



Local Motion's Bike Smart Activity Diary



Instructions:

Try to do these on different days—skills take a while to learn! As always, be safe while walking on the road. Bring an adult with you, so they can help you be safe.

	Date	Observations or Notes (optional)
Bike to the end of your road (with an adult)		
Walk to the end of your road (with an adult)		
Bike or walk somewhere you haven't ever been before		
Practice making smooth stops on your bike (you can tell you've made a smooth stop because you didn't fall off of your seat. It is fine to come off of your seat, but you should feel like you're in control)		

Practice making smooth starts (no wobbling when you start your bike. Use the power-pedal position for best results)		
Bike one mile (with an adult)		
Walk a half-mile (with an adult)		
Walk in the woods (with an adult)		
Practice making turns on your bike in an empty parking lot or your backyard (put down cones or sponges, or even smallish outdoor toys, spaced about 15' apart in a line, and weave your bike around the cones/toys)		
Practice riding your bicycle slowly—the slower the better. Have a “slow race” with your family (the last one across the finish line without putting a foot on the ground wins!)		
Enter Your Own!		