

Low Carbon Diet Worksheet and Feedback Form

Name of Carbon Ring _____

Your Zip Code _____

Your Feedback _____

SUMMARY RESULTS OF ACTIONS TAKEN AND PLEDGED		
Write totals from action plans in the boxes below:		
	Pounds reduced by end Of program	Pounds reduction Pledged for future
SECTION ONE		
SECTION TWO		
SECTIONS ONE AND TWO TOTAL		
SECTION THREE PLEDGES		

Note: When your Carbon Ring has completed the Low Carbon Diet, please give a copy of this worksheet to your Ring Leader so they can add up the numbers and send them in to the UULM-CA for our state-wide Low Carbon Challenge!

Be sure to keep a copy for yourself too – so you can continue on your Action Plan.

Handy Info:

Ring Leader's Name: _____ Ring Leader's Phone Number: _____

SECTION ONE: COOL LIFESTYLE ACTION PLAN

ACTIONS	Pounds you can lose by doing this action	Will do action	Action Done	Pounds reduced by end of program	Pounds reduction pledged for future	Date I will complete this action
1. DUMPING ON GARBAGE – Reducing Solid Waste Reducing solid waste (see table on page 8) Recycling curbside 100%	1350-3000 pounds 1300 pounds	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	_____ _____	_____ _____	_____ _____
2. AM I CLEAN YET? – Reducing Hot Water Used in Showers Install low-flow shower heads Reduce shower times to 5 minutes	250 pounds 175 lbs/person	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	_____ _____	_____ _____	_____ _____
3. SCRUB-A-DUB TUB – Reducing Water Used for Washing Dishes Reduce number of times you use your electric dishwasher per week Adopt sustainable hand-dishwashing habits Purchase an Energy Star® dishwasher	175 lbs/ea. load less 125 pounds 125 pounds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____ _____ _____	_____ _____ _____	_____ _____ _____
4. WEAR IT AGAIN SAM – Washing and Drying Clothes Efficiently Reducing number of warm or hot wash loads per week Reducing number of weekly dryer loads Purchase an Energy Star® front load washer	275 lbs/ea. load less 200 lbs/ea. load less 500 pounds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____ _____ _____	_____ _____ _____	_____ _____ _____
5. BETTER A SWEATER – Turning Down the Heating Thermostat Set thermostat to 65-68 when people are home and active; set it to 55-58 at night and when no one is home	1400 pounds	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
6. CHILL-IN – Cooling More Efficiently Replace or clean AC filter as recommended Raise your thermostat 4 degrees or up one setting Purchase an Energy Star® air conditioner	350 pounds 60-240 pounds 600 pounds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____ _____ _____	_____ _____ _____	_____ _____ _____
7. THINK BEFORE YOU GO – Reducing Vehicle Miles Traveled Reduce miles driven in a car or truck by 20%	450-4000 pounds	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
8. DRIVE EARTH SMART – Fuel Efficient Driving Develop Earth-smart driving practices	1200 lbs/ vehicle	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
TOTALS (transfer to summary page)				_____	_____	_____

SECTION TWO: COOL HOUSEHOLD SYSTEMS ACTION PLAN

ACTIONS	Pounds you can lose by doing this action	Will do action	Action Done	Pounds reduced by end of program	Pounds reduction pledged for future	Date I will complete this action
9. MEET YOUR WATER HEATER – Making Your Water Heater Efficient						
Set temperature of your water heater to 120°	150 pounds	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Insulating your hot water heater	175 pounds	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Installing a solar hot water heater	2500 pounds	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
10. LIGHT OF YOUR LIFE – Installing Energy Efficient Lights						
Installing five compact fluorescent bulbs	500 pounds	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Installing additional compact fluorescent bulbs	100 lbs/ bulb	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
11. CHILL OUT – Sealing Air Leaks						
Thoroughly sealing air leaks in your home	800 pounds	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
12. FURNACE FLING – Tune Up Your Furnace						
Furnace tune-up	300 pounds	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Sealing and insulating warm-air heating ducts	800 pounds	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Purchasing an energy-efficient furnace	2400 pounds	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
13. A SUSTAINABLE ENERGY HOUSEHOLD – Achieving Maximum Energy Efficiency						
Insulating your walls and attic	1200 pounds	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Installing storm or high-efficiency windows	800 pounds	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Replace old refrigerator with a new, Energy Star* model	500 pounds	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
14. GREEN POWER – Switching to Renewable Energy						
Purchasing “green power” from electric utility	200 lbs per 100 kWh	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
15. IS YOUR CAR PHYSICALLY FIT? – Maintaining an Efficient Car						
Engine tune-up and maintaining air-pressure in your tires	1500 pounds	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
16. BEFRIEND AN EARTH-SMART AUTO – Buying a Fuel-Efficient Car						
Purchase a more fuel-efficient vehicle than you currently drive	2000-10,000 lbs	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
17. CARBON NEUTRAL – Neutralizing Your Carbon Dioxide Footprint						
Planting trees	25 pounds/tree	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Purchasing carbon offsets	As much as you like	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Purchasing travel offsets	As much as you want	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
TOTALS (transfer to summary page)						

SECTION THREE: EMPOWERING OTHERS TO LOSE UNWANTED POUNDS ACTION PLAN

ACTIONS	Pounds you can lose by doing this action	Will do action	Action Done	Pounds reduced by end of program	Pounds reduction pledged for future	Date I will complete this action
18. PSST...SAVE THE PLANET, PASS IT ON – Encouraging People You Know to Go on a <i>Low Carbon Diet</i> . Level 1: 5 Households Level 2: 20 Households Level 3: 50 Households Level 4: 100 Households Level 5: 200 Households	25,000 pounds 100,000 pounds 250,000 pounds 500,000 pounds 1,000,000 pounds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____
19. A COOL PLACE TO WORK – Helping Your Workplace Reduce its CO ₂ Footprint	_____ pounds	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
20. A COOL COMMUNITY – Helping Your Community Go on a <i>Low Carbon Diet</i> Level 1: 1,000 Households Level 2: 5,000 Households Level 3: 10,000 Households Level 4: 20,000 Households Level 5: 50,000 Households Level 6: 100,000 Households Level 7: 200,000 Households	5 Million pounds 25 Million pounds 50 Million pounds 100 Million pounds 250 Million pound 500 Million pounds 1 Billion pounds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____
21. A COOL CITIZEN – Helping Your Community Set Up CO ₂ Reduction Systems Community proposal reduction goal _____	_____ pounds	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
22. A COOL SCHOOL – Helping Children Adopt Environmentally Sustainable Lifestyles Number of students participating _____	500 pounds/student	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
TOTALS (transfer to summary page)						