



PARTICIPATION GUIDE

1 Track Your Trips

Use the Google Forms document to track your trips.

Or keep track of trips your own way.



Record each time you bike, walk, carpool, telecommute, or take the bus instead of drive alone.



Record the distance of each trip. A round trip to and from a destination is TWO trips.

2 Report Your Trips

If you track your trips on your own, report your total participation through a survey emailed to you at the end of the challenge.

What you'll report:

- The number of trips taken for each mode.
- The number of vehicle miles you reduced.

Example



6 Trips, 20 Miles



8 Trips, 2 Miles



4 Trips, 45 Miles



6 Trips, 30 Miles



10 Trips, 80 Miles

If you track trips in Google Forms, you do not need to report your participation at the end of the challenge.