

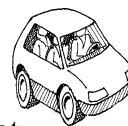
## GUIDE TO "GIVE YOUR CAR A BREAK - TRIP LOG"

**Help clean the air by avoiding miles driven in cars!**

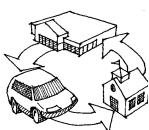


**Car trip miles** are the number of miles your car goes on a trip. Record this in the first column whenever you take a trip in a car.

**Carpooling** is when the car is driven for more than one person. If a car driver takes you and two friends to a movie 5 miles away and 5 back, you used 10 car miles for yourself and saved 10 car miles for each extra rider (10+10=20)! You would enter 10 miles in the *car trip* column and 20 in the *carpool* column. The driver and first student passenger are considered to be essential, and therefore, not extra people.



According to the EPA, driving a car is the single most polluting thing Americans do. In addition to pollution, each gallon of gas burned produces 20 pounds of carbon dioxide (CO<sub>2</sub>), a greenhouse gas, widely believed to contribute to global warming. The average vehicle produces .9 lbs of CO<sub>2</sub> per mile.



**Combining Trips** is like carpooling. If several purposes are accomplished with one car trip, record the total car trip miles and multiply by the number of extra purposes. If you go shopping on the way to visiting relatives, you had one extra purpose. If the total trip is 20 miles, enter 20 in the *car trip* column and 20 miles in the *combined trip* column.

**Buses** travel whether or not you use them. Any trip you take by bus is a car trip saved and saves pollution. Enter the distance of your bus trip in the *bus* column.



**Biking and Walking** don't pollute, provide freedom from cars, and increase strength and health. Engines run poorly until warmed up, so saving short trips reduces extra pollution per mile. For any biking or walking trip, round up to the nearest mile and enter in the *biking* or *walking* column.

**Other** If you save driving miles by using a different method write it down and include the miles you saved in the "other" column. Skateboarding and rollerblading are great fun ways to get around. Phoning ahead can avoid wasting trips, save time, money, and pollution.

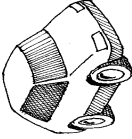
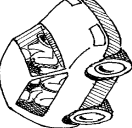

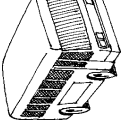

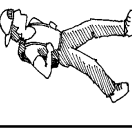



<b>Give Your Car a Break - Trip Log - (Log miles saved)</b>		Saved Trips						
		All Car Trips	Carpool	Combined	Bus/Train	Bike	Walk	Other
Day	How you got where	Miles for every car trip	Trip miles x extra people	Trip miles x extra purposes	Trip miles	Trip miles rounded up	Trip miles rounded up	New way to save
Monday	Rode bus to school and back				4			
	Rode car to friend's, store, and movies	25		x 2 = 50				
	Phoned to learn didn't need to go shopping							12
Tuesday	Rode car to school (one way)	2						
	Took bus home from school				2			
	Biked to ballfield and back					4		
Wednesday	Took bus to school and back				4			
	Walked to the store and back					1		
Thursday	Walked to school and back						4	
	Rode car to go bowling with 3 friends.	7	x 3 = 21					
<b>Total Car Miles</b>		<b>34</b>						
		<b>SAVED Car Miles!</b>	<b>21</b>	<b>50</b>	<b>10</b>	<b>5</b>	<b>4</b>	<b>12</b>

Each row represents a trip, or a trip and back.

In the spring of 2001, 1,250 Students from the Pioneer Valley in Massachusetts documented saving enough vehicle miles to go around the Earth 3.7 times, in one week, avoiding the production of 42 tons of CO<sub>2</sub>!

Each row represents a trip, or a trip and back.

NAME:		CLASS:							
Day	Give Your Car a Break - Trip Log- (Log miles saved)	All Car Trips 	Saved Trips						
			Carpool 	Combined 	Bus/Train 	Bike 	Walk 	Other 	
	How you got where	Miles for every car trip	Trip miles x extra people	Trip miles x extra purposes	Trip miles	Trip miles rounded up	Trip miles rounded up	Trip miles rounded up	New way to save miles
		<b>Total Car Miles</b>							
		<b>Total SAVED Car Miles!</b>							