



shifting gears

may | 2019

Shifting Gears is a month-long community challenge providing incentives and encouragement to people who walk, cycle, take transit, or carpool. The goal of program is to motivate a shift to more active lifestyles and more sustainable travel.

During the month of May, track all of your walking, biking, transit, and carpool trips.
 It's good for your health, your wallet, your community, and your environment.
 (And, you'll also have a chance to win some great prizes!)

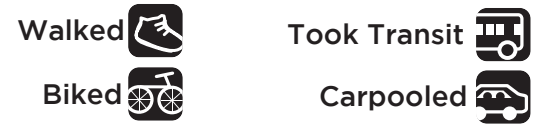
transportation tracker

Company

Dept. / Team (if applicable)

Company Coordinator

Record how you get to and from work:
 Put an X in the corresponding box.
 Try to replace drive alone trips with something different.
 Participate early and often to be eligible for incentives!



NAME	KM TRAVELLED TO WORK																																		
MAY	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	31				
Walk																																			
Bike																																			
Carpool																																			
Bus																																			

Submit by June 4 to be included in standings and prize draws. Fax to 705-745-4413, or drop off at GreenUP (378 Aylmer St.)

If additional participant tracking spaces are required, please print the "Additional Participant Tracker Sheet" and affix here.

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