

ON YOUR FEET

CHALLENGE

is cool!

KIT FOR Parents



MAP FOR THE FRIDGE



Use our interactive map to see where your school is located and how many kilometers have been traveled across Canada.



Tracking Sheet

Add up the active transportation kilometers traveled using the digital or printable tracking sheet found on onyourfeetchallenge.ca



Help your school cross Canada using active transportation!

An initiative of



First and Last Name of Student: _____

Name of Challenge Team Leader: _____

Name of School: _____

TRACKING SHEET OF ACTIVE TRANSPORTATION DISTANCES TRAVELED

How to calculate your kilometers? Double your kilometers when making a round trip. Remember to round to the nearest kilometer.

E.g.: A 1.8 km walk to the convenience store from home counts as 2 km per person.

Use the following ratio:

12 minutes of walking = 1 km

5 minutes of cycling = 1 km

E.g.: 2 km going + 2 km returning X 2 people = 8 km traveled

OCTOBER 16 TO NOVEMBER 10, 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Total km
OCTOBER 16 TO 22								
OCTOBER 23 TO 29								
OCTOBER 30 TO NOVEMBER 5								
NOVEMBER 6 TO 10								

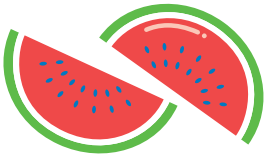
Please return the completed table to the team leader by **November 10, 2023**.

For more information on the Challenge or to learn more about active transportation, visit onyourfeetchallenge.ca

KM Grand Total:

ACTIVE Transportation Ideas

The On Your Feet Challenge encourages you to use active transportation in creative ways! Here are some fun ideas for you and your child:



WALKING PICNIC

Plan a picnic day at a nearby park or playground. Walk to get to your destination!



TREASURE HUNT

Create a scavenger hunt where you have to be physically active to track clues. It's a great way to keep the kids motivated.



BICYCLE RIDE

Explore your neighbourhood by bike. Family bike rides are a great way to spend time together while being active.



URBAN HIKE

Discover the history of your neighbourhood by organizing an urban hike. Visit historic sites on foot.



ACTIVE TRAVEL DAY

Plan a special day where you will prioritize active transportation for all your activities. It's a fun challenge for the whole family!

THE BENEFITS OF ACTIVE TRANSPORTATION

1

A SUSTAINABLE WAY TO GET AROUND

Choosing active transportation means promoting a healthy lifestyle and helping to protect the environment by reducing your carbon footprint.

2

A WAY TO DISCOVER YOUR NEIGHBOURHOOD AND REDUCE POLLUTION

Getting around on foot, by bike or on a scooter allows you to appreciate your neighbourhood! Discover new places, new neighbours, and build connections with your community while helping to reduce atmospheric pollution.

3

A WONDER FOR YOUR HEALTH

Physical activity promotes cardiovascular and mental health, strengthens muscles, improves endurance, and reduces the risk of developing chronic diseases.

4

A STRESS REDUCER AND ENERGY BOOSTER

The exercise gained through active transportation can boost your energy, productivity and concentration, which can increase your performance at work and in other aspects of your daily life.

5

A TIME AND MONEY SAVER

Walking or biking allows you to cut down on your monthly expenses by saving tons of money on gas and parking. Active transportation is also one of the most flexible and accessible modes of transportation around. You can go where you want, when you want, unimpeded by traffic!

**For more information,
visit onyourfeetchallenge.ca
or email us at:**

onyourfeetchallenge@cancer.ca



onyourfeetchallenge.ca



collectivestrides.ca