

Name:

Contact (phone or email):

Actions	Date if/when completed	Check if you already do this
1. Replace 5 incandescent bulbs with CFL's: save 500 lbs of CO ₂ annually		
2. Unplug appliances: save 600 lbs of CO ₂ annually		
3. Add one (more) vegetarian meal per week: save 1000 lbs of CO ₂ annually		
4. Reduce waste; compost: save 500 lbs of CO ₂ annually		
5. Turn thermostat down 2 degrees: save 1400 lbs of CO ₂ annually		
6. Cut shower to 5 minutes: save 1200 lbs of CO ₂ annually		
7. Check tire pressure, get car checked up: save 1500 lbs of CO ₂ annually		
8. Make sure water heater is efficient, set to 120 °F: Save 1000 lbs of CO ₂ annually		
9. Use reusable shopping bags only: Save 1440 lbs of CO ₂ annually		
10. Give your car a rest: walk or bike Narberth !		

1. Did you consistently complete all of the 10 actions during the 30 days? Please explain if there were any you could not or did not want to do. Which ones took more of an effort? Did you have to convince other members of your family to participate? Were they open to it?

2. If you already did some of these, which new ones did you add? Were they from "Level 2 Actions" or from www.50waystohelp.com? Or did you come up with your own?

3. Please tell us any other comments you may have from the experience.