

How to measure and reduce commuting emissions

A practical 4-step checklist to take Scope 3.7 out of your inventory's blind spot — from diagnostic to auditable reporting. Use it to guide your next ESG or HR meeting.

30%+ is how much employee commuting can represent of your Scope 3 — and it's usually left out of the report for lack of reliable data.

1 Map INITIAL DIAGNOSTIC

- ☐ List headcount and the work model (on-site, hybrid or remote).
- ☐ Estimate the average home-to-work distance and in-office days per week.
- ☐ Identify the predominant commute mode (car, motorcycle, transit, active).
- ☐ Run an initial estimate to set a tCO₂e/year baseline.

2 Measure PRIMARY DATA

- ☐ Replace self-reporting with continuous measurement (e.g., passive GPS).
- ☐ Separate Scope 3.6 (business travel) from 3.7 (commuting).
- ☐ Ensure a per-trip auditable trail, not survey estimates.

3 Reduce ENGAGEMENT

- ☐ Encourage modal shift: active transport, transit, carpooling and EVs.
- ☐ Create a reward mechanism that truly engages employees.
- ☐ Set a reduction target and track progress month over month.

4 Report COMPLIANCE

- ☐ Consolidate data in GHG Protocol, CDP and CSRD formats.
- ☐ Document the methodology and emission factors used.
- ☐ Neutralize the residual with traceable credits (Verra / Gold Standard).

Want your company's real number?

Run the Scope 3.7 diagnostic in 2 minutes and get the full report.

[Run the diagnostic](#)