

Name: \_\_\_\_\_

## Active Transportation Planning

Distance from home to school (m or km):		I usually get to school by...	
Steps in 20m			
1 <sup>st</sup> attempt	2 <sup>nd</sup> attempt	3 <sup>rd</sup> attempt	4 <sup>th</sup> attempt
Best choice / average steps in 20m:		Steps in 100m:	
Steps in my route to school:			
Children should get between 11,000 and 12,000 steps per day to be healthy. If you walk to and from school every day, how close would you be to this goal?			
Do you think you will start walking or rolling to school? Why or why not? What needs to change to get you to walk?			