

EVENING

	TIME	TRIPLE J/FM 107.5	ABC /FM 105.7	3MMM /FM 105.1	GOLD 104	FOX /FM 101.9	101.1 DOUBLE T/FM	3AK 1503	3MP 1377	3AW 1278	3UZ 927	3LO 774	ABC 3RN 621	Write in Stations		Where Listened						
														FM	AM	At Home	In Car	At Work	Else Where			
41	3.00- 3.15																41					
42	3.15- 3.30																	42				
43	3.30- 3.45																	43				
44	3.45- 4.00																	44				
45	4.00- 4.15																	45				
46	4.15- 4.30																	46				
47	4.30- 4.45																	47				
48	4.45- 5.00																	48				
49	5.00- 5.15																	49				
50	5.15- 5.30																	50				
51	5.30- 5.45																	51				
52	5.45- 6.00																	52				
53	6.00- 6.15																	53				
54	6.15- 6.30																	54				
55	6.30- 6.45																	55				
56	6.45- 7.00																	56				
57	7.00- 7.15																	57				
58	7.15- 7.30																	58				
59	7.30- 7.45																	59				
60	7.45- 8.00																	60				
61	8.00- 8.15																	61				
62	8.15- 8.30																	62				
63	8.30- 8.45																	63				
64	8.45- 9.00																	64				
65	9.00- 9.15																	65				
66	9.15- 9.30																	66				
67	9.30- 9.45																	67				
68	9.45-10.00																	68				
69	10.00-10.15																	69				
70	10.15-10.30																	70				
71	10.30-10.45																	71				
72	10.45-11.00																	72				
73	11.00-11.15																	73				
74	11.15-11.30																	74				
75	11.30-11.45																	75				
76	11.45-12.00																	76				
	TIME	TRIPLE J/FM	ABC /FM	3MMM /FM	GOLD 104	FOX /FM	DOUBLE T/FM	3AK	3MP	3AW	3UZ	3LO	ABC 3RN	FM	AM		At Home	In Car	At Work	Else Where		

HAVE YOU CHECKED OVER WHAT YOU HAVE ENTERED?  
 HAVE YOU RECORDED ALL YOUR LISTENING FOR THE WHOLE DAY?  
 DO NOT FORGET TO RECORD OUT-OF-HOME AND CAR LISTENING.

13	12	11	10	09	08	07	05	04	03	02	01	88	99	1	2	3	4
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**SATURDAY**

Any other Station

**MORNING**

**AFTERNOON**

	TIME	TRIPLE J/FM 107.5	ABC /FM 105.7	3MMM /FM 105.1	GOLD 104	FOX /FM 101.9	101.1 DOUBLE T/FM	3AK 1503	3MP 1377	3AW 1278	3UZ 927	3LO 774	ABC 3RN 621	Write in Stations		Where Listened				
														FM	AM	At Home	In Car	At Work	Else Where	
3	5.30- 5.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			3				
4	5.45- 6.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			4				
5	6.00- 6.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			5				
6	6.15- 6.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			6				
7	6.30- 6.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			7				
8	6.45- 7.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			8				
9	7.00- 7.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			9				
10	7.15- 7.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			10				
11	7.30- 7.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			11				
12	7.45- 8.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			12				
13	8.00- 8.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			13				
14	8.15- 8.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			14				
15	8.30- 8.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			15				
16	8.45- 9.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			16				
17	9.00- 9.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			17				
18	9.15- 9.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			18				
19	9.30- 9.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			19				
20	9.45-10.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			20				
21	10.00-10.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			21				
22	10.15-10.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			22				
23	10.30-10.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			23				
24	10.45-11.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			24				
25	11.00-11.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			25				
26	11.15-11.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			26				
27	11.30-11.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			27				
28	11.45-12.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			28				
29	12.00-12.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			29				
30	12.15-12.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			30				
31	12.30-12.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			31				
32	12.45- 1.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			32				
33	1.00- 1.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			33				
34	1.15- 1.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			34				
35	1.30- 1.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			35				
36	1.45- 2.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			36				
37	2.00- 2.15	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			37				
38	2.15- 2.30	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			38				
39	2.30- 2.45	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			39				
40	2.45- 3.00	JJJ	105.7	MMM	KZFM	FOX	TT	AK	MP	AW	UZ	LO	3RN			40				
	TIME	TRIPLE J/FM	ABC /FM	3MMM /FM	GOLD 104	FOX /FM	DOUBLE T/FM	3AK	3MP	3AW	3UZ	3LO	ABC 3RN	FM	AM		At Home	In Car	At Work	Else Where

**Remember:** If your radio has been turned on at all this day — Place a tick (✓) alongside the correct times and under the correct stations EVERY quarter-hour (that is, 8 minutes or more).  
**Also:** Remember to record 'Where you Listened', Home, Car, Work or Elsewhere.



