

The *Way2Go* Active Travel Passport helps you track your progress towards safer and more active travel. Use with the *Way2Go* Family School Travel Guide. At the end of the month compare your travel plan with your record of travel.

How to record your travel

Use these symbols to record how you travelled to and from school.

Symbol	Meaning
WA	Walk with an adult I live with
WF	Walk with an adult I don't live with
В	Bike
S	Scoot or skate
С	Private car
PW	Park and walk (500m + from school)
PT	Public transport i.e. bus, tram, train

Use the notes column to record anything that will be useful to know later when you reflect on how well your plan went.

Travel Plan

Day	To School	From School
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

Trusted Adults

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Trusted adults who might help when the plan changes.
2
Name
Phone number

Name		
Phone number		

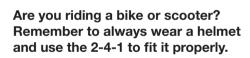
Week one

Day	To School	From School
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		



Week two

Day	To School	From School
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		





Week three

Day	To School	From School
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		



Listen to the adult who travels with you to learn how to keep yourself safe. Show them that you know what to do next time.



Week four To School Day From School Monday Tuesday Wednesday Thursday

Friday



Want more friends to join you along the the way? Talk to an adult about how to get a group together.



Reflection

Take the time to reflect on the new routine. This is a great opportunity to adapt the routine, take stock of new skills your child has developed as well as acknowledge your achievements towards a safer and more active lifestyle. You may like to use the questions below to assist in the discussion.

What worked well?

e.g. now using STOP, LOOK, LISTEN, THINK procedure consistently

What did not work well?

e.g. Sometimes I got hungry after school

Notes

What would you do differently next time?

e.g. Remember to pack an after school snack

Congratulations on your achievements towards safe active travel!

If things didn't quite go as planned, remember it takes time to create new habits. Keep going!

For more information, resources and support visit www.dpti.sa.gov.au/Way2Go

