

**Bike 'n Hike Teacher Tally of
Class Weekly Accomplishments:**

WEEK 1: _____
 dates

1. **Total miles traveled this week** = $\frac{\text{_____}}{\text{total miles traveled}}$
2. **Total CO₂ spared from the air** = $1 \times \frac{\text{_____}}{\text{total miles traveled}} = \frac{\text{_____}}{\text{pounds}}$
3. **Total calories burned** = $40 \times \frac{\text{_____}}{\text{total miles traveled}} = \frac{\text{_____}}{\text{calories}}$
4. **Total \$ saved** = $\$0.86 \times \frac{\text{_____}}{\text{total miles traveled}} = \frac{\text{_____}}{\text{dollars}}$

WEEK 2: _____
 dates

1. **Total miles biked/walked this week** = $\frac{\text{_____}}{\text{total miles traveled}}$
2. **Total CO₂ spared from the air** = $1 \times \frac{\text{_____}}{\text{total miles traveled}} = \frac{\text{_____}}{\text{pounds}}$
3. **Total calories burned** = $40 \times \frac{\text{_____}}{\text{total miles traveled}} = \frac{\text{_____}}{\text{calories}}$
4. **Total \$ saved** = $\$0.86 \times \frac{\text{_____}}{\text{total miles traveled}} = \frac{\text{_____}}{\text{dollars}}$

WEEK 3: _____
 dates

1. **Total miles biked/walked this week** = $\frac{\text{_____}}{\text{total miles traveled}}$
2. **Total CO₂ spared from the air** = $1 \times \frac{\text{_____}}{\text{total miles traveled}} = \frac{\text{_____}}{\text{pounds}}$
3. **Total calories burned** = $40 \times \frac{\text{_____}}{\text{total miles traveled}} = \frac{\text{_____}}{\text{calories}}$
4. **Total \$ saved** = $\$0.86 \times \frac{\text{_____}}{\text{total miles traveled}} = \frac{\text{_____}}{\text{dollars}}$

WEEK 4: _____
 dates

1. **Total miles biked/walked this week** = $\frac{\text{_____}}{\text{total miles traveled}}$
2. **Total CO₂ spared from the air** = $1 \times \frac{\text{_____}}{\text{total miles traveled}} = \frac{\text{_____}}{\text{pounds}}$
3. **Total calories burned** = $40 \times \frac{\text{_____}}{\text{total miles traveled}} = \frac{\text{_____}}{\text{calories}}$
4. **Total \$ saved** = $\$0.86 \times \frac{\text{_____}}{\text{total miles traveled}} = \frac{\text{_____}}{\text{dollars}}$



Sources of Calculations for Class Weekly Accomplishments

- **Carbon Dioxide emissions calculation based on EPA website and is an average of CO₂ emissions for passenger autos and light trucks.**
<http://www.epa.gov/otaq/consumer/f00013.htm>
 - 🌐 Traveling 1 mile=not emitting 1 pound CO₂
 - 🌐 Not emitting 25 pounds CO₂= planting 1 tree
- **Calories burned calculation is the average number of calories burned while riding a bike on flat terrain at 10 mph (22) and the calories burned by walking on flat terrain at 3 mph (60).**
<http://www.webmd.com/diet/healthtool-calorie-counter-calculator>
 - 🌐 Traveling 1 mile = burning 40 calories
 - 🌐 Burning 250 calories=1 slice of pizza
- **Cost of driving calculation based on direct cost to driver**
<http://commutesolutions.org/calc.htm>
 - 🌐 Traveling 1 mile = saving \$0.86
 - 🌐 Saving \$13.00 = 1 music CD