



**I promise to eat a vegetarian diet \_\_ day(s) this week.**

*According to Gidon Eschel and Pamela A. Martin of the University of Chicago, a person with a red meat diet emits the global warming equivalent of 2.52 tons of CO<sub>2</sub> a year more than a person with a vegetarian diet. For each day a week you eat on a vegetarian diet, you save 718 lbs of CO<sub>2</sub> a year. It is assumed that the portion of animal-based calories in the diet is 26%.*

SAVINGS: 2 pounds a day

Source: [geosci.uchicago.edu/~gidon/papers/nutri/nutriEI.pdf](http://geosci.uchicago.edu/~gidon/papers/nutri/nutriEI.pdf)

**I promise to eat one meal with only locally-produced food \_\_ days this week.**

*The average meal in the United States travels 1,200 miles from the farm to your plate. The average local meal travels 200 miles. If a truck travels just 10 miles per gallon of gasoline, it requires 100 gallons of fuel to transport food the excess distance. For every gallon of gasoline consumed, 20 pounds of carbon dioxide are released into the atmosphere.*

SAVINGS: 666 pounds per day

Source: [www.climatecrisis.org](http://www.climatecrisis.org)

**I promise to eat organic food \_\_ days per week**

*For every day of the week that you eat only organically produced food, you save 572 pounds of CO<sub>2</sub> from being emitted each year.*

SAVINGS: 1.5 pounds per day

Source: [www.stopglobalwarming.org/carboncalculator.asp?c=5](http://www.stopglobalwarming.org/carboncalculator.asp?c=5)

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**I promise to recycle all my aluminum and steel cans after drinking my beverage this week/month/year.**

*Recycling 100% of your aluminum and steel cans can reduce your annual CO<sub>2</sub> emissions by 166 pounds. This calculation assumes a 100% recycling rate and average waste generation; it also takes into account the CO<sub>2</sub> produced throughout the metal's lifecycle.*

Savings: 166 lbs per year, 14 lbs a month, 3.4 lbs a week

Source: [http://epa.gov/climatechange/wycd/calculator/ind\\_calculator.html](http://epa.gov/climatechange/wycd/calculator/ind_calculator.html)

**I promise to use reusable coffee cups 1-7 days this week.**

*If every Starbucks customer used a re-usable coffee cup or thermos, we could save 1,181,600 tons of wood, 2,040,061,237 pounds of carbon dioxide, and 4,441,093,624 gallons of water every year. That's more carbon dioxide than would be emitted if the entire population of San Francisco got in their cars and drove from San Francisco to New York.*

Savings: 1.25 lbs for five days; .25 lbs per day

Sources: [http://sustainablechoices.stanford.edu/actions/at\\_the\\_store/coffeemug.html](http://sustainablechoices.stanford.edu/actions/at_the_store/coffeemug.html)  
<http://www.carbonrally.com/challenges/12>

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**I promise to use public transportation, carpool, bicycle or my own two feet to get to work for a total of \_\_\_ days a week instead of using my car.**

*Switch to public transport: Light rail will save a whopping 1,366 lbs. for an average 12-mile commute, but your standard city bus will trim 804 lbs. Heavy rail subway systems aren't as efficient, cutting 288 lbs. for the same commute. This calculation takes the average of these savings (819 lbs annually).*

Savings: 2.2 lbs per day

Source: <http://www.thegreenguide.com/doc/119/calculator>

**I promise to keep my car tires inflated to optimum pressure this month.**

Keeping optimum pressure in car tires reduces CO2 emissions by an average of 327 pounds a year. This calculation assumes that the average car is driven 12,000 miles a year and has a fuel efficiency of 22 mpg; an average of 20 pounds of CO2 are produced per gallon of gasoline consumed; and, CO2 emissions from driving are reduced by 3% as a result of keeping tires properly inflated.

Savings: 327 lbs per year, 27 lbs per month

Sources: [www.climatecrisis.org](http://www.climatecrisis.org); [www.epa.gov/otaq/climate/420f05004.htm](http://www.epa.gov/otaq/climate/420f05004.htm)

**I promise to change the air filter in my car in the next month.**

You can save 800 lbs of carbon dioxide and \$130 per year if you check your car's air filter monthly and replace it if it looks dirty.

