



January

www.bikeleague.org

Bicycling with a moderate effort (12-14 mph) for one hour will burn 560 calories for a 155 lb. adult; 690 calories for a 190 lb. person.

I, _____,
pledge that I rode my bike to and from
work a minimum of three days per week
this month.

Attach any bike expense receipts
incurred this month to this card
when you turn it in to your
human resources department.

