

# My Earth. My Action.<sup>™</sup>

## Personal Carbon Impact Reduction Checklist

Action Item	Possible Points	Points Earned
1. <b>Change to LED light bulbs.</b> - This can result in a 75% reduction in energy use. Also, turn off lights when you leave the room. Turning off lights can also dramatically reduce your electricity consumption.	2	
2. <b>Set AC to 78% in summer and heat to 68% in winter.</b> - 3-5% in energy reduction.	2	
3. <b>Turn off water when brushing teeth and shaving.</b> - 150 gallons of water saved a week.	1	
4. <b>Take 20% shorter showers.</b> - Measure how long you stay in the shower. Then commit to reducing this amount by 20%. The average American shower uses 17.2 gallons of water and lasts for about 8 minutes. Cutting this by 20% would save about 3.5 gallons or about 24 gallons a week. Or about 1,250 gallons a year.	1	
5. <b>Plant at least 2 trees per year.</b> - One mature tree absorbs carbon dioxide at a rate of 48 pounds per year. In one year, an acre of forest can absorb twice the CO2 produced by the average car's annual mileage. Deforestation accounts for up to 15 percent of global emissions of heat-trapping gases.	5	
6. <b>Use surge protectors to turn off televisions and other appliances.</b> - Some televisions use the energy equivalent of a 60-watt incandescent bulb even when they are turn off because they are actually in "standby" mode.	1	
7. <b>Buy at least 20% of your food from local sources.</b> - In addition to getting fresher produce, you are cutting down on the transportation costs (fuel and pollution) necessary to transport food over great distances. As a side bonus, you can help the local economy and you can potentially get organic food.	2	
8. <b>Purchase and use reusable tote bags when shopping.</b> Do not use plastic bags. It takes plastic at least 500 years to degrade.	2	
9. <b>Do not use plastic and Styrofoam. Buy groceries and goods in paper containers.</b> - For example, do not buy eggs in Styrofoam containers. This applies to coffee and other beverages you purchase. Styrofoam uses oil to produce and is not recyclable. It takes Styrofoam at least 500 years to degrade. Take your own reusable metal cup or mugs to your favorite coffee store - only 1 in 400 cups handed out at coffee stores is recycled.	3	
10. <b>Do not use coffee or tea machines that use pods, cups or other plastic containers.</b> - These containers are not recycled. Over 13 billion k-cups alone went into landfills in 2014. That does not include other types of plastic coffee and tea pods. These pods can take 500-1000 years to decompose.	2	
11. <b>Advocate.</b> Reach out to your elected officials. Express your opinion to them and publically. Understand the environmental positions of companies and businesses and buy accordingly. They will respond to enough voices.	2	
12. <b>Vote! Every time.</b> Voting matters and collectively, our votes really matter. Do not vote for someone that does not believe in climate change and climate action.	3	
<b>Possible Points from Page 1</b>	<b>25</b>	

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### Bonus Items:

Action Item	Possible Points	Points Earned
13. <b>Take public transportation, carpool or walk/bike to work/run errands at least once a week.</b> This can save hundreds of gallons of gas and thousands of tons of emissions a year.	<b>3</b>	
14. <b>Install low-flow sink and faucet aerators.</b> - This can reduce your water consumption at least 50% and reduce the costs of heating your water by 50%.	<b>1</b>	
15. <b>Use non-petroleum based/organic products for cleaning and personal care.</b> In addition to be safer and better for you, they also use less energy and less oil to produce.	<b>1</b>	
16. <b>Wash only full loads when you wash your clothes.</b> This can save hundreds of gallons a water a year.	<b>1</b>	
17. <b>Wash your dishes by hand.</b> This can save 5-10 gallons per day.	<b>1</b>	
18. <b>Only buy Energy Star appliances and buy the most efficient appliances you can afford.</b> Pay particular attention to air conditioners/heaters, washers/dryers, and water heaters.	<b>3</b>	
19. <b>Clean your air filters in air-conditioner and heating units.</b> Cleaning a dirty air conditioner filter can save 5 percent of the energy used. That could save 175 pounds of carbon dioxide per year.	<b>1</b>	
20. <b>Use cold or warm water when washing clothes.</b> This can reduce the amount of energy used to wash clothes by 50-80%.	<b>1</b>	
21. <b>Buy pre-used items when possible.</b> When you buy a pre-used item, you can get it for a cheaper price and it does not have to go to a landfill. This is particularly good for books. Also, donate your used items to charity so that they can be reused.	<b>2</b>	
22. <b>Don't flush every time you used the toilet if it is only No. 1.</b> This can save at least 1.6 gallons (and up to 7 gallons for older toilets) per flush.	<b>1</b>	
<b>Possible Points from Page 2</b>	<b>15</b>	
<b>Your Total Carbon Footprint Mitigation Points</b>	<b>40</b>	

**Total Possible Points: 40**

### Points Scale:

**0-15 Points:** Great start. Keep it up!

**16-25 Points:** You are getting the hang of being impactful. Look for other ways to act.

**26-35 Points:** Your impact is making a difference. Do not stop!

**36-40 Points:** You are making a real difference. You are an Earth Action Warrior!