

# Your Low Carbon Diet Action Plan

This document is your essential tool to plan and update your actions.

Please date this "draft" of your Action Plan: \_\_\_\_\_

**\*REQUIRED:**    **\*Partner Organization:** \_\_\_\_\_

**\* Eco Team Name:** \_\_\_\_\_

**\* Team Leader:** \_\_\_\_\_

**\* YOUR Street Address:** \_\_\_\_\_

**\* Town:** \_\_\_\_\_

**\* Zip Code:** \_\_\_\_\_

(Desirable, though optional)    Your Name: \_\_\_\_\_

  Home Phone Number: \_\_\_\_\_

  Alternate Number: \_\_\_\_\_

  Email Address: \_\_\_\_\_



(Your name/address will be kept private)

**ENTER** starting CO<sub>2</sub> footprint in lbs: \_\_\_\_\_ **[From provided carbon calculator]**

**ENTER** your CO<sub>2</sub> reduction goal in %: \_\_\_\_\_ Auto calculated lbs reduction \_\_\_\_\_

Proceed to "Entry Instructions", below. (Do not try to fill in "Automatic calculated" cells.)

**Automatic calculated** CO<sub>2</sub> reduction in lbs: \_\_\_\_\_ Auto calculated % reduction \_\_\_\_\_

*This is your reduction from actions to be taken by your 4th (last) team meeting.*

<b>Summary Results of Actions Taken and Pledged</b>	<b>Lbs CO<sub>2</sub> reduced from actions to be taken by last MEETING</b>	<b>Lbs CO<sub>2</sub> reduction pledged for after last MEETING</b>
<b>Automatic calculated TOTAL for Sections ONE and TWO</b>		

## Entry Instructions for the following Sections One and Two

- Note: Enter numbers WITHOUT commas.
- Enter, in 1st entry column, lbs CO<sub>2</sub> reduced from actions you intend to take by 4th (last) MEETING.
- Enter, in 2nd entry column, lbs CO<sub>2</sub> reductions from actions you pledge to take AFTER 4th MEETING.
- Enter date you will complete any FUTURE action by in the third column.
- Note: Only enter NEW actions taken after the beginning of your Eco Team in your Action Plan.

The program is designed to FURTHER reduce your footprint from whatever it is at the outset.

**(See sample entries on form)**

*After completing your entries, if you wish to make any comments, write them in box below.*

### Preliminary Question:

Have you ever scheduled an energy audit?

(enter yes/no)->

When?->

**Team / Street Address:**

Carbon Reduction Actions	Pounds CO2 you can lose annually by doing this Action	Lbs CO2 reduced from actions to be taken by 4TH MEETING	Lbs CO2 reduction pledged for after 4TH MEETING	Date you'll complete this future action (M/D/Y)
<b>A SAMPLE entry:</b> Enter number OR date, as appropriate -->		1700		
(See Local Green Tips and Resources on our <a href="#">web site</a> for more details on Actions)				
<b>SECTION ONE: COOL LIFESTYLE PRACTICES</b>				
<b>1. DUMPING ON GARBAGE -- Reducing Solid Waste</b>				
Reducing solid waste (see page 8 in book)	1560 - 3120 lbs			
Recycling 100%	1300 lbs			
<b>2. AM I CLEAN YET? -- Reducing Hot Water Used in Showers</b>				
Install low-flow shower heads	250 lbs (each)			
Reduce shower times to 5 minutes	300 lbs/person			
<b>3. SCRUB-A-DUB TUB -- Reducing Water Used for Washing Dishes</b>				
Reduce electric dishwasher use per week	100 lbs/ea. load less			
Adopt sustainable hand-dishwashing habits	125 lbs			
Purchase an Energy Star dishwasher	125 lbs			
<b>4. WEAR IT AGAIN, SAM -- Washing and Drying Clothes Efficiently</b>				
Reducing warm or hot wash loads per week	100 lbs/ea. load less			
Reducing number of weekly dryer loads	260 lbs/ea. load less			
Purchase an Energy Star front load washer	500 lbs			
<b>5. BETTER A SWEATER -- Turning Down the Heating Thermostat</b>				
Set thermostat to 65-68 when people are home and active. Set to 55-58 at night and when no one is home	1400 lbs			
<b>6. PLUG YOUR ELECTRICITY LEAKS -- Turning Your Appliances All the Way Off</b>				
Turning your appliances all the way off	600 lbs			
<b>7. CHILL-IN -- Cooling More Efficiently</b>				
Replace or clean AC filter as recommended	350 lbs			
Raise your thermostat 4 degrees	60 lbs			
Purchase an Energy Star air conditioner	600 lbs			
<b>8. THINK BEFORE YOU GO -- Reducing Miles Traveled</b>				
Reducing miles driven by 20% (see page 19)	450-4000 pounds			
<b>9. DRIVE EARTH SMART -- Fuel Efficient Driving</b>				
Fuel efficient driving	1100 lbs/vehicle			
<b>10. CHEW ON THIS FOR A WHILE -- Eating Lower on the Food Chain</b>				
Switch from meat to vegetarian meals one or more days a week.	700 lbs for each regular day switched			
<b>TOTAL (AUTOMATICALLY calculates TOTALS &amp; inserts in Summary on Page 1)</b>				

