

Mountain RIDES

smart moves

trip tracker

name _____

phone _____

email _____

mailing _____

city _____ zip code _____

	Fri 5/21	Sat 5/22	Sun 5/23
# of trips	Blaine County Bike to Work Day		

	Mon 5/24	Tues 5/25	Wed 5/26	Thurs 5/27	Fri 5/28	Sat 5/29	Sun 5/30
# of trips							

	Mon 5/31	Tues 6/1	Wed 6/2	Thurs 6/3	Fri 6/4	Sat 6/5	Sun 6/6
# of trips							

	Mon 6/7	Tues 6/8	Wed 6/9	Thurs 6/10	Fri 6/11	Sat 6/12	Sun 6/13
# of trips							

	Mon 6/14	Tues 6/15	Wed 6/16	Thurs 6/17	Fri 6/18	Sat 6/19	Sun 6/20
# of trips							

	Mon 6/21	Tues 6/22	Wed 6/23	Thurs 6/24	Fri 6/25	Sat 6/26	Sun 6/27
# of trips							

	Mon 6/28	Tues 6/29	Wed 6/30	Thurs 7/1	Fri 7/2	Sat 7/3	Sun 7/4
# of trips							

	Mon 7/5	Tues 7/6	Wed 7/7	Thurs 7/8	Fri 7/9	Sat 7/10	Sun 7/11
# of trips							

	Mon 7/12	Tues 7/13	Wed 7/14	Thurs 7/15	Fri 7/16	Sat 7/17	Sun 7/18
# of trips							

	Mon 7/19	Tues 7/20	Wed 7/21	Thurs 7/22	Fri 7/23	Sat 7/24	Sun 7/25
# of trips							

	Mon 7/26	Tues 7/27	Wed 7/28	Thurs 7/29	Fri 7/30	Sat 7/31	Sun 8/1
# of trips							

	Mon 8/2	Tues 8/3	Wed 8/4	Thurs 8/5	Fri 8/6	Sat 8/7	Sun 8/8
# of trips							

	Mon 8/9	Tues 8/10	Wed 8/11	Thurs 8/12	Fri 8/13	Sat 7/14	Sun 8/15
# of trips							

	Mon 8/16	Tues 8/17	Wed 8/18	Thurs 8/19	Fri 8/20	TOTAL TRIPS	
# of trips						<input type="text"/>	

PRIMARY MODE: _____ **SECONDARY MODE:** _____

ESTIMATED MILEAGE:
 _____ (average per trip mileage) **X** _____ (total trips from above)
 = _____ **TOTAL MILES**

CARBON CALCULATOR
 Number of miles: _____

MPG of your vehicle you would have used: _____
 (Use 20mpg as an average if you don't know or don't have a car)

POUNDS OF CO2 REDUCED
 _____ miles ÷ _____ miles per gallon **X** _____ 19.5 = _____
 1lbs of CO2/gallon lbs of CO2 saved

HOW TO USE YOUR trip tracker

TRACK # OF TRIPS DAILY

Write in the total number of one-way trips you make each day. For example: Home to work=1 trip; Work to home=1 trip; Work to the store to the gym to work=3 trips. Only count trips when you have replaced driving in your car by yourself with an alternative mode. Trips solely for recreation do not count. Motorcycles do not count unless there are 2 people on the bike. Driving with your kids who can't drive or with your dog(s) doesn't count as a carpool. Driving with your kids and some one else's kids (therefore, saving a vehicle trip by their parents) does count as a carpool.

ENTER PRIMARY & SECONDARY MODE

Write in the letter indicating the mode(s) of alternative transportation you primarily used during Smart Moves. If you used multiple modes, write in primary and secondary modes.

B=Bike, W=Walk, C=Carpool, M=Bus, S=School Bus, X=Skate

ESTIMATE TOTAL MILES

Write in your average per trip mileage. Multiply this by the total trips to get an estimate of your total miles for Smart Moves. For example, you commuted from Hailey to Ketchum daily via the Mountain Rides Valley bus, so you would enter 12 miles for average trip length and then multiple by your total trips.

trip tracker ONLINE!

Go paperless. Visit www.mountainrides.org and click on the Trip Tracker icon on the home page to begin tracking your trips online.

For more information contact Mountain Rides at 788.RIDE or visit us online at www.mountainrides.org