Metres	Date	Parents / Carers
		Signature

Metres	Date	Parents / Carers Signature



A measurable physical activity initiative for your school

Your Golden Mile Travel Card

To increase your physical activity levels, to become healthier and reach your Golden Mile rewards even quicker you can count your distance walked to and from school.

Name:	
School:	



A measurable physical activity initiative for your school

When do I use the Travel Card?

This travel card has been designed to record all the exercise your child completes travelling to and from school. Each week your child must give this card to their allocated Golden Mile Monitor so their exercise can be added to their already completed activity within school hours.

How do I measure the distance from my house to my school?

- 1. Go to www.maps.google.co.uk
- 2. Click 'Get Directions'.
- 3. Click the 🏌 icon.
- 4. Enter your postcode in box A provided.
- 5. Enter the schools postcode in box B provided.
- 6. Click 'Get Directions' again.
- 7. Choose the safest suggested route.
- 8. Enter the distance in miles.

If you cannot access Google Maps, you can measure the distance from your house to your school using bing.com/maps or by using IOS 7 maps on your iPhone.

Alternatively you can...

Jump in the car and record how many miles the car has done before you start and then after the route. All you need to do is note the difference and use the simple formula below to work out the meters travelled.

Convert your miles into meters:

1 mile = 1609 meters

How to ENJOY The Golden Mile...

- Your safety is important, so make sure you are supervised every time you start & finish your Golden Mile.
- Ask the person in charge to sign your Travel Card i.e. parent/carer
- If the weather is bad, you don't have to do it you can do more when the weather is better.
- Walking is just as important as jogging or running, so do the Golden Mile at your own speed.

Your Golden Mile do's & dont's...

- Never attempt the Golden Mile if the weather is bad
- Try to 'warm up' before starting the Golden Mile
 "cool down' afterwards especially if you are jogging or running!
- If you are injured or not feeling well, don't do it!
 you can always do it another day.
- Start at a steady pace REMEMBER you are the most important person so do it at YOUR OWN comfort level.

Look what you can achieve with The Golden Mile...

You can get your certificates when you have completed the following:

10 miles = Bronze

25 miles = Silver

50 miles = Gold

75 miles = Emerald

100 miles= R

150 miles= Diamond

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