

Name: _____ Grade: _____ School: _____

Address: _____

PEDESTRIAN SAFETY MONTH CHALLENGE

September is Pedestrian Safety Month!

SMCOE Safe Routes to School is challenging you to go outside at least one hour a day to be active by walk, bike, etc. Plan out your exercise for each day of the month. Write out your goals for how much you want to exercise each day or to learn something new. Then log the hours you exercise on the graph.

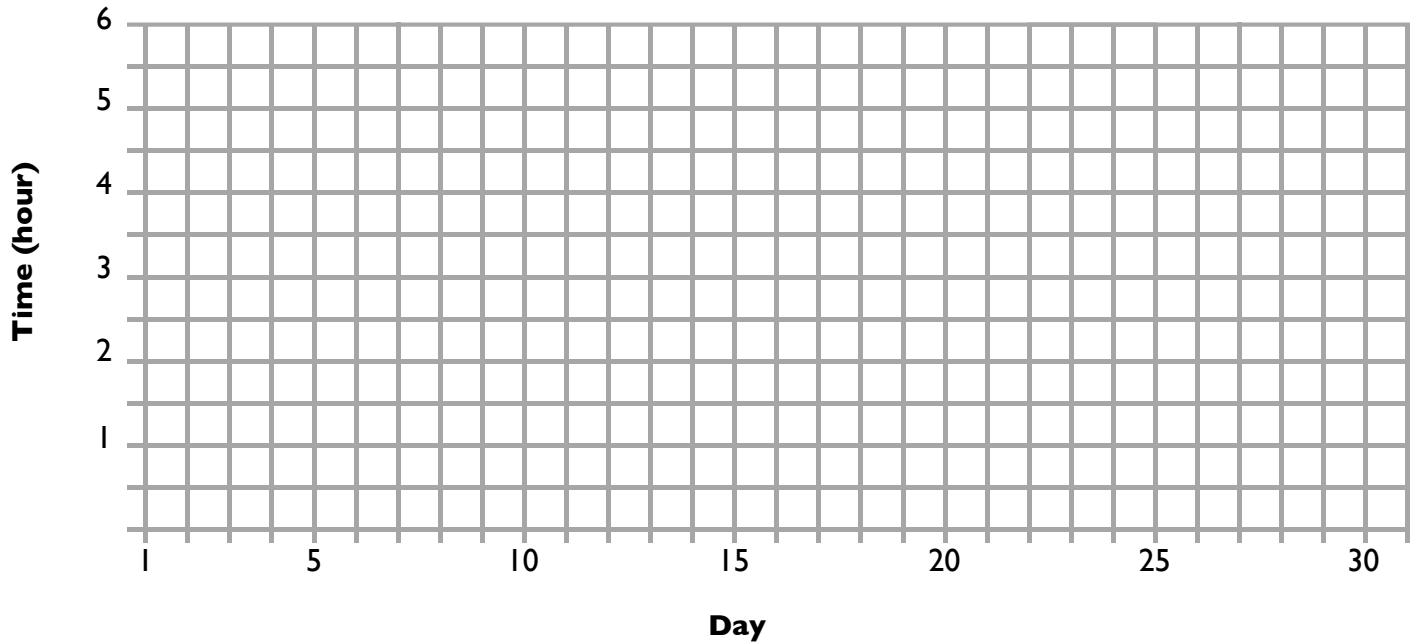
MONTH:						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SAFETY TIP OF THE WEEK: If you are age 17 and under, you are required by law to wear a helmet when rolling.</p>						
<p>SAFETY TIP OF THE WEEK: Helmets are recommended to be replaced 5-10 years from manufacturer date.</p>						
<p>SAFETY TIP OF THE WEEK: Being aware on the streets is not just looking. It is important to listen to the sounds of the street. A vehicle that you can't see may be near.</p>						
<p>SAFETY TIP OF THE WEEK: Be sure to do the ABC check before riding your bike! (Air pressure, Brakes, Chain)</p>						
<p>SAFETY TIP OF THE WEEK: Drivers are not always aware of pedestrians crossing. Make eye contact with them before crossing.</p>						



San Mateo County
SAFE ROUTES TO SCHOOL
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Graph your daily exercise!



On average, how many hours did you exercise each week?

Week 1 _____

Week 2 _____

Week 3 _____

Week 4 _____

Was this challenge hard or easy? Why?

Did you achieve your goals? If not, what could be improved to help you achieve those goals?

What was your favorite exercise?

Completed the worksheet? **Send it to us by October 9th, 2020** with your name and address and receive a Safe Routes to School Kit, loaded with lots of fun activities and items! You can scan and email it to srts@smcoe.org or mail it to: Safe Routes to School
101 Twin Dolphin Drive
Redwood City, CA 94065

****To qualify for the Safe Routes to School kit you must have logged at least one hour of exercise each day, completed the full worksheet, and filled out the information on top (this includes your name, grade, school, and mailing address)****



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