



# *Sustainable Transportation Training Program*



Choose a plan and learn about your different sustainable transportation options





## About this training plan...

Through one these training plans you can examine and practice all of your transportation options. The goal is to move forward and engage in sustainable transportation habits that fit your lifestyle. It's all about doing what you can when you can.

There are four different training plans you can choose from.

**Gold Go-Getter**

**Silver Superstar**

**Bronze Boss**

**Commuter Challenge Specific**



The Commuter Challenge Training Plan is a combination of the Commuter Challenge specific tasks and other plan elements. Participate in the Commuter Challenge Training Plan if you are Commuter Challenge participant. You will have the opportunity to win additional prizes. The other options are the Gold, Silver, or Bronze plans, which can be accomplished at your own pace. This is also a great tool to incorporate in a workplace to create an internal challenge.

Ask your Commuter Challenge Captain or MIM Staff if you have any questions.



## Which plan should I choose?

Each plan is a little different. Pick a plan that is going to challenge you and help you realize all of your transportation options. View each plan to see what is doable for you and help your think of what elements can be applied your lifestyle. If you are participating during the Commuter Challenge, choose the Commuter Challenge Specific Plan to compete for prizes and awards.



# Gold Go-Getter

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## Training Plan

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### Training Element

### Completion Date and Notes

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Ride the Bus and thank your bus driver

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Encourage someone you know to commute sustainably. How did that go?

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Share one of your sustainable trips on social media and tag @missoulainmotion

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Carpool — Make sure to “Favorite” your carpool route on Way To Go! Missoula so others can join you in the future!

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Like Missoula In Motion on Facebook and/or Instagram (@missoulainmotion)

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Register your bike or help a friend register

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Organize your own workplace event or challenge

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Set a goal for yourself to travel sustainably. Tell a friend and have an accountability buddy

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Complete a multi-modal trip

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Sign up for a Missoula In Motion Sustainable Transportation Event

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*Complete the following list to win the Gold. Take notes, improve your skills, and be the best sustainable traveler you can!*



# Silver Superstar



## \_\_\_\_\_’s Training Plan

<u>Training Element</u>	<u>Completion Date and Notes</u>
Sign up for a Missoula In Motion or sustainable transportation related event	
Assist in organizing a workplace event or challenge involving sustainable transportation	
Complete a multi-modal trip — log your trip	
Set a goal for yourself to travel sustainably. Tell a friend and have an accountability buddy	
Like Missoula In Motion on Facebook and/or Instagram	
Ride the bus; thank your bus driver	
Carpool — Make sure to “Favorite” your carpool route on Way To Go! Missoula so others can join you in the future!	

*Complete the following list to win the Silver. Take notes, improve your skills, and be the best sustainable traveler you can!*



# Bronze Boss

## 's Training Plan

<u>Training Element</u>	<u>Completion Date and Notes</u>
Travel sustainably for an errand	
Ride the bus and thank your bus driver	
Set a goal for yourself to travel sustainably. Tell a friend and have an accountability buddy	
Like Missoula In Motion on Facebook and/or Instagram (@misosulainmotion)	
Send us a picture of you as a pedestrian! Whether you are walking to run an errand or to work, send us a picture (mim@missoulainmotion.com)	

Complete the following list to win the Bronze. Take notes, improve your skills, and be the best sustainable traveler you can!



Choose and complete a training level during the Commuter Challenge, May 6-19.

Gold Medal Requirements: 10 Gold Go-Getter tasks, 5 Commuter Challenge Specific tasks

Silver Medal Requirements: 7 Silver Superstar tasks, 3 Commuter Challenge Specific tasks

Bronze Medal Requirements: 5 Bronze Boss tasks, 2 Commuter Challenge Specific tasks

You will receive recognition at the Closing Ceremonies for your accomplishments on May 30th at Burn St. Bistro. Individuals who complete different level will be put into drawings for gift cards and prizes.

<b><u>Commuter Challenge Specific Tasks</u></b>	<b><u>Completion Date and Notes</u></b>
Attend the Commuter Challenge Kick Off Party (May 7) at Bayern Brewing	
Attend the Commuter Challenge Party (May 30) at Burn St. Bistro	
Encourage a co-worker during the Commuter Challenge who may not be as likely to sustainably travel. How can you help that person?	
Send an encouraging email or note to co-workers to meet their sustainable transportation goal	
Aid in the creation of your “Workplace Flag” — show us your creative side and workplace spirit	
Have a meeting during the workday that is out of the office? Sustainably travel to the meeting	
Organize your own workplace event or challenge (i.e go to a Breakfast on the Bridge with co-workers)	
Attend a Bike Month event during the weeks of the Commuter Challenge	

*Complete the following list, take notes, improve your skills, and be the best sustainable traveler you can!*