EVERYDAY CYCLING / ONE RIDE TO LEARN FROM

My first week cycling to work.

Seven flexible steps. Repeat, move, or pause any step. Start with what you own; there is no shopping list to finish first.

- [ ] **01 Make room for one ride**

  Choose one commute day and a backup way home. Ask about bike parking and somewhere to change or leave a bag.

- [ ] **02 Find a route you want to try**

  Compare quieter streets or separated paths in both directions. Check crossings, closures and the final approach to work.

- [ ] **03 Prepare what you already have**

  Check air, brakes, chain and wheel fastenings; get help if needed. Pack a light load, secure straps, check helmet fit and plan locking.

- [ ] **04 Try it without the deadline**

  Try the route, or a manageable section, in daylight with your usual bag. Allow time for stops, parking and getting ready.

- [ ] **05 Give the commute a try**

  Check your bike, weather and return plan. Ride if conditions suit you; otherwise move the ride or try a shorter section.

- [ ] **06 Make one thing easier**

  Choose one adjustment: a calmer crossing, lighter bag, earlier departure, or spare clothes at work. No streak to protect.

- [ ] **07 Choose your next week**

  Choose a realistic next ride and keep a backup. Ask a local instructor or bike shop about skills or equipment that need attention.

Make the plan yours.

Scan for the interactive checklist, optional device saving, calendar download and equipment planner. Free. No account or email required.

everyday-cycling.org/first-week

Before each ride: check your bike, helmet fit, route and conditions. Check lights and runtime for darkness. Follow local rules; postpone if needed. This checklist is preparation, not a safety assessment.

Based on our first-week guide and League of American Bicyclists resources linked there. Updated Nov 1, 2026.