**SATURDAY**

Any other Station

**AFTERNOON**

**EVENING**

	TIME	TRIPLE J/FM 107.5	ABC /FM 105.7	3MMM /FM 105.1	GOLD 104	FOX /FM 101.9	101.1 DOUBLE T/FM	3AK 1503	3MP 1377	3AW 1278	3UZ 927	3LO 774	ABC 3RN 621	Write in Stations		Where Listened				
														FM	AM	At Home	In Car	At Work	Else Where	
41	3.00- 3.15															41				
42	3.15- 3.30															42				
43	3.30- 3.45															43				
44	3.45- 4.00															44				
45	4.00- 4.15															45				
46	4.15- 4.30															46				
47	4.30- 4.45															47				
48	4.45- 5.00															48				
49	5.00- 5.15															49				
50	5.15- 5.30															50				
51	5.30- 5.45															51				
52	5.45- 6.00															52				
53	6.00- 6.15															53				
54	6.15- 6.30															54				
55	6.30- 6.45															55				
56	6.45- 7.00															56				
57	7.00- 7.15															57				
58	7.15- 7.30															58				
59	7.30- 7.45															59				
60	7.45- 8.00															60				
61	8.00- 8.15															61				
62	8.15- 8.30															62				
63	8.30- 8.45															63				
64	8.45- 9.00															64				
65	9.00- 9.15															65				
66	9.15- 9.30															66				
67	9.30- 9.45															67				
68	9.45-10.00															68				
69	10.00-10.15															69				
70	10.15-10.30															70				
71	10.30-10.45															71				
72	10.45-11.00															72				
73	11.00-11.15															73				
74	11.15-11.30															74				
75	11.30-11.45															75				
76	11.45-12.00															76				
	TIME	TRIPLE J/FM	ABC /FM	3MMM /FM	GOLD 104	FOX /FM	DOUBLE T/FM	3AK	3MP	3AW	3UZ	3LO	ABC 3RN	FM	AM		At Home	In Car	At Work	Else Where

HAVE YOU CHECKED OVER WHAT YOU HAVE ENTERED?  
 HAVE YOU RECORDED ALL YOUR LISTENING FOR THE WHOLE DAY?  
 DO NOT FORGET TO RECORD OUT-OF-HOME AND CAR LISTENING.



SUNDAY

Any other Station

AFTERNOON

EVENING

	TIME	TRIPLE J/FM 107.5	ABC /FM 105.7	3MMM /FM 105.1	GOLD 104	FOX /FM 101.9	101.1 DOUBLE T/FM	3AK 1503	3MP 1377	3AW 1278	3UZ 927	3LO 774	ABC 3RN 621	Write in Stations		Where Listened					
														FM	AM	At Home	In Car	At Work	Else Where		
41	3.00- 3.15																41				
42	3.15- 3.30																42				
43	3.30- 3.45																43				
44	3.45- 4.00																44				
45	4.00- 4.15																45				
46	4.15- 4.30																46				
47	4.30- 4.45																47				
48	4.45- 5.00																48				
49	5.00- 5.15																49				
50	5.15- 5.30																50				
51	5.30- 5.45																51				
52	5.45- 6.00																52				
53	6.00- 6.15																53				
54	6.15- 6.30																54				
55	6.30- 6.45																55				
56	6.45- 7.00																56				
57	7.00- 7.15																57				
58	7.15- 7.30																58				
59	7.30- 7.45																59				
60	7.45- 8.00																60				
61	8.00- 8.15																61				
62	8.15- 8.30																62				
63	8.30- 8.45																63				
64	8.45- 9.00																64				
65	9.00- 9.15																65				
66	9.15- 9.30																66				
67	9.30- 9.45																67				
68	9.45-10.00																68				
69	10.00-10.15																69				
70	10.15-10.30																70				
71	10.30-10.45																71				
72	10.45-11.00																72				
73	11.00-11.15																73				
74	11.15-11.30																74				
75	11.30-11.45																75				
76	11.45-12.00																76				
	TIME	TRIPLE J/FM	ABC /FM	3MMM /FM	GOLD 104	FOX /FM	DOUBLE T/FM	3AK	3MP	3AW	3UZ	3LO	ABC 3RN	FM	AM		At Home	In Car	At Work	Else Where	

HAVE YOU CHECKED OVER WHAT YOU HAVE ENTERED?  
 HAVE YOU RECORDED ALL YOUR LISTENING FOR THE WHOLE DAY?  
 DO NOT FORGET TO RECORD OUT-OF-HOME AND CAR LISTENING.

# Your Comments

Use this page to make any comments. For example:

- Are there any Radio Stations or Programmes that you normally listen to but didn't hear this week? Write down the name of the Stations and/or Programmes.
- Were there any Radio Stations that you listened to this week between midnight and 5.30am? Write down "Mid-dawn" and name the Stations.
- Are there any other comments you would like to make about Radio Programmes and Reception, etc?

# What happens to this Radio Diary?



*Please record all radio listening, including home, car, work and elsewhere.*

The information recorded in each Diary, together with the information we have already collected (with the exception of people's names and addresses), is entered into a computer by specially trained operators.

The information is then compiled into tables for our Survey Reports. Basically, the results show the numbers of men, women, teenagers and children who listen to each station during every 15 minutes of each day of the survey period.

This is cross-referenced with programming details for each of the stations.

The information is then issued as a confidential report to those concerned to help them to improve existing programmes, or plan new programmes, to entertain and serve all sections of the community.

Rest assured, your diary results remain confidential.

The AGB:McNair Anderson diary system of measuring Radio Listening is regarded by many as being the most sophisticated and accurate in the world.

**This diary is  
issued by**



incorporating  
**AGB McNair Anderson**  
ACN 001 923 093

AGB:McNair Anderson is an impartial and independent organisation conducting surveys of Radio Listening and TV Viewing across Australia.

It is not controlled by, or associated with, any government department, agency or organisation.

The AGB:McNair Anderson Radio Surveys are jointly supported by Radio Stations, Advertisers, Advertising Agencies, Programme Producers and others associated with Radio Entertainment.

AGB:McNair Anderson does not disclose to anyone outside its own organisation other than the Survey Auditors, the names and addresses of the people who complete Radio Diaries.

The company is not, and never will be, associated with organisations which send interviewers to people's homes with the pretext that they are conducting surveys or research, when in reality their object is to sell goods.

AGB:McNair Anderson is a division of AGB Research Australia, the country's largest market research organisation.

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