

WALK

BIKE

RIDE

I took the Challenge.

Get moving, get active, get prizes!

www.seattle.gov/waytogo

DIRECTIONS:

- Use a light colored Tshirt (preferably white)
- Purchase iron-on transfer sheets at any crafts/hobby store
- Follow the directions according to the packaging
- Trim off excess areas around artwork
(not necessary, but will create a nicer finish. Make sure to trim off this text.)