

Madison Environmental Group, Inc.

25 North Pinckney St., Suite 310 Madison, WI 53703 608.280.0800 phone 608.280.8108 fax

Car-Free Challenge Transportation Log

September 22 – October 5, 2005

Your Name	Email

Instructions

- Record every trip you make, starting the morning of September 22nd, 2005 and ending the evening of October 5th. 2005.
- Only include trips with a destination (i.e. don't record when you walk or bike solely for exercise).
- Enter the date, trip mode and destination for each trip.
- Enter the total miles for each trip (you can calculate trip miles at www.mapquest.com).
- Each time you make an effort to avoid car miles because of the Car-Free Challenge, check (✓) the "Avoided Miles?" box, then enter the number of car miles you avoided.

Examples:

Replace a car trip by biking, busing, or walking:

→ You avoid the total trip miles

Remove a car trip by combining trips or shopping from home:

→ You avoid the total trip miles

Reduce a fraction of the total trip mileage by carpooling:

- → Carpool with one other person, you avoid half the trip miles.
- → Carpool with two other people, you avoid two-thirds of the trip miles.
- → Carpool with three other people, you avoid three-fourths of the trip miles.

Date	Travel Mode & Destination Enter one trip per line. Record where you went and how you got there.	Trip Miles	Avoided Miles? (√)	Car Miles Avoided
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Date	Travel Mode & Destination Enter one trip per line. Record where you went and how you got there.	Trip Miles	Avoided Miles? (✓)	Car Miles Avoided		
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	TOTAL CAR MILES AVOIDED:					

When you finish logging your trips on October 5th, you may either:

- Transfer your trips from this worksheet to our on-line form at www.carfreechallenge.com
- Fax this worksheet to us at (608) 280-8108
- Mail this worksheet to: Madison Environmental Group

Attn: Car-Free Challenge 25 N. Pinckney St., Suite 310

Madison, WI 53703