# L.A.C.E. UP!

## Live Active, Commute Environmentally

| | Participant Name | 1-Nov | | 2-Nov | | 3-Nov | | 4-Nov | | 5-Nov | | Total |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | TO | FROM | TO | FROM | TO | FROM | TO | FROM | TO | FROM | |
| 1 | *Jessica (example)* | 1 | 1 | | | 1 | 1 | | | 1 | 1 | 6 |
| 2 | | | | | | | | | | | | 0 |
| 3 | | | | | | | | | | | | 0 |
| 4 | | | | | | | | | | | | 0 |
| 5 | | | | | | | | | | | | 0 |
| 6 | | | | | | | | | | | | 0 |
| 7 | | | | | | | | | | | | 0 |
| 8 | | | | | | | | | | | | 0 |
| 9 | | | | | | | | | | | | 0 |
| 10 | | | | | | | | | | | | 0 |
| 11 | | | | | | | | | | | | 0 |
| 12 | | | | | | | | | | | | 0 |
| 13 | | | | | | | | | | | | 0 |
| 14 | | | | | | | | | | | | 0 |
| 15 | | | | | | | | | | | | 0 |

*\* Put a 1 or an X when you actively commute TO or FROM work/school*

## L.A.C.E. UP!
### Live Active, Commute Environmentally

| | Participant Name | 6-Nov | | 7-Nov | | 8-Nov | | 9-Nov | | 10-Nov | | 11-Nov | | 12-Nov | | Total |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | TO | FROM | TO | FROM | TO | FROM | TO | FROM | TO | FROM | TO | FROM | TO | FROM | |
| 1 | *Jessica (example)* | 1 | 1 | | | 1 | 1 | | | | | | | 1 | 1 | 6 |
| 2 | | | | | | | | | | | | | | | | 0 |
| 3 | | | | | | | | | | | | | | | | 0 |
| 4 | | | | | | | | | | | | | | | | 0 |
| 5 | | | | | | | | | | | | | | | | 0 |
| 6 | | | | | | | | | | | | | | | | 0 |
| 7 | | | | | | | | | | | | | | | | 0 |
| 8 | | | | | | | | | | | | | | | | 0 |
| 9 | | | | | | | | | | | | | | | | 0 |
| 10 | | | | | | | | | | | | | | | | 0 |
| 11 | | | | | | | | | | | | | | | | 0 |
| 12 | | | | | | | | | | | | | | | | 0 |
| 13 | | | | | | | | | | | | | | | | 0 |
| 14 | | | | | | | | | | | | | | | | 0 |
| 15 | | | | | | | | | | | | | | | | 0 |

*\* Put a 1 or an X when you actively commute TO or FROM work/school*

| | Participant Name | 13-Nov | | 14-Nov | | 15-Nov | | 16-Nov | | 17-Nov | | 18-Nov | | 19-Nov | | Total |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | TO | FROM | TO | FROM | TO | FROM | TO | FROM | TO | FROM | TO | FROM | TO | FROM | |
| 1 | *Jessica (example)* | *1* | *1* | | | *1* | *1* | | | | | | | *1* | *1* | *6* |
| 2 | | | | | | | | | | | | | | | | 0 |
| 3 | | | | | | | | | | | | | | | | 0 |
| 4 | | | | | | | | | | | | | | | | 0 |
| 5 | | | | | | | | | | | | | | | | 0 |
| 6 | | | | | | | | | | | | | | | | 0 |
| 7 | | | | | | | | | | | | | | | | 0 |
| 8 | | | | | | | | | | | | | | | | 0 |
| 9 | | | | | | | | | | | | | | | | 0 |
| 10 | | | | | | | | | | | | | | | | 0 |
| 11 | | | | | | | | | | | | | | | | 0 |
| 12 | | | | | | | | | | | | | | | | 0 |
| 13 | | | | | | | | | | | | | | | | 0 |
| 14 | | | | | | | | | | | | | | | | 0 |
| 15 | | | | | | | | | | | | | | | | 0 |

*\* Put a 1 or an X when you actively commute TO or FROM work/school*

| Participant Name | 20-Nov | | 21-Nov | | 22-Nov | | 23-Nov | | 24-Nov | | 25-Nov | | 26-Nov | | Total |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | TO | FROM | TO | FROM | TO | FROM | TO | FROM | TO | FROM | TO | FROM | TO | FROM | |
| 1 Jessica (example) | 1 | 1 | | | 1 | 1 | | | | | | | 1 | 1 | 6 |
| 2 | | | | | | | | | | | | | | | 0 |
| 3 | | | | | | | | | | | | | | | 0 |
| 4 | | | | | | | | | | | | | | | 0 |
| 5 | | | | | | | | | | | | | | | 0 |
| 6 | | | | | | | | | | | | | | | 0 |
| 7 | | | | | | | | | | | | | | | 0 |
| 8 | | | | | | | | | | | | | | | 0 |
| 9 | | | | | | | | | | | | | | | 0 |
| 10 | | | | | | | | | | | | | | | 0 |
| 11 | | | | | | | | | | | | | | | 0 |
| 12 | | | | | | | | | | | | | | | 0 |
| 13 | | | | | | | | | | | | | | | 0 |
| 14 | | | | | | | | | | | | | | | 0 |
| 15 | | | | | | | | | | | | | | | 0 |

*Put a 1 or an X when you actively commute TO or FROM work/school*