

WALK & ROLL

CHALLENGE



WIN SWEET PRIZES

scooters, bikes,
helmets and more!

INCREASE YOUR
CHANCES TO WIN!



IN PERSON



If you are attending school in person
Each day you walk or bike to school you'll be entered for an additional chance to win a sweet prize.

ONLINE



If you are attending school online or from home
Each day you walk or bike for 20 minutes outside you'll be entered for an additional chance to win a sweet prize.

Walk & Roll awards students K-8 monthly prizes for walking and biking

- The challenge runs from September to May
- Track and report days walked/biked by the last day of each month
- Prize winners will be contacted the first week of the following month
- Parents who allow their kids to walk or bike will be entered into a separate drawing
- On days students walk or roll to school, they are not eligible to submit progress for home activities
- Submissions are online only



Submit your progress online at
SafeRoutes.Utah.gov
A UDOT Program



This year we are partnering with Move Utah to promote daily healthy activity for students who are attending school from home.



TRACK YOUR PROGRESS



STEP 1



Walk or bike to school OR for 20 minutes outside if you are attending school online
Each time you walk or bike you'll be entered for an additional chance to win a sweet prize.

STEP 2



Use the chart below to track the days you walk or bike.

STEP 3



Submit your progress by the end of the month.
Online submissions at SafeRoutes.Utah.gov/Walk-N-Roll

SEPTEMBER

| Mon | Tue | Wed | Thu | Fri |
|-----|-----|-----|-----|-----|
| | 1 | 2 | 3 | 4 |
| | 8 | 9 | 10 | 11 |
| 14 | 15 | 16 | 17 | 18 |
| 21 | 22 | 23 | 24 | 25 |
| 28 | 29 | 30 | | |

OCTOBER

| Mon | Tue | Wed | Thu | Fri |
|-----|-----|-----|-----|-----|
| | | | 1 | 2 |
| 5 | 6 | 7 | 8 | 9 |
| 12 | 13 | 14 | 15 | 16 |
| 19 | 20 | 21 | 22 | 23 |
| 26 | 27 | 28 | 29 | 30 |

NOVEMBER

| Mon | Tue | Wed | Thu | Fri |
|-----|-----|-----|-----|-----|
| 2 | 3 | 4 | 5 | 6 |
| 9 | 10 | 11 | 12 | 13 |
| 16 | 17 | 18 | 19 | 20 |
| 23 | 24 | 25 | | |
| 30 | | | | |

Remember to submit your progress the last day of each month!

DECEMBER

| Mon | Tue | Wed | Thu | Fri |
|-----|-----|-----|-----|-----|
| | 1 | 2 | 3 | 4 |
| 7 | 8 | 9 | 10 | 11 |
| 14 | 15 | 16 | 17 | 18 |

JANUARY

| Mon | Tue | Wed | Thu | Fri |
|-----|-----|-----|-----|-----|
| 4 | 5 | 6 | 7 | 8 |
| 11 | 12 | 13 | 14 | 15 |
| | 19 | 20 | 21 | 22 |
| 25 | 26 | 27 | 28 | 29 |

FEBRUARY

| Mon | Tue | Wed | Thu | Fri |
|-----|-----|-----|-----|-----|
| 1 | 2 | 3 | 4 | 5 |
| 8 | 9 | 10 | 11 | 12 |
| | 16 | 17 | 18 | 19 |
| 22 | 23 | 24 | 25 | 26 |

MARCH

| Mon | Tue | Wed | Thu | Fri |
|-----|-----|-----|-----|-----|
| 1 | 2 | 3 | 4 | 5 |
| 8 | 9 | 10 | 11 | 12 |
| 15 | 16 | 17 | 18 | 19 |
| 22 | 23 | 24 | 25 | 26 |
| 29 | 30 | 31 | | |

APRIL

| Mon | Tue | Wed | Thu | Fri |
|-----|-----|-----|-----|-----|
| | | | 1 | 2 |
| 5 | 6 | 7 | 8 | 9 |
| 12 | 13 | 14 | 15 | 16 |
| 19 | 20 | 21 | 22 | 23 |
| 26 | 27 | 28 | 29 | 30 |

MAY

| Mon | Tue | Wed | Thu | Fri |
|-----|-----|-----|-----|-----|
| 3 | 4 | 5 | 6 | 7 |
| 10 | 11 | 12 | 13 | 14 |
| 17 | 18 | 19 | 20 | 21 |
| 24 | 25 | 26 | 27 | 28 |

Winners will be notified by phone or email the first week of every month.