



BIKE TO WORK

NAME/DEPT: _____

RECORD YOUR KILOMETERS FOR THE CHALLENGE IN MAY.

WEEK 18

Wednesday
KM

Thursday
KM

Friday
KM

WEEK 19

Monday
KM

Tuesday
KM

Wednesday
KM

Thursday
KM

Friday
KM

WEEK 20

Monday
KM

Tuesday
KM

Wednesday
KM

Thursday
KM

Friday
KM

WEEK 21

Monday
KM

Tuesday
KM

Wednesday
KM

Thursday
KM

Friday
KM

WEEK 22

Monday
KM

Tuesday
KM

Wednesday
KM

Thursday
KM

Friday
KM

JUMP ON YOUR BIKE AND PEDAL FAST -
YOU'LL FEEL BETTER. MAKE IT LAST!