GREEN COMMUTER MILES LOG

IMPROVE YOUR HEALTH
WHILE IMPROVING THE AIR

Every day that you use an alternative commute option to UCDHS, your name will be entered into a drawing for wonderful prizes. Entries must be received at the Parking and Transportation Services Office by the end of each month. Please do not send any entries until the month is over. FAX your completed form to (916) 734-0600 (NO COVER SHEET NEEDED). Remember the more alternative trips you log, the more chances you have to win.

PLEASE PRINT CLEAR

1. Name:_____________________________ 2. Work Phone:___________
3. Department: ________________________ Email:___________________
4. Do you routinely drive alone to UCDMC? __________
5. How many miles ONE-WAY is your commute? _________

IMPORTANT: Each month fill in the dates and write the KEY LETTERS of the commute option you used for each day that you did not drive alone to UCDMC.

MONTH:

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

KEY LETTERS
A = Amtrak
B = Bike
C = Carpool
T = Transit, Light Rail
V = Vanpool
W = Walk, Other

PLEASE FAX THIS FORM EACH MONTH TO (916) 734-0600