

WALK MORE IN FOUR 2014

You can win a bike, scooter, helmet, or Utah Jazz tickets just by walking or biking safely to school three days a week in September. Do it for four weeks in a row and you will be eligible* for the drawing.

(*) Participation open to Utah K-8 students

HERE ARE THE RULES:

Walk or bike to school at least three days a week for the next four weeks, starting Tuesday, Sept. 2 and ending Thursday, Sept. 25.

Students unable to walk to school due to distance can still participate by practicing safe habits while walking or biking in their neighborhoods.

Mark your progress each week on this chart and have your parent/guardian sign it when complete, or go to the SNAP website to track and submit your walking and biking online.

Charts and online submissions must be received by **Wednesday, Oct. 1**, to be entered in the prize drawing. You can submit your chart via:

- **Online Tracking and Submission:**
udot.utah.gov/WalkMoreInFour
- **Mail:** UDOT SNAP
 375 West 200 South, Suite 275
 Salt Lake City, Utah 84101
- **App:** Download the Walking School Bus App to be automatically entered

On Friday, Oct. 3, UDOT SNAP will draw the winners and award the prizes.



WEEK 1
 WEEK 2
 WEEK 3
 WEEK 4

RECORD YOUR PROGRESS HERE!

MARK EACH DAY YOU WALK/BIKE TO SCHOOL

	TUE. SEPT. 2	WED. SEPT. 3	THU. SEPT. 4	FRI. SEPT. 5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MON. SEPT. 8	TUE. SEPT. 9	WED. SEPT. 10	THU. SEPT. 11	FRI. SEPT. 12
<input type="checkbox"/>				
MON. SEPT. 15	TUE. SEPT. 16	WED. SEPT. 17	THU. SEPT. 18	FRI. SEPT. 19
<input type="checkbox"/>				
MON. SEPT. 22	TUE. SEPT. 23	WED. SEPT. 24	THU. SEPT. 25	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

How often did you walk/bike to school each week last year?
 Never 1-2 days/wk. 3-4 days/wk. Every day

Student Name (please print) _____ Grade _____

School Name _____

School District _____ City _____

Contact Phone Number _____

Parent/Guardian Signature _____