



Walk and Roll Month

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Walked or rolled part-way or all the way to work (or school)

Walked or rolled in the rain

Walked or rolled with a friend

FREEBIE!

Visited the Walk & Roll website
[LINK](#)

Participated in one or more Walk & Roll Month events

Wore my helmet

Walked or rolled on a local trail or path
[LINK](#)

Walked or rolled together as a family

Discovered a new local trail
[LINK](#)

Waved to a person walking or riding a bicycle

Walked more than usual today

Downloaded the Walk & Roll Bingo Card

Added air to my bike tires

Visited a local bike shop

Walked or rolled to a farmer's market
[LINK](#)

Learned about a local Walk and Roll club
[LINK](#)

Walked and rolled in the same day

Walked or rolled more than usual in a day

FREEBIE!

Talked about the Walk & Roll Bingo to a friend

Carpooled or rode the bus to work (or school)

Parked the car further than usual from the store

Walked or rolled somewhere I usually drive or get driven to

Liked and followed @walkandrollcornwallsdg on Facebook
[LINK](#)

Rolled = bike, scooter, rollerblades, carpool or transit.

www.walkandrollcornwallsdg.ca