partnership
FOR SUSTAINABILITY

# How Sustainable is Your Lifestyle?

Tell us what you're doing already to live more sustainably and what you plan to change in the
near future:

| Do Now | Plan To Do |
|---|---|
| ___ | ___ Walk, bike or ride the bus to work regularly |
| ___ | ___ Carpool whenever possible to meetings, parties & outings |
| ___ | ___ Consolidate errands |
| ___ | ___ Shop closer to home |
| ___ | ___ Check air pressure in tires monthly |
| ___ | ___ Drive under the speed limit regularly |
| ___ | ___ Keep clean air filter in car |
| ___ | ___ Drive a hybrid or vehicle exceeding 35 mpg |
| ___ | ___ Fly less |
| ___ | ___ Air dry clothes instead of use clothes dryer |
| ___ | ___ For every clothes item you buy, give one away |
| ___ | ___ No longer use bottled water |
| ___ | ___ Replace the furnace filter every three months |
| ___ | ___ Adjust thermostat 3 degrees cooler in winter & 3 warmer in summer |
| ___ | ___ Maintain hot water temperature at 120 degrees |
| ___ | ___ Wrap conventional water heaters |
| ___ | ___ Plant shade trees to cool my house in summer |
| ___ | ___ Maintain adequate insulation in attic |
| ___ | ___ Plant a garden or buy locally grown, organic food |
| ___ | ___ Compost and mulch |
| ___ | ___ Reuse bags or take your own cloth ones |
| ___ | ___ Use cloth napkins instead of paper |
| ___ | ___Use rags instead of paper towels |
| ___ | ___ Wash only full loads of dishes. |
| ___ | ___ Use both sides of paper |
| ___ | ___ Use compact fluorescent or LED lights |
| ___ | ___ Recycle paper, aluminum, tin cans, glass and plastic |
| ___ | ___ Use faucet aerators and flow restrictors |
| ___ | ___ Use power strips to turn off multiple electronics when not in use |
| ___ | ___ Use outlet and switch sealers |
| ___ | ___ Buy Energy Star appliances when replacing old ones |
| ___ | ___ Use microwave, crockpot & electric skillet more vs. stove & oven |
| ___ | ___ Set refrigerator between 36 and 39 degrees |
| ___ | ___ Pull the plug on 2nd refrigerator in basement or garage |
| ___ | ___ Support renewable energy initiatives and buy renewable energy through your utility |
| ___ | ___ Take advantage of energy efficiency incentives offered through City Utilities, your electric cooperative or other utility |
| ___ | ___ Start recycling program at your church, workplace or school |
| ___ | ___Donate usable items to charity or have a garage sale instead of throwing them away |