



BikeArlington's

Bike Instead Checklist

Use this guide to support you as you bike to places that you would normally drive to throughout the month. Set a goal and keep track of your rides, activities, and accomplishments.

Get Started with a Goal

Fill in how many car trips you will commit to reducing this month by choosing to bike instead, in the spaces below.

I _____, am making a commitment to reduce _____ number of car trips, each week, this month, by biking instead.

Track Your Progression

Track your progress as you accomplish each weekly prompt.

WEEK 1	PROMPT		
	Go on one bike trip to a place where you would normally drive to. Get your discount for biking to a local business.		
	Log bike trips that you take this week.		
	Date	Trip Description	✓

WEEK 2

PROMPT

Explore using Capital Bikeshare. A fun, easy, and accessible way to get around. **Register** to watch the film MOTHERLOAD with us.

Log bike trips that you take this week.

Date	Trip Description	✓

WEEK 3

PROMPT

Commute to work/Practice your commute by bike. **Register** to attend Bike to Work Day and pick up your free t-shirt.

Log bike trips that you take this week.

Date	Trip Description	✓

WEEK 4

PROMPT

Go all out and bike for a full day without driving a car. **Find hidden gems** in Arlington on a fun, curated **Scavenger Hunt**.

Log bike trips that you take this week.

Date	Trip Description	✓

Once you've completed all four prompts, and logged all your activities and bike trips, send us a copy (or picture) of your checklist to info@bikearlington.com for a chance to receive a giveaway.