

MY CURRENT HABITS

YOUR WHY?

Why is it important for you to live greener? Why do you care about the environment? Give this some thought then jot down your answer(s) below.

It's important for me to live greener because _____

Use the descriptions on the following page for more info on what to record here!

What Do I Throw Away?

Day 1 _____

Day 2 _____

How Much Water Do I Use?

Day 1 _____ X 2.5 gpm = _____ gallons/shower

Day 1 _____ X 2.5 gpm = _____ gallons/shower

How Much Energy Do I Use?

Day 1 _____

Day 2 _____

What Do I Throw Away?

Take notice of what is in your trash can and observe what you use and throw away. No, you don't have to dig around in the trash! Just check out whatever you can see and make a note on your worksheet. If you're out and about a lot, be aware of what you are throwing away and make a note of it on your worksheet.

How Much Water Do I Use?

Using your shower is a good way to get a guesstimate on water use. Just time a few showers then use the formula on page 1 to determine how many gallons of water you used while showering.

How Much Energy Do I Use?

To get a very basic glimpse at energy use in your home, once the sun sets, take a moment to get a quick count of the number of lights turned ON at that moment and record that number on your worksheet. You can even get your kids to help!