

CARBON FAST REPORT FORM Week of (circle one): 2/11 2/18 2/25 3/4 3/11 3/18 3/25

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.

- 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 _____