



Help your school cross Canada using active transportation!

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: