

# Let's Go Tees Valley Commuter Challenge

## 13-19 May

LET'S GO  
 TO WORK  
 Happy!

Your name: \_\_\_\_\_ Email: \_\_\_\_\_ Phone no: \_\_\_\_\_

### Commuter Challenge Journey Log



How did you travel today?	Day 1 Mon 13 May	Day 2 Tue 14 May	Day 3 Wed 15 May	Day 4 Thu 16 May	Day 5 Fri 17 May	Day 6 Sat 18 May	Day 7 Sun 19 May
To work							
To home							

#### How to fill in your journey log:

For each day that you go to work during the week of Monday 13 to Sunday 19 May, fill in the table with how you travelled that day, including if you drove alone. If you didn't travel to work on that day, just leave it blank.

At the end of the week, you will receive an email with instructions on how to log your journey info online. If you need any help, you can contact us at [info@letsготeesvalley.co.uk](mailto:info@letsготeesvalley.co.uk) or call **01325 40 50 40**. **Good luck!**

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### Walk, cycle, car-share or use public transport for your chance to win!

13-19 May 2019 is the week to leave the car at home and try greener, healthier ways to get to work. Whether you **cycle, walk, try the bus or train or even car share**, you'll be moving more, driving less and feeling better and fitter as a result. Fewer cars mean better air quality so you'll be doing your bit for your community and your environment too.

1. Sign up at [www.letsgotoeesvalley.co.uk/commuter-challenge](http://www.letsgotoeesvalley.co.uk/commuter-challenge)
2. Leave your car at home and use other ways to get to work during Monday 13th to Sunday 19th May 2019.
3. Keep track of your journeys during the week on the form overleaf.

We will send you information on how to log all your journeys online at the end of the week.

It really is as easy as one, two, three! Once you sign up we will email you instructions and prize information throughout the challenge.

### What's on offer?

#### TOP PRIZE... Overnight stay at Wynyard Hall for two people !

Every car trip that you swap for a greener journey to work earns you 1 entry into a prize draw to win an overnight stay at Wynyard Hall for two people. So even if you leave the car at home for just one day, that's two entries into the hat— one for getting to work, and one for getting home again!

### Get social and get winning!

#### Share your #HappyCommute photos on Facebook, Twitter or Instagram and you could win even more prizes every day!

- Every day:** Independent Teesside Cards  
**Monday:** Rounton Coffee Kit  
**Tuesday:** Go Pro Hero Action Camera  
**Wednesday:** Fitbit Versa activity tracker  
**Thursday:** Dinner for two at Fork in the Road, Middlesbrough  
**Friday:** Breakfast delivered to your workplace