

ON YOUR FEET

CHALLENGE

is cool!

KIT FOR STUDENTS



MAP TO PUT ON 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:

WAYS TO GET TO SCHOOL USING ACTIVE TRANSPORTATION

The On Your Feet Challenge encourages creative ways of using active transportation to get around! Here are a few ideas to make your trip to school more fun!

1 WALK TO THE BEAT OF YOUR FAVOURITE SONGS!

Music is good for the soul! Enjoy your walk to school by listening to your favourite tunes.

2 TWO IS BETTER THAN ONE!

Find a travel companion and choose an active mode of transportation to go to school together. Why not take a different route to explore the neighborhood?

3 LET'S ROCK & ROLL!

Warming up those legs before school improves concentration and lowers stress. Nothing beats riding to school on a bike or a scooter!



4 GET THE MOST OUT OF YOUR TRIPS!

Turn your walk to school into an adventure: stop by the park and play on the swings, bring chalks to colour the sidewalks, ride a scooter in the park, play "king of the hill" in winter.