

# Workout to Work



**MONTH:**

**TOTAL MILES:**

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat./Sun.	Weekly Total
<b>Week 1</b>	<input type="checkbox"/> Car Free	<input type="checkbox"/> Car Free	<input type="checkbox"/> Car Free	<input type="checkbox"/> Car Free	<input type="checkbox"/> Car Free	<input type="checkbox"/> Car Free	
<b>Week 2</b>	<input type="checkbox"/> Car Free	<input type="checkbox"/> Car Free	<input type="checkbox"/> Car Free	<input type="checkbox"/> Car Free	<input type="checkbox"/> Car Free	<input type="checkbox"/> Car Free	
<b>Week 3</b>	<input type="checkbox"/> Car Free	<input type="checkbox"/> Car Free	<input type="checkbox"/> Car Free	<input type="checkbox"/> Car Free	<input type="checkbox"/> Car Free	<input type="checkbox"/> Car Free	
<b>Week 4</b>	<input type="checkbox"/> Car Free	<input type="checkbox"/> Car Free	<input type="checkbox"/> Car Free	<input type="checkbox"/> Car Free	<input type="checkbox"/> Car Free	<input type="checkbox"/> Car Free	

Submit your monthly miles and car free days online at:  
[http://www.abctma.com/programs/workout\\_cashinmiles.htm](http://www.abctma.com/programs/workout_cashinmiles.htm)  
 Contact the ABC TMA at 617-557-7322



All employees/tenants of ABC TMA member companies submitting their miles and car free days will be entered in a monthly grand prize drawing.