

Task		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Monthly Total			
Miles Saved ¹	Carpooling																																			
	Mass Transit																																			
	Walking / Biking																																			
	Trip Chain																																			
	Smaller Vehicle																																			
Minutes Saved ²	Idling Vehicle																																			
	Shower																																			
	Faucet Off																																			
	Lights Off																																			
Thermostat	°F Adjusted																																			
	# Hours																																			
Water Heater	°F Adjusted																																			
	# Hours																																			
Yard Waste ³	Composting																																			
Recycling	Items Recycled																																			
Reusable Items Used ⁴	Grocery Bags																																			
	Mugs / Cups / Bottles																																			
	Storage Containers																																			
	To-Go Containers / Other items																																			
	Plates / Bowls / Utensils																																			

¹ Enter number of miles saved each day by doing the suggested activity.

² Enter number of minutes not used that otherwise would have been used each day.

³ Enter each time you composted or mulched yard waste.

⁴ Tally number of times a reusable item was used, when you would not normally have used it.