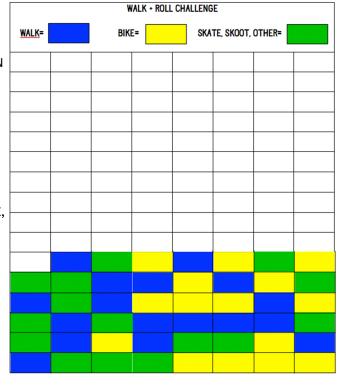


EASY AND FAST TRACKING TIPS!

HERE ARE A FEW WAYS YOU CAN TRACK A WHOLE SCHOOL AT ONCE!

- 1. FILL OUT THE "LETTER TO OFFICE STAFF" WITH YOUR INFORMATION
- **2.** DETERMINE (GUESS!) HOW MANY STUDENTS YOU THINK WILL USE ACTIVE TRANSPORTATION (WALK, BIKE, SKATE, SCOOT, ETC.) TO GET TO SCHOOL IN MAY
- 3. CREATE A TRACKING POSTER BASED ON YOUR ESTIMATE
- **4.** WITH OFFICE STAFF, DETERMINE A GOOD PLACE TO HANG THE POSTER
- **5.** HAVE STUDENTS COLOR IN A SQUARE EVERYTIME THEY WALK, BIKE, ETC TO SCHOOL
- **6.** YOU CAN USE DIFFERENT COLOR MARKERS OR DIFFERENT POSTER TO DIFFERENTIATE WALKING AND BIKING
- 7. HANG POSTER(S) AND CHECK ON THEM ONCE A WEEK



Beans in a Jar!



- 1. PUT A LARGE JAR OR BUCKET IN THE OFFICE
- 2. SUPPLY THE OFFICE WITH A BAG OF PINTO BEANS (OR JELLY BEANS, BUT THEY'RE MORE LIKELY TO GET EATEN!)
- 3. WEIGH THE EMPTY JAR. WEIGH 10 BEANS
- **4.** FOR EACH WALKING OR BIKING TRIP, HAVE STUDENTS PUT ONE BEAN IN THE JAR
- 5. AT THE END OF THE MONTH. WEIGH THE WHOLE JAR
- 6. SUBTRACT THE WEIGHT OF THE EMPTY JAR AND THEN DIVIDE THAT AMOUNT BY 10 TO FIND OUT HOW THE TOTAL NUMBER OF WALKING AND BIKING TRIPS