

**PHYSICAL ACTIVITY ZONE**

**My “Activity Zone”**

Please list walking “destinations” within 0-2 miles of your residence or work place (adjust the distance above to match your abilities and fitness level). Put a check in front of those destinations you currently walk to or could walk to:

	<u>Name</u>	<u>Distance</u>
<input type="checkbox"/> School	_____	_____
<input type="checkbox"/> Grocery store	_____	_____
<input type="checkbox"/> Convenience store	_____	_____
<input type="checkbox"/> Retail shops	_____	_____
<input type="checkbox"/> Retail shops	_____	_____
<input type="checkbox"/> Recreation facility	_____	_____
<input type="checkbox"/> Dining	_____	_____
<input type="checkbox"/> Dining	_____	_____
<input type="checkbox"/> Dining	_____	_____
<input type="checkbox"/> Parks	_____	_____
<input type="checkbox"/> Parks	_____	_____
<input type="checkbox"/> Library	_____	_____
<input type="checkbox"/> Church	_____	_____
<input type="checkbox"/> Other	_____	_____
<input type="checkbox"/> Other	_____	_____

Please list biking “destinations” within 0-4 miles of your residence or work place (adjust the distance above to match your abilities and fitness level). Put a check in front of those destinations you currently bike to or could bike to:

	<u>Name</u>	<u>Distance</u>
<input type="checkbox"/> School	_____	_____
<input type="checkbox"/> Grocery store	_____	_____
<input type="checkbox"/> Convenience store	_____	_____
<input type="checkbox"/> Retail shops	_____	_____
<input type="checkbox"/> Retail shops	_____	_____
<input type="checkbox"/> Recreation facility	_____	_____
<input type="checkbox"/> Dining	_____	_____
<input type="checkbox"/> Dining	_____	_____
<input type="checkbox"/> Dining	_____	_____
<input type="checkbox"/> Parks	_____	_____
<input type="checkbox"/> Parks	_____	_____
<input type="checkbox"/> Library	_____	_____
<input type="checkbox"/> Church	_____	_____
<input type="checkbox"/> Other	_____	_____
<input type="checkbox"/> Other	_____	_____

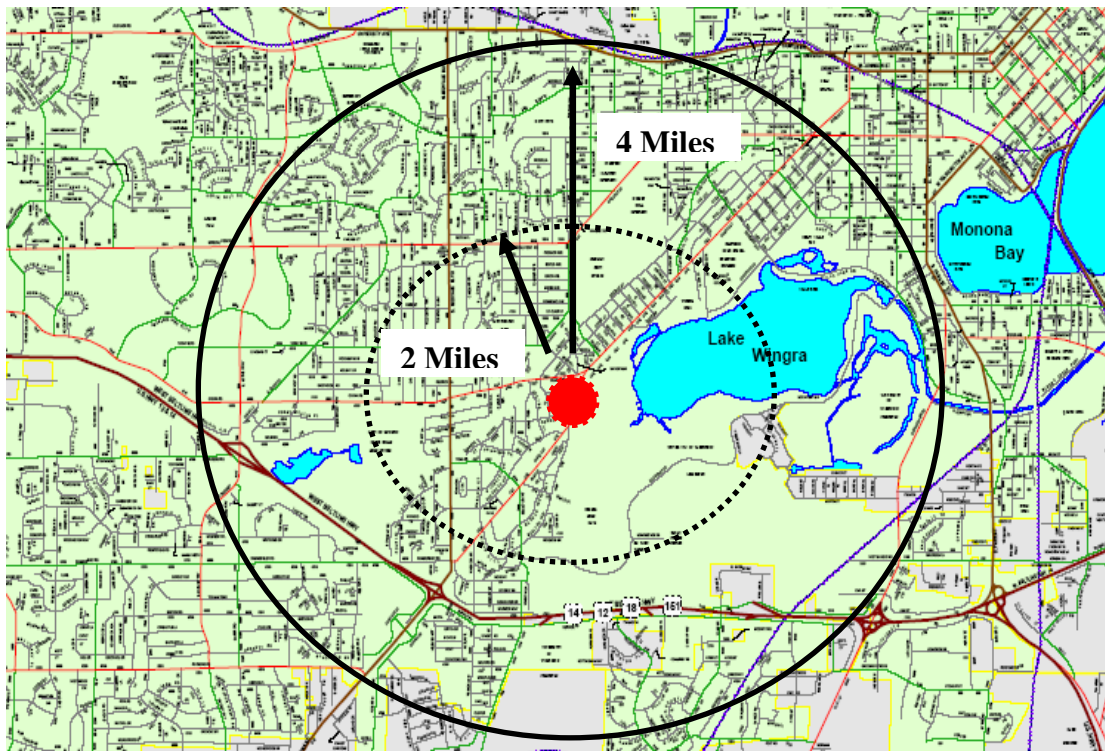
Don't know how far away your destinations are? Here are two ways to find out:

- 1) Go to [www.walkscore.com](http://www.walkscore.com) and enter your address. A map will appear with local destinations listed along with the distance of each one from your address.
- 2) Map your route using Map My Run, a tool that lets you choose the route and automatically calculates the distance. <http://walkingguide.mapmyrun.com/>

Need to transport goods from these destinations? Invest in a backpack or cart for walking and a backpack or saddle bags for biking.

### How do I determine my "Activity Zone"?

Use the Walkscore map, download a map off the internet or grab a local map and draw circles on the map for how far you would be willing to walk and how far you would be willing to bike to get to a "destination". Adjust the distances below to match your abilities and fitness level. Anything in your zone should be considered as a possible walking or biking destination. Next time you're ready to hop in the car and drive to a destination, consider whether a walking or biking trip might be a good alternative. It's an easy way to build activity into your daily routine.



0 to 2 Mile  
Walking Radius



2 to 4 Mile  
Biking Radius