



CO₂ REDUCTION ACTION PLANS

Use the action plan charts on the next three pages to calculate your CO₂ reduction action plan. Determine the actions you wish to take that equal 5,000 pounds or greater. When you have completed your overall action plan transfer the results to the summary chart below.

Note: The CO₂ reduction values assigned to actions are approximations based on national averages and other broad assumptions.

CO₂ reduction goal _____

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		

SECTION ONE: COOL LIFESTYLE ACTION PLAN

ACTIONS	Pounds you can lose annually 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%	1560 – 3120 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 300 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 electric dishwasher use per week Adopt sustainable hand-dishwashing habits Purchase an Energy Star® dishwasher	100 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 warm or hot wash loads per week Reducing number of weekly dryer loads Purchase an Energy Star® front load washer	100 lbs/ea. load less 260 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. PLUG YOUR ELECTRICITY LEAKS – Turning Your Appliances All the Way Off	600 pounds	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
7. CHILL-IN – Cooling More Efficiently Replace or clean AC filter as recommended Raise your thermostat 4 degrees 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"/>	_____ _____ _____	_____ _____ _____	_____ _____ _____
8. 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"/>	_____	_____	_____
9. DRIVE EARTH SMART – Fuel Efficient Driving	1100 lbs/ vehicle	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
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 pounds for each regular day switched	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
TOTALS (transfer to summary page)						

SECTION TWO: COOL HOUSEHOLD SYSTEMS ACTION PLAN

ACTIONS	Pounds you can lose annually 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
11. MEET YOUR WATER HEATER - Making Your Water Heater Efficient Set temperature of your water heater to 120° Insulating your hot water heater Installing a solar hot water heater	150 pounds 175 pounds 2500 pounds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____ _____ _____	_____ _____ _____	_____ _____ _____
12. LIGHT OF YOUR LIFE - Installing Energy Efficient Lights Installing five compact fluorescent bulbs Installing additional compact fluorescent bulbs	500 pounds 100 lbs/ bulb	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	_____ _____	_____ _____	_____ _____
13. CHILL OUT - Sealing Air Leaks Thoroughly sealing air leaks in your home	800 pounds	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
14. FURNACE FLING - Tune Up Your Furnace Furnace tune-up Sealing and insulating warm-air heating ducts Purchasing an energy-efficient furnace	300 pounds 800 pounds 2400 pounds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____ _____ _____	_____ _____ _____	_____ _____ _____
15. A SUSTAINABLE ENERGY HOUSEHOLD - Achieving Maximum Energy Efficiency Insulating your walls and attic Installing storm or high-efficiency windows Replace old refrigerator with a new, Energy Star® model	1200 pounds 800 pounds 500 pounds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____ _____ _____	_____ _____ _____	_____ _____ _____
16. GREEN POWER - Switching to Renewable Energy Purchasing "green power" from electric utility	200 lbs per 100 kWh	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
17. 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"/>	_____	_____	_____
18. 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"/>	_____	_____	_____
19. CARBON NEUTRAL - Neutralizing Your Carbon Dioxide Footprint Planting trees Purchasing carbon offsets Purchasing travel offsets	25 pounds/tree As much as you like As much as you want	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <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 annually 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
20. 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"/>	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____
21. A COOL PLACE TO WORK – Helping Your Workplace Reduce its CO ₂ Footprint	_____ pounds	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
22. 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"/>	_____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____
23. A COOL CITIZEN – Helping Your Community Set Up CO ₂ Reduction Systems Community proposal reduction goal _____	_____ pounds	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
24. 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)						