

Frequent Walk • Roll Program



STEP ONE:

Walk or Roll
to or from school



STEP TWO:

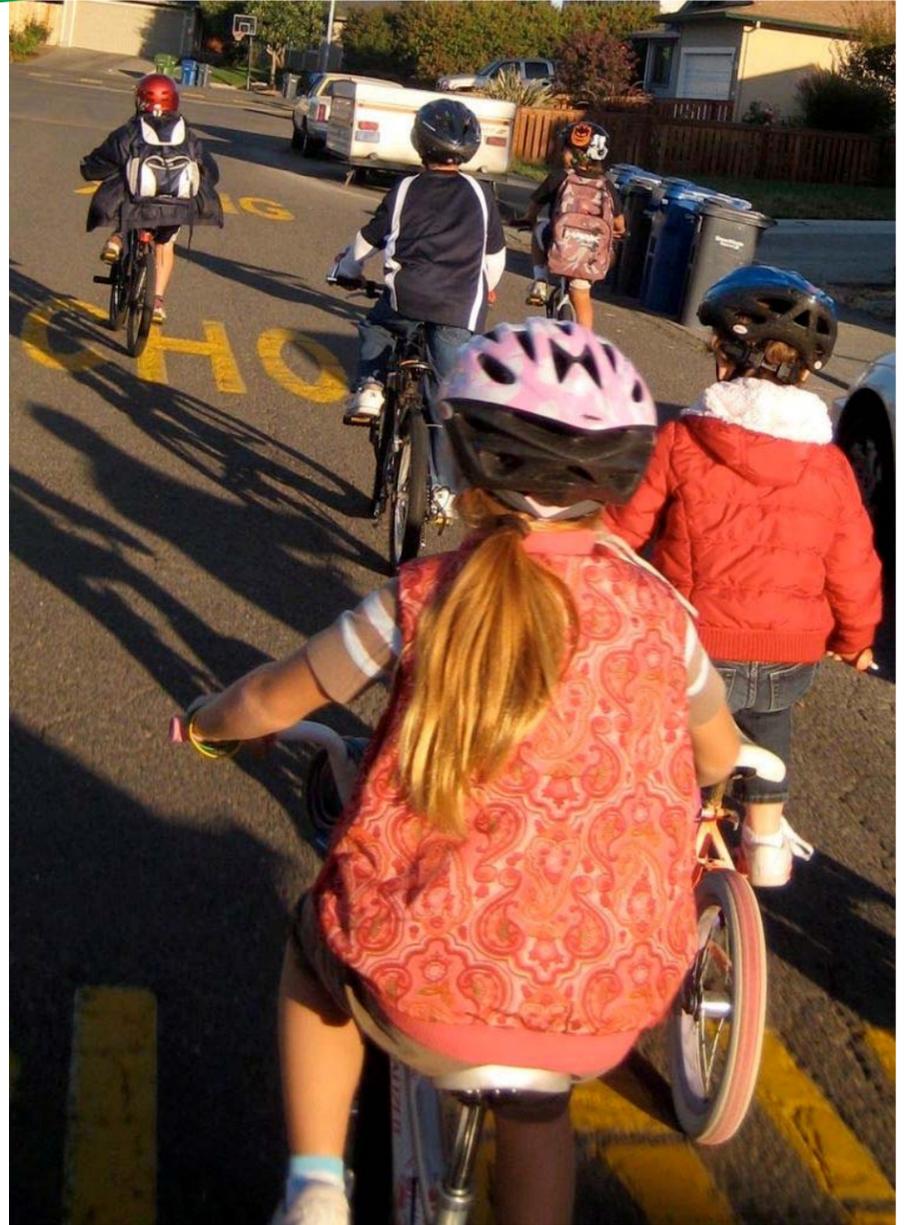
Mark ONE of the stars
for every day
you walk or roll
to or from school

STEP THREE:

Turn in completed
card

STEP FOUR

Get a chance
to WIN prizes!



**Get healthy,
have fun, reduce
traffic, and protect
the environment!**



METROPOLITAN
TRANSPORTATION
COMMISSION



KAISER
PERMANENTE. thrive