



and Walk Anywhere

~~Bike to School Day~~



Bike/Walk Tracker

Track the days you walk and/or bike by checking “walk” or “bike” boxes for each day. Track how many minutes you spend walking and biking in total each day. It’s OK to estimate or take a guess!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<input type="checkbox"/> I walked <input type="checkbox"/> I biked # of minutes (total): _____	<input type="checkbox"/> I walked <input type="checkbox"/> I biked # of minutes (total): _____	<input type="checkbox"/> I walked <input type="checkbox"/> I biked # of minutes (total): _____	<input type="checkbox"/> I walked <input type="checkbox"/> I biked # of minutes (total): _____	<input type="checkbox"/> I walked <input type="checkbox"/> I biked # of minutes (total): _____	<input type="checkbox"/> I walked <input type="checkbox"/> I biked # of minutes (total): _____	<input type="checkbox"/> I walked <input type="checkbox"/> I biked # of minutes (total): _____

This week I walked and/or biked _____ days and _____ total minutes!