

| TAKE ACTION | I do this often | I do this sometimes | I do this rarely | Estimated CO ₂ saved each year |
|---|--------------------------|--------------------------|--------------------------|---|
| 1. After I wet my toothbrush, I turn off the water while brushing my teeth. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 274 lbs. |
| 2. I turn the shower on only after I am already in it and prepared to wash myself. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 342 lbs. |
| 3. After I am done using electronics, such as a microwave or phone charger, I unplug them. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1,000 lbs. |
| 4. After I am done with something, I sort my trash into the correct recycling and compost bins. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 623 lbs. |
| 5. After I leave a room, I turn off the lights (8 hours per day). | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 534 lbs. |
| 6. I walk, bike, or take public transportation to places in my neighborhood instead of driving. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 100 lbs. (for 1 day/ week) |
| 7. I avoid buying brand new clothes, and wear hand-me-downs or buy used clothes. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 500 lbs. (for each garment) |
| 8. I go one day each week without eating meat. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 920 lbs. |

To help prevent carbon dioxide (CO₂) from going into the air, I commit to:

(choose something that you don't already do often)

I will remember to do this by:

For example: After I finish playing video games (existing habit), I will turn off and unplug it (new behavior).

I will celebrate my accomplishment by:

(saying "Victory!" or "I'm awesome," or patting myself on the back)

