

EXAMPLE 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: 4/10/11

***REQUIRED:** *Partner Organization: Winchester Altruism Association

* Eco Team Name: Lights Out Team

* Team Leader: Jane Appleseed

* YOUR Street Address: 1234 Main Street

* Town: Winchester

* Zip Code: 01890

(Desirable, though optional) Your Name: June Doe

Home Phone Number: 781-781-7817

Alternate Number: _____

Email Address: junedoe@internetprovider.com



(Your name/address will be kept private)

ENTER starting CO2 footprint in lbs: 66,341 [From provided carbon calculator]

ENTER your CO₂ reduction goal in %: 20% Auto calculated lbs reduction 13,268

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

Automatic calculated CO₂ reduction in lbs: 14,565 Auto calculated % reduction 22.0%

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

Summary Results of Actions Taken and Pledged	Lbs CO2 reduced from actions to be taken by last MEETING	Lbs CO2 reduction pledged for after last MEETING
Automatic calculated TOTAL for Sections ONE and TWO	14,565	7,675

Entry Instructions for the following Sections One and Two

- Note: Enter numbers WITHOUT commas.
- Enter, in 1st entry column, lbs CO2 reduced from actions you intend to take by 4th (last) MEETING.
- Enter, in 2nd entry column, lbs CO2 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.

NOTE ABOUT EXAMPLES OF ACTIONS

There are a large number of actions entered below to illustrate the various categories. The numbers entered are typical, but to have so many entries is not.

Preliminary Question:

Have you ever scheduled an energy audit?

(enter yes/no)->

When?->

Team / Street Address: Lights Out Team		1234 Main Street		
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)
A SAMPLE entry: Enter number OR date, as appropriate -->		1700		
(See Local Green Tips and Resources on our web site for more details on Actions)				
SECTION ONE: COOL LIFESTYLE PRACTICES				
1. DUMPING ON GARBAGE -- Reducing Solid Waste				
Reducing solid waste (see page 8 in book)	1560 - 3120 lbs	1560		
Recycling 100%	1300 lbs	1300		
2. AM I CLEAN YET? -- Reducing Hot Water Used in Showers				
Install low-flow shower heads	250 lbs (each)	500		
Reduce shower times to 5 minutes	300 lbs/person	300		
3. SCRUB-A-DUB TUB -- Reducing Water Used for Washing Dishes				
Reduce electric dishwasher use per week	100 lbs/ea. load less	100		
Adopt sustainable hand-dishwashing habits	125 lbs	125		
Purchase an Energy Star dishwasher	125 lbs			
4. WEAR IT AGAIN, SAM -- Washing and Drying Clothes Efficiently				
Reducing warm or hot wash loads per week	100 lbs/ea. load less	200		
Reducing number of weekly dryer loads	260 lbs/ea. load less	520		
Purchase an Energy Star front load washer	500 lbs		500	7/1/11
5. BETTER A SWEATER -- Turning Down the Heating Thermostat				
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	1400		
6. PLUG YOUR ELECTRICITY LEAKS -- Turning Your Appliances All the Way Off				
Turning your appliances all the way off	600 lbs	600		
7. CHILL-IN -- Cooling More Efficiently				
Replace or clean AC filter as recommended	350 lbs		350	6/1/11
Raise your thermostat 4 degrees	60 lbs	60		
Purchase an Energy Star air conditioner	600 lbs			
8. THINK BEFORE YOU GO -- Reducing Miles Traveled				
Reducing miles driven by 20% (see page 19)	450-4000 pounds	450	450	6/1/11
9. DRIVE EARTH SMART -- Fuel Efficient Driving				
Fuel efficient driving	1100 lbs/vehicle	1100		
10. CHEW ON THIS FOR A WHILE -- Eating Lower on the Food Chain				
Switch from meat to vegetarian meals one or more days a week.	700 lbs for each regular day switched	700		
TOTAL (AUTOMATICALLY calculates TOTALS & inserts in Summary on Page 1)		8,915	1,300	

Team / Street Address: Lights Out Team		1234 Main Street		
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)
A SAMPLE entry: Enter number OR date, as appropriate -->			2000	6/30/11
(See Local Green Tips and Resources on our web site for more details on Actions)				
SECTION TWO: COOL HOUSEHOLD SYSTEMS				
11. MEET YOUR WATER HEATER -- Making Your Water Heater Efficient				
Set temperature of your water heater to 120	150 lbs	150		
Insulating your hot water heater	175 lbs		175	7/1/11
Installing a solar hot water heater	2500 lbs			
12. LIGHT OF YOUR LIFE -- Installing Energy Efficient Lights				
Installing five compact fluorescent bulbs	500 lbs	500		
Installing additional compact fluorescent bulbs	100 lbs/bulb		300	7/1/11
13. CHILL OUT -- Sealing Air Leaks				
Thoroughly sealing air leaks in your home	800 lbs		800	7/1/11
14. FURNACE FLING -- Tune Up Your Furnace				
Furnace tune-up	300 lbs		300	9/1/11
Sealing and insulating warm-air heating ducts	800 lbs		800	9/1/11
Purchasing an energy-efficient furnace	2400 lbs			
15. A SUSTAINABLE ENERGY HOUSEHOLD -- Achieving Maximum Energy Efficiency				
Insulating your walls and attic	1200 lbs		1200	9/1/11
Installing storm or high-efficiency windows	800 lbs		800	7/1/11
Replace old refrigerator with a new Energy Star model	500 lbs		500	7/1/11
16. GREEN POWER -- Switching to Renewable Energy				
Buying "100% Nstar Green" electricity. Enter number of pounds from your Carbon Calculator, Question 2 Column 2.	140 lbs/100kWh			
17. IS YOUR CAR PHYSICALLY FIT? -- Maintaining an Efficient Car				
Engine tune-up and maintaining pressure in your tires. (750 lbs for either one)	1500 lbs for both		1500	9/1/11
18. BEFRIEND AN EARTH-SMART AUTO -- Buying a Fuel-Efficient Car				
Purchase a more fuel-efficient vehicle than you currently drive (see page 36 in book)	250-20,000 lbs			
19. CARBON NEUTRAL -- Neutralizing Your Carbon Dioxide Footprint				
Planting trees	25 lbs/tree			
Purchasing carbon offsets	As much as you like	5000		
Purchasing travel offsets	As much as you like			
TOTAL (AUTOMATICALLY calculates TOTALS & inserts in Summary on Page 1)		5,650	6,375	(rev 1/10/2011)