Savings: 67 pounds a month

Source: <http://www.stopglobalwarming.org/carboncalculator.asp>

**I promise to take the train, instead of a plane for (1,2,3) shorter 500 mile trip(s) this year.**

*Air travel is one of the fastest-growing contributors to global warming. A recent report from the Tyndall Centre for Climate Change Research notes that if the UK's annual 12 percent rise in air travel continues until 2050, the resulting increase in carbon dioxide would overwhelm progress in every other sector. (<http://www.tyndall.ac.uk/>)*

Savings: 205 lbs per trip

Source: <http://www.thegreenguide.com/doc/119/calculator>

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**I promise to replace \_\_\_ frequently used incandescent light bulb(s) with more efficient compact fluorescent bulb(s).**

*This promise assumes that the contributor lives in the same location for at least a year.*

Savings: 100 lbs annually per bulb

Source: <http://www.stopglobalwarming.org>

**This week, I promise to run my dishwasher only when it's full.**

*Run your dishwasher only with a full load. Save 100 lbs. of carbon dioxide annually.*

Savings: 2 lbs per week

Source: <http://www.stopglobalwarming.org/>

**I promise to take two minutes off my regular showering time for \_\_\_ days this week.**

*If you are able to take 2 minutes off of your daily hot shower then you can save 342 lbs. of carbon per year. Assumes an average hot showering time of 8 minutes.*

Savings: 0.94 lbs. per day

Source: <http://www.thegreenguide.com/doc/119/calculator>

**I promise to set my thermostat \_\_\_ degree(s) lower (winter) or higher (summer) for one whole month.**

*Adjusting your thermostat down in the winter or up in the summer will reduce CO2 emissions by 500 pounds a year for each degree.*

Savings: 500 lbs per year per degree, 42 pounds per month

Source: [www.climatecrisis.org](http://www.climatecrisis.org)

**I promise to wash my clothes this week in cold water.**

*By washing clothes in cold water instead of hot, 500 pounds of CO2 can be saved each year. Assumes 2 loads of wash completed each week.*

Savings: 10 pounds per week.

Source: [www.enviroliteracy.org/article.php/1345.html](http://www.enviroliteracy.org/article.php/1345.html)

**I promise to air-dry all/half of my laundry this week instead of using the dryer.**

*Line-drying just half your laundry will save 723 lbs of carbon. Eliminating the dryer completely could save 1,446 lbs per year.*

Savings: Save 28 lbs weekly for total elimination of dryer; 14 lbs weekly for partial elimination.

Source: <http://www.thegreenguide.com/doc/119/calculator>

**I promise not to own a TV for one whole year.**

*If you do not have a TV in your home you can save approximately 2,700 pounds of CO2 from being produced. This calculation assumes a 9-year lifespan for a TV and that the average TV in the United States is on for 5.5 hours a day. Also assumed is that 1.6 pounds of carbon dioxide are emitted for every kWh of energy consumed.*

SAVINGS: 300 pounds per year

Source: Energy Star "Television Savings Calculator" at [www.energystar.gov/index.cfm?c=bulk\\_purchasing.bus\\_purchasing](http://www.energystar.gov/index.cfm?c=bulk_purchasing.bus_purchasing)

**I promise to turn down my hot water heater to 120 degrees.**

If you turn your hot water heater down to 120 degrees you can save 8,250 pounds of CO2 over its 15-year lifespan, or 550 pounds per year. Only annual savings are recognized here due to the tendency of people to move residences frequently.

Savings: 550 pounds per year (this is OK for a year)

Source: [www.climatecrisis.org](http://www.climatecrisis.org)

**I promise to wrap my water heater in insulation or a blanket.**

If you wrap your hot water heater in an insulating blanket you can save 15,000 pounds of CO2 from being produced over its 15-year lifespan, or 1000 pounds per year. Only annual savings are recognized here due to the tendency of people to move residences frequently.

