Please fill out this form in pencil indicating changes you made (different than what you were doing before starting this Carbon Fast). Submit a form weekly at church or online at [www.EcoFaithRecovery.org/carbonfast](http://www.EcoFaithRecovery.org/carbonfast).

* Completed assigned daily tasks from Lenten Carbon Fast Calendar: \_\_\_\_\_ tasks x 1 lbs = \_\_\_\_\_\_
* Ate chicken for the day when I otherwise would have eaten beef: \_\_\_\_\_ days x 11 lbs = \_\_\_\_\_
* Ate beans for the day when I otherwise would have had chicken or dairy: \_\_\_\_\_ days x 3 lbs = \_\_\_\_\_\_
* Bought local, seasonal produce or used clothing/furniture instead of usual alternative: \_\_ items x 1 lbs = \_\_\_
* Washed clothes in cold H2O when I otherwise would have used warm/hot: \_\_\_ loads x 3 lbs = \_\_\_\_\_\_\_
* Hung clothes to dry for a week when I otherwise would have used dryer: \_\_\_\_ loads x 6 lbs = \_\_\_\_\_\_
* Reduced heat in house or work compared to usual set temperature: \_\_ days x \_\_\_ degrees x 0.6 lbs = \_\_\_\_
* Shortened my shower every day for a week: \_\_\_\_ fewer minutes per day for 7 days x 1 lbs = \_\_\_\_\_\_\_\_
* Recycle everything that is recyclable instead of throwing away: \_\_\_\_\_ days x 1 lbs of carbon = \_\_\_\_\_\_\_\_\_\_
* Walked, took public transit, or shared ride when I otherwise would have driven \_\_\_\_\_ miles x 1 lbs = \_\_\_\_\_\_
* Told somebody why you are taking action to reduce CO2 emissions: \_\_\_\_ people x 1 lbs = \_\_\_\_\_
* Contacted public leader to support reducing CO2 emissions & advancing justice: \_\_\_ contacts x 5 lbs = \_\_\_
* Other Specific Actions \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: Carbon Reduced \_\_\_\_\_\_\_\_\_\_\_

**TOTAL WEEKLY CARBON FOOTPRINT REDUCED \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**One Time Bonus Actions**

**Complete one or more during Lent and receive estimated or actual annual carbon emissions reduced!**

* Calculate your carbon footprint before (and after) the Carbon Fast: \_\_\_\_\_ calculators used x 10 lbs = \_\_\_\_\_
* Have an energy audit conducted at your home, school, work or church \_\_\_\_\_\_ audits x 10 lbs = \_\_\_\_\_\_\_\_\_
* Change incandescent light bulbs to LED/Energy Star lights: \_\_\_\_\_\_ bulbs x 60 lbs = \_\_\_\_\_\_\_\_\_
* Add additional insulation to home during Lent and claim year’s carbon savings (est. 400 lbs) = \_\_\_\_\_\_\_\_\_\_
* Replace appliance with Energy Star model (refrigerator =273 lbs; furnace = 728 lbs, etc) = \_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Replace regular windows with Energy Star windows (est. 2,947 pounds or indicate actual) = \_\_\_\_\_\_\_\_\_\_\_\_
* Plant a tree where it will grow for many years, claim the annual reduced carbon (est. 60 lbs) = \_\_\_\_\_\_\_\_\_\_\_
* Sign up for 100% renewable electricity: \_\_\_\_\_\_\_\_ average annual kwh per year x 1.1 lbs = \_\_\_\_\_\_\_\_\_\_\_\_\_
* Sign solar panel installation contract and claim the annual amount of carbon savings indicated =\_\_\_\_\_\_\_\_\_
* Planned trip by bus/train that you would have taken by plane: \_\_\_\_ air miles x 0.24 lbs of carbon = \_\_\_\_\_\_\_
* Switch to hybrid or electric car: \_\_\_\_\_\_\_ annual miles driven x \_\_\_\_\_\_\_ lbs less carbon per mile = \_\_\_\_\_\_\_
* Other permanent action taken \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Annual carbon savings = \_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Annual carbon savings =\_\_\_\_\_\_\_\_\_

**TOTAL ANNUAL CARBON FOOTPRINT REDUCED \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

*Printed on recycled paper. If you fill this out in pencil, we’ll reuse it! For each reuse we will place a mark here: \_\_\_\_\_\_\_*