**Team / Street Address:**

Carbon Reduction Actions	Pounds CO2 you can lose annually by doing this Action	Lbs CO2 reduced from actions to be taken by 4th MEETING	Lbs CO2 reduction pledged for after 4th MEETING	Date you'll complete this future action (M/D/Y)
<b>A SAMPLE entry:</b> Enter number OR date, as appropriate -->			2000	6/30/11
(See Local Green Tips and Resources on our <a href="#">web site</a> for more details on Actions)				
<b>SECTION TWO: COOL HOUSEHOLD SYSTEMS</b>				
<b>11. MEET YOUR WATER HEATER -- Making Your Water Heater Efficient</b>				
Set temperature of your water heater to 120	150 lbs			
Insulating your hot water heater	175 lbs			
Installing a solar hot water heater	2500 lbs			
<b>12. LIGHT OF YOUR LIFE -- Installing Energy Efficient Lights</b>				
Installing five compact fluorescent bulbs	500 lbs			
Installing additional compact fluorescent bulbs	100 lbs/bulb			
<b>13. CHILL OUT -- Sealing Air Leaks</b>				
Thoroughly sealing air leaks in your home	800 lbs			
<b>14. FURNACE FLING -- Tune Up Your Furnace</b>				
Furnace tune-up	300 lbs			
Sealing and insulating warm-air heating ducts	800 lbs			
Purchasing an energy-efficient furnace	2400 lbs			
<b>15. A SUSTAINABLE ENERGY HOUSEHOLD -- Achieving Maximum Energy Efficiency</b>				
Insulating your walls and attic	1200 lbs			
Installing storm or high-efficiency windows	800 lbs			
Replace old refrigerator with a new Energy Star model	500 lbs			
<b>16. GREEN POWER -- Switching to Renewable Energy</b>				
Buying "100% Nstar Green" electricity. Enter number of pounds from your Carbon Calculator, Question 2 Column 2.	140 lbs/100kWh			
<b>17. IS YOUR CAR PHYSICALLY FIT? -- Maintaining an Efficient Car</b>				
Engine tune-up and maintaining pressure in your tires. (750 lbs for either one)	1500 lbs for both			
<b>18. BEFRIEND AN EARTH-SMART AUTO -- Buying a Fuel-Efficient Car</b>				
Purchase a more fuel-efficient vehicle than you currently drive (see page 36 in book)	250-20,000 lbs			
<b>19. CARBON NEUTRAL -- Neutralizing Your Carbon Dioxide Footprint</b>				
Planting trees	25 lbs/tree			
Purchasing carbon offsets	As much as you like			
Purchasing travel offsets	As much as you like			
<b>TOTAL (AUTOMATICALLY calculates TOTALS &amp; inserts in Summary on Page 1)</b>				(rev 1/10/2011)