

## June 2017 Active Transportation Log

Activity	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

### Directions

1. Enter each of the active transportation activities that you want to track (i.e., walking, running, biking, rollerblading, skateboarding, etc.).
2. Each day that you engage in one of these activities, make a mark in the corresponding box.
3. Try to string together as many days in a row as you can!

Sponsored by the FP&M Wellness Committee

For more information, visit  
[fpm.wisc.edu/wellness.htm](http://fpm.wisc.edu/wellness.htm)

