

How did you get to school this month?

How many walk and roll trips did you take to school this month? Fill in one square for each non-drive alone trip, using the below letters to represent the type of trip you took

- W=Walk
- R=Roll (Bike, Scooter, Wheelchair, etc)
- B=Bus (School or Metro bus)
- C=Carpool with friends

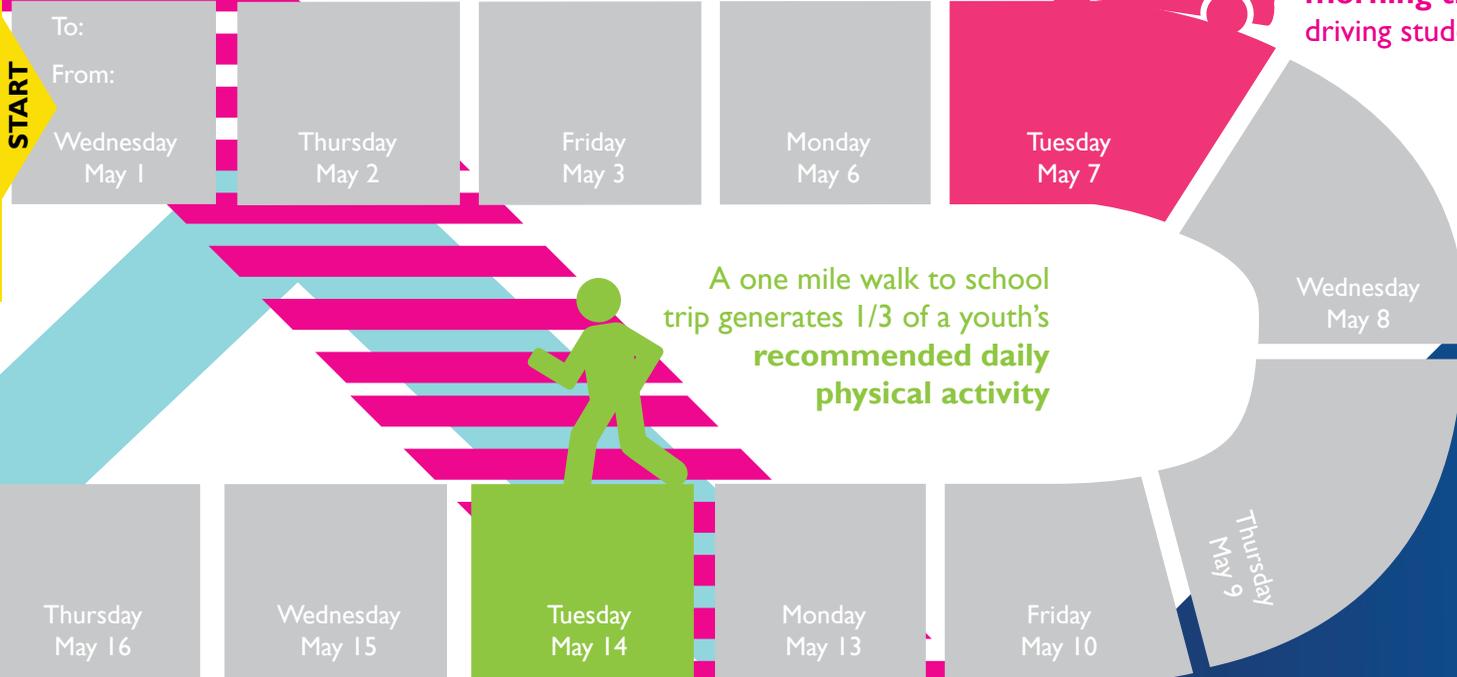
As much as **20-30%** of local morning traffic is caused by driving students to school

Each 2 mile round trip walk or roll commute keeps about **7.5 lbs** of pollutants out of the air



Bike to School Day

A one mile walk to school trip generates **1/3** of a youth's recommended daily physical activity



MAY IS NATIONAL BIKE MONTH

May 13 - 19 is National Bike Week

Students that commute to school with a friend have an average of **75 minutes** or more of additional social time each week



Reward Coupon

Name: _____

Grade: _____

School: _____

Name of Teacher: _____

Add the total number of trips by each type:

 _____
Walk total

 _____
Bus total

 _____
Roll total
(Bike, Scooter,
Wheelchair, etc)

 _____
Carpool total

Total: _____ /40 possible

