

10 DAY MEDALIST

LOG 10 SUSTAINABLE COMMUTES MAY 5- MAY 18.
WIN FREE A SWEET PEAKS CONE!



How to be a 10 Day Medalist if you do NOT work a typical 5-day work week May 5 - May 18

If you are not scheduled to work 10 days between Sunday May 5th and Saturday May 18th, you can still achieve the highly coveted 10 Day Medalist status - and win free ice cream! **Simply follow these steps:**

1. First, go ahead and log the trips for the days you did work (if you did in fact use sustainable transportation on those days).
2. For the additional number of days you need to log a trip in order to have a total of 10 days with sustainable commutes, log a trip for each of those days and select "Commute - Compressed Work Week" as your Mode of Travel (see image to the right).
3. In the "One-Way Distance" section, list the mileage for your normal daily commute.

The screenshot shows the 'LOG YOUR TRIPS' interface. It includes a calendar for March 2019 with dates 25 through 31 highlighted. To the right of the calendar is a form with fields for 'DEPARTURE' (12:00 PM) and 'ONE-WAY DISTANCE' (1.2 MI). Below the calendar is a list of travel modes: Commute - Telework, Commute - Compressed Work Week (highlighted), Commute - Drive Alone, Errand - Bike, Errand - Carpool, Errand - Walk, Errand - Transit, Errand - Drive Alone, and Commute - Bike. A 'LOG 2 TRIPS' button is at the bottom right.

Here's an example:

Connie the Commuter is a nurse and she is only scheduled to work 3 days for both the week of May 5 - 11 and the week of May 12 - 18. She commutes by bike each of the 6 days that she works a shift. Connie would first log the 6 trips for the days that she actually worked, entering her One-Way Mileage and selecting "Commute-bike" as her Mode of Travel. Next, she would select any 4 additional days between May 6 - 19 (10 days total - 6 days worked = 4 days that need sustainable commutes logged). For those 4 days, Connie would log a trip and select "Commute- Compressed Work Week" as her Mode of Travel.

Questions? Contact us: 406.522.6675 / mim@missoulainmotion.com



BIKE



CARPOOL



VANPOOL



TELECOMMUTE



WALK



BUS