



# 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




# TELL US HOW YOU'RE DOING AND WIN SOME GREAT PRIZES!

28c Postage  
Required

- 1) Using the other side of this card, track your biking and walking trips for any **five consecutive weeks**.
- 2) Add up how many miles you've traveled.
- 3) Mail this card to us, or enter your miles online:

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

Prizes will be drawn randomly and are not based on your miles.  
Before mailing please fill out the details below.

NAME: \_\_\_\_\_

PHONE OR E-MAIL: \_\_\_\_\_

**St. Paul Smart Trips**  
55 E 5th St. – Suite 202  
St. Paul, MN 55101

*Enter any time before  
November 30, 2009!*