

Carbon Diet Pledge

I, _____, pledge to reduce my carbon footprint by at least 5000 pounds by May 31, 2021. These are the actions that I will take:

- | | |
|---|-------------|
| 1. Reduce trash by 15 gallons per week | 1560 pounds |
| 2. Lower the thermostat to 65-68 when someone is active and to 55-58 at night | 1400 |
| 3. Ensure that all recyclable waste is recycled | 1300 |
| 4. Install high efficiency windows | 800 |
| 5. Have one meatless day each week | 700 |
| 6. Shorten household showers (2 people) | 600 |
| 7. Turning appliances all the way off | 600 |
| 8. Furnace tune up | 300 |
| 9. Install low flow shower head | 200 |
| 10. Switch one load of wash per week from hot or warm to cold water | 100 |
| 11. Annual car tune-up and tire maintenance | 1500 |
| 12. Fuel efficient driving | 1100 |
| 13. Reduced vehicle miles driven (20%) | 1650 |
| 14. Installing energy efficient lights (5) | 500 |
| 15. Reduced water use for dishes (run only when full and use energy saver) | 100 |
| 16. Other | |

Progress report due on April 30, 2021

Date: _____

Signed: _____

Print name:

April 30, 2021 Progress Report

Pounds reduced to date _____

Pounds Pledged _____