

CommuteSmartNW.org Website Calculations



- Money Saved
 - Total miles saved multiplied by \$.57
 - [Based on AAA 2017 average 15,000 miles traveled per year](#)



- Gas Saved
 - Total miles saved divided by 24.7 average MPG
 - Based on 2016 data reports www.reuters.com and www.motortrend.com



- Calories Burned
 - Walking
 - Total miles saved multiplied by 100 calories per mile
 - Based on average 180lb person - <https://caloriesburnedhq.com/calories-burned-walking/>
 - Average 2,000 steps per mile – <http://thewalkingsite.com/walkingfaq.html>
 - Bicycling
 - Total miles saved multiplied by 56 calories
 - Based on 175lb person cycling at 14MPH - <https://caloriesburnedhq.com/calories-burned-biking/>
 - This figure was created by taking the two averages and splitting the difference.
 - Combine the two numbers for calories burned



- CO2 Reduced
 - Total miles saved multiplied by 0.006317559lbs per average vehicle mile traveled
 - Based on EPA 2014 Data [P100LQ99.PDF](#)



- GHG Reduced
 - Total miles saved multiplied by 0.92408741355lbs per average vehicle mile traveled
 - Based on documentation sent to the CTR office by Michael Wandler and supported by documentation on the EPA website. [View supporting documents](#)