

Quick Assessment

TAKE THIS QUIZ! 

Directions: Read the following strategies for promoting walking and biking. For each question, refer to the key, then give yourself a point score of 0-3, based on how well your organization currently promotes walking and biking.

KEY: 0= Never 1= Occasionally 2= Somewhat often 3= Always

	Does your organization provide walking and biking maps/guides of local trails and commuter routes or information about completed infrastructure projects (trails, paths, bike lanes, etc.) in your community?
	Are social marketing materials or visual cues such as billboards, posters, or bulletin boards that promote the health benefits of walking and biking present in your environment?
	Does your organization offer incentives to those who walk or bike?
	Are bike racks available and accessible?
	Does your organization provide resources about walking and biking to its members through newsletters, memos, payroll stuffers, etc.?
	Does your organization hold special events such as health fairs, wellness week, Bike to Work Day, contests, or ongoing activities to promote walking and biking?
	Has your organization appointed an individual to champion walking and biking as one of his or her job responsibilities?
	Does your organization have policies or guidelines that encourage and promote walking and biking?
	Do you and the other leaders in your organization walk and bike?
	Are “awareness activities” held within your organization (ie: assemblies, guest speakers, seminars, or workshops designed to educate about safety and to promote the benefits of walking and biking)?

Total your points, then turn the page to see how you did...

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Check your score:



Total your points from the previous page and use the guide below to see your results.



25-30: You are a community leader! Thank you for your great work. Continue to lead the way by reaching out to other organizations, schools, and businesses to support them in promoting walking and biking.

15-24: You are already doing great work. See if you can raise your score by partnering with other organizations in the community.

5-14: Your work has begun and you are off to a good start. Use this toolkit to guide you to the next level.

0-5: You are in the right place to create change in your organization. Use this toolkit to help you take the first steps. You can make a difference in the health of your community!



Now turn the page to learn how you can improve your score.



“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.” -Margaret Mead