

Walkable America Checklist

Everyone benefits from walking. But walking needs to be safe and easy. The more "walkable" our community is, the more likely we will be to walk. Before you take a walk, read over the checklist below. As you walk, note the locations of things you would like to change. At the end of your walk, give an overall rating to each question. Then, add up the numbers to see how you rated your walk.

Rating scale: 1 = awful 3 = some problems 5 = very good
2 = quite a few problems 4 = good 6 = excellent

1. Did you have room to walk?

41 Yes
There were some problems:
9 Sidewalks started and stopped
6 Sidewalks were broken or cracked
8 Sidewalks were blocked with poles, signs, shrubbery, dumpsters, etc.
9 No sidewalks, paths, or shoulders
4 Too much traffic

Rating (circle one): 1 2 3 4 5 6 4.96

2. Was it easy to cross streets?

42 Yes
There were some problems:
4 Road was too wide
3 Traffic signals made us wait too long or did not give us enough time to cross
16 Needed striped crosswalks or traffic signals
9 Parked cars blocked our view of traffic
3 Trees or plants blocked our view of traffic
3 Needed curb ramps or ramps needed repair

Rating (circle one): 1 2 3 4 5 6 4.88

3. Were drivers courteous?

42 Yes
There were some problems. Drivers:
3 Backed out of driveways without looking
10 Did not yield to people crossing the street
4 Turned into people crossing the street
6 Sped up to make it through traffic lights or drove through red lights

Rating (circle one): 1 2 3 4 5 6 5.05

4. Was it easy to follow safety rules? Could you...

Cross at crosswalks or where you could see and be seen by drivers? 52 Yes 9 No

Stop and look left, right and then left again before crossing streets? 58 Yes 0 No

Walk on sidewalks or shoulders facing traffic where there were no sidewalks? 51 Yes 5 No

Rating (circle one): 1 2 3 4 5 6 5.24

5. Was your walk pleasant?

46 Yes
There were some problems:
2 Needed more grass, flowers or trees
7 Scary dogs
1 Scary people
4 Not well lighted
4 Dirty, lots of litter or trash

Rating (circle one): 1 2 3 4 5 6 5.24

65 RESPONDENTS

Score your walk below.

Our total was 25.37

26-30: Celebrate! You have a great area for walking.
21-25: Celebrate a little. Your area is pretty good.
16-20: Okay, but it needs work.
11-15: It needs lots of work. You deserve better.
5-10: Call out the National Guard before you walk. It's a disaster area.



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For ideas about what you can do to make your route more walkable, visit the National Safety Council's "Partnership for a Walkable America" website at www.nsc.org/walkable.htm.