

# — BIKE MONTH —

*May is National Bike Month!*

Northern Nevada Public Health invites you to join us in celebrating Bike Month with fun challenges and activities for everyone. Active school trips allow children and faculty to get the daily physical activity they require while also developing healthy habits that will last a lifetime. These challenges are fun ways to promote and encourage physical activity at school, create a healthier environment, and get students and faculty excited about developing and living healthier lifestyle!

For more information visit [bikemonthwashoe.org](http://bikemonthwashoe.org)

NORTHERN NEVADA

**Public Health**

# BIKE MONTH —ACTIVITIES—

## Bike Bingo

Complete as many activities as you can and try to get a bingo!

## Tracking Sheet

Track how many days you ride your bike for one week!

## Draw your own bike

Design your own bicycle. What special qualities does it have? How fast does it go? What does it look like?

## Short Story

Write a short story on where your bicycle will take you!

## Community Bike Month Events

Participate in other events hosted by our community partners, learn more at [bikemonthwashoe.org](http://bikemonthwashoe.org)

**FUN ACTIVITIES FOR EVERYONE!**

# BIKE BINGO

BIKE MONTH



Share how biking is good for you	Wear bright and/or reflective clothing	Use bike signals when riding	Bike 5 days in a row	Complete drawing activity
Bike to school	Use a bike rack	Bike with a friend	Ask a family member to bike with you	Wave to another cyclist
Bike for 30 minutes in one week	Do the "ABC" check	<b>FREE SPACE</b>	Bike to a park	Share a photo of your bike gear
Wear a properly fitted helmet	Pump your tires with air	Share why you like to ride your bike	Visit a local bike shop	Bike to a friend's house
Complete bike tracking sheet	Review safety cycling tips	Visit a library	Go to one community event	Take a photo of you and your bike

# BIKE WEEK TRACKING SHEET

**Track how many days you ride your bike for one week!**

How long did you ride? Where did you ride? How did you feel?

Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

# DRAW YOUR OWN BIKE

Design your own bicycle. What special qualities does it have? How fast does it go? What does it look like?



