Name_____ **Team**_____

Track your local* travel for 2 weeks. Leave your car behind whenever you can.

Replace car trip miles when you bike, bus, or walk.

Remove car trip miles when you shop or work from home.

Reduce car trip miles by half when you car or van pool.

**Omit any long vacations via car, train, or bus. Just record your ordinary routine.*

	Date	Activity *Record where you go and how you get there*	Round trip miles to your destination	Check if the Car-Lite Diet influenced you
Examples:				
Routine	9.22	Drove to the office **(no car miles replaced)**	8	❑
Replace	9.25	Biked to the office **(8 car miles replaced)**	8	❑
Remove	9.26	Worked from home **(8 car miles removed)**	8	❑
Reduce	9.27	Car pooled to the office **(4 car miles reduced)**	8	❑
				❑
				❑
				❑
				❑
				❑
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				❑
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				❑
				❑
				❑

Continued on back

Date	Activity *Record where you go and how you get there*	Round trip miles to your destination	Check if the Car-Lite Diet influenced you
			❑
			❑
			❑
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			❑

Madison environmental group

When you finish logging your trips, you may either:

- Transfer your trips from this worksheet to our online form at www.carlitediet.com
- Turn it in to your Car-Lite Diet workplace coordinator
- Fax this worksheet to 608-280-8108
- Mail this worksheet to: Madison Environmental Group
  Car-Free Challenge
  25 N. Pinckney St., Suite 310
  Madison, WI 53703