



# TRACK YOUR SMART TRIPS



Using the maps or step counter included in your Smart Trips Kit, you'll be amazed to learn how far you can travel in a month by foot and bicycle power!

[www.smart-trips.org](http://www.smart-trips.org)



ST. PAUL Smart Trips

MONTH:									
WEEK		S	M	T	W	T	F	S	TOTAL
1									
2									
3									
4									
5									

Enter your **steps walked** and **miles biked** in each box above, total it all up and compare with other months you've tracked!

500 steps = approximately 1/4 mile


