

TRACK YOUR PROGRESS

2023-2024



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.

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STEP



SEPTEMBER

Mon	Tue	Wed	Thu	Fri
				1
	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

OCTOBER

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

NOVEMBER

Mon	Tue	Wed	Thu	Fri
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21			
27	28	29	30	

DECEMBER

				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22

JANUARY

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

FEBRUARY

Tue	Wed	Thu	Fri
		1	2
6	7	8	9
13	14	15	16
20	21	22	23
27	28	29	
	6 13 20	6 7 13 14 20 21	1 6 7 8 13 14 15 20 21 22

MARCH

Mon	Tue	Wed	Thu	Fri
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29
			```	

## **APRIL**

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			

## **MAY**

Mon	Tue	Wed	Thu	Fri
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
	28	29	30	31