





Walk to School

Week 1			
Activity	How many or how long	How many days	Instructions
Walking to School 	Once	One day	Try to walk or ride your bike one-way to school this week. Either walk/ride to school or home from school on one day (whichever day you choose).

Week 2			
Activity	How many or how long	How many days	Instructions
Walking to School 	Once	Two days	Try to walk or ride your bike one-way to school this week. Either walk/ride to school or home from school on one day (whichever day you choose).

Walk to School

Week 3			
Activity	How many or how long	How many days	Instructions
Walking to School 	Once	One day	Try to walk or ride your bike to school and home again this week. See if you can walk or ride to school and home again on the same day (any day you choose).

Week 4			
Activity	How many or how long	How many days	Instructions
Walking to School 	Once	Two days	Try to walk or ride your bike to school and home again this week. See if you can walk or ride to school and home again on the same day (any day you choose).