



TRACK YOUR PROGRESS



STEP 1



Walk or bike to school.
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 each month.
Online submissions at SafeRoutes.Utah.gov/Walk-N-Roll

SEPTEMBER

	1	2	3	
	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

OCTOBER

				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

NOVEMBER

1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23			
29	30			

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

DECEMBER

	1	2	3	
6	7	8	9	10
13	14	15	16	17

JANUARY

3	4	5	6	7
10	11	12	13	14
	18	19	20	21
24	25	26	27	28
31				

FEBRUARY

	1	2	3	4
7	8	9	10	11
14	15	16	17	18
	22	23	24	25
28				

MARCH

	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

APRIL

				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

MAY

2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
	31			

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