



# TRACK YOUR PROGRESS

2024-2025



**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. Walking and rolling to and from the bus stop also counts!

**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 [walk-win.com](http://walk-win.com)

### SEPTEMBER

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

### OCTOBER

| Mon | Tue | Wed | Thu | Fri |
|-----|-----|-----|-----|-----|
|     | 1   | 2   | 3   | 4   |
| 7   | 8   | 9   | 10  | 11  |
| 14  | 15  | 16  | 17  | 18  |
| 21  | 22  | 23  | 24  | 25  |
| 28  | 29  | 30  | 31  |     |

### NOVEMBER

| Mon | Tue | Wed | Thu | Fri |
|-----|-----|-----|-----|-----|
|     |     |     |     | 1   |
| 4   | 5   | 6   | 7   | 8   |
| 11  | 12  | 13  | 14  | 15  |
| 18  | 19  | 20  | 21  | 22  |
| 25  | 26  |     |     |     |

### DECEMBER

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

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

### JANUARY

| Mon | Tue | Wed | Thu | Fri |
|-----|-----|-----|-----|-----|
|     |     |     | 2   | 3   |
| 6   | 7   | 8   | 9   | 10  |
| 13  | 14  | 15  | 16  | 17  |
|     | 21  | 22  | 23  | 24  |
| 27  | 28  | 29  | 30  | 31  |

### FEBRUARY

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

### MARCH

| 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  |
| 31  |     |     |     |     |

### APRIL

| Mon | Tue | Wed | Thu | Fri |
|-----|-----|-----|-----|-----|
|     | 1   | 2   | 3   | 4   |
| 7   | 8   | 9   | 10  | 11  |
| 14  | 15  | 16  | 17  | 18  |
| 21  | 22  | 23  | 24  | 25  |
| 28  | 29  | 30  |     |     |

### MAY

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