Savings: 1,000 pounds per year. (this is OK for a year)

Source: [www.climatecrisis.org](http://www.climatecrisis.org)

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**I have reduced the amount of unnecessary mail that I receive by choosing electronic bill payment for all my accounts.**

*If every American household chose paperless, electronic bills, it could reduce solid waste in U.S. landfills by more than 800,000 tons a year; help curb the release of greenhouse gases (CO2) by 2.1 million tons a year; and could save an estimated 18.5 million trees a year!*

Savings: 37 pounds annually (OK to use annual)

Source: <http://www.ebillplace.com/cda/ebillplace/calculator.html>

**I promise to reduce junk mail by canceling \_\_\_\_ catalog(s) I receive regularly.**

*By weight, paper products comprise nearly one-third of all waste going into landfills. Bulk mail, a substantial chunk of our paper waste, is especially troubling because it is often unsolicited and thus leaves citizens to dispose of materials they did not choose to consume. Catalogs and other direct mailings account for 5.2 million tons of waste each year and are recycled at a paltry rate of 19%, leaving over 4 million tons to clog landfills. That's 340,000 garbage trucks filled to the brim with nothing but bulk mail!*

*Gather all of the catalogs you get in the mail each month and take a few minutes to cancel the ones you never look at. All you need to do is call the customer service number and read a representative your customer number, which is on the back cover over the address label. If you cancel five catalogs, you can decrease your carbon output by about 77 pounds annually.*

Savings: 77 pounds per year for 5 catalogues; 15 pounds per year for 1 catalogue.

Source: <http://www.newdream.org>

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**I promise to recycle all my white and mixed paper this week/month/year.**

*For every pound of paper that is recycled, CO2 emissions are reduced by 4 pounds. This calculation assumes a yearly per capita paper consumption of 273 pounds and a 100% recycling rate.*

Savings: 273 lbs per year, 23 lbs a month, 5.6 lbs weekly

Sources: [www.enviroliteracy.org/article.php/1345.html](http://www.enviroliteracy.org/article.php/1345.html)

**I promise to recycle all my newspapers this week/month/year.**

*Recycling 100% of your newspaper waste can reduce your annual CO2 emissions by 184 pounds. This calculation assumes a 100% newspaper recycling rate and average waste generation; it also takes into account the CO2 produced throughout the paper's lifecycle.*

Savings: 184 lbs per year, 15 lbs monthly, 3.8 lbs weekly

Source: [http://epa.gov/climatechange/wycd/calculator/ind\\_calculator.html](http://epa.gov/climatechange/wycd/calculator/ind_calculator.html)

**I promise to use reusable or recycled shopping bags at the grocery store this month/year.**

Use cloth bags to carry heavy groceries. Both San Francisco (US) and Leaf Rapids (Canada) have banned the use of plastic grocery bags. By cutting 100 million plastic bags a year the city of San Francisco will save 1.5 million liters of oil, and offset 4.2 million kilograms of carbon dioxide. More info here: <http://www.cbc.ca/technology/story/2007/03/28/sanfrancisco-plastic.html>.

Savings: 1.4 lbs per month; 17 lbs per year

Source: [www.climatecrisis.org](http://www.climatecrisis.org)

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**I promise to turn off and unplug my office computer at night for \_\_\_ week(s) this month.**

This calculation assumes that the computer remains off for a minimum of 10 hours a day. Calculation is for a desktop computer with a 17" monitor. Also assumed is that 1.6 pounds of carbon dioxide are emitted for every kWh of energy consumed.

Savings: 10 lbs per week, 40 lbs per month; 750 lbs per year

Source: Energy Star "Computer and Monitor Savings Calculators" at [www.energystar.gov/index.cfm?c=bulk\\_purchasing.bus\\_purchasing](http://www.energystar.gov/index.cfm?c=bulk_purchasing.bus_purchasing)

**This week/month, I promise to adjust my computer's energy settings so both display and hard disk go to sleep when inactive for 5 minutes. I will turn the machine off when not in use.**

*Shut off your computer when not in use, and save 200 lbs of CO2 annually. Conserve energy by using your computer's "sleep mode" instead of a screensaver.*

*How to change your sleep-mode settings:*

*Windows: [www.microsoft.com/windowsxp/using/setup/learnmore/](http://www.microsoft.com/windowsxp/using/setup/learnmore/)*

*Apple: <http://docs.info.apple.com/article.html?artnum=25801>*

Savings: .55 lbs daily; 3.8 lbs weekly; 15 lbs monthly

**Sources:**

<http://stopglobalwarming.org>

<http://www.climateprotect.org/aj1>

**This week/month, I promise to turn off and unplug all electronic appliances in my office space when not in use.**

*Even when electronic devices are turned off, they use energy. Save over 1,000 lbs of carbon dioxide by unplugging un-used appliances. Your employer could save up to \$256 per year.*

Savings: 2.7 lbs per day; 13.7 lbs for a 5-day workweek; 55 lbs per month

Source: <http://www.stopglobalwarming.org>