



Make Trax and Walking and Rolling to School

Make Trax is a research project to increase walking and rolling to school when the distance is reasonable and the route is safe. Use this worksheet to identify the benefits of a physically active commute to school.

- You**
- Collect information about walking to school.
 - Figure out ways to increase walking.
 - Share your ideas.

- And answer questions about**
- Student travel to and from your school.
 - Benefits of walkable communities.
 - Non-motorized transportation and planning.

The Internet is used throughout your project.

Use this website to answer the questions below. → <http://saferoutesmichigan.org/links.htm>

1. What is a carbon footprint?

2. What can you do to decrease your carbon footprint?

3. Why is physical fitness important?

4. What can you do to increase your physical fitness?

5. What is a “walkable” community?

6. Why is it beneficial to live in a walkable community?

7. How walkable do you think your community is? Circle one answer.

I can walk everywhere I can walk many places I can walk a few places I can't walk anywhere safely