

Eco-Life Day Saitama 2017 Summer Checklist

Junior/Senior HS, General Use

Circle the ones you did.
The units are in grams.

Your family members can circle these.

These are just a few things you can do during your day to help the environment! How many did you do?

1 I set the AC to a higher temperature or I did not use the AC. (135g, ¥786/summer)	①	135	135	135	135	135
2 I reduced the time I used the AC by one hour. (84g, ¥488/summer)	②	84	84	84	84	84
3 I cleaned the AC filter. (143g, ¥831/summer)	③	143	143	143	143	143
4 I reduced the brightness of the television screen. (37g, ¥705/year)	④	37	37	37	37	37
5 I turned off the television when I was doing other things. (23g, ¥437/year)	⑤	23	23	23	23	23
6 When I left a room, I turned off the lights. (36g, ¥683/year)	⑥	36	36	36	36	36
7 When I did not use the TV and/or other electronics, I turned off the power switch and unplugged the cord. (77g, ¥1,456/year)	⑦	77	77	77	77	77
8 I replaced my lights with energy saving models. (Ex. LED Lights, etc.) (116g, ¥2,192/year)	⑧	116	116	116	116	116
9 I reduced how often I opened and shut the refrigerator door. (14g, ¥270/year)	⑨	14	14	14	14	14
10 I did not cram a lot of food and drinks into the refrigerator. (60g, ¥1,140/year)	⑩	60	60	60	60	60
11 I did not keep the water running and made sure to turn off the tap. (82g, ¥2,431/year)	⑪	82	82	82	82	82
12 Everyone used the bath while the water was still hot. (81g, ¥468/summer)	⑫	81	81	81	81	81
13 My family used the water left over from the bath to wash laundry. (16g, ¥3,579/year)	⑬	16	16	16	16	16
14 I was careful not to use too much shampoo, dish soap, etc. (72g)	⑭	72	72	72	72	72
15 I followed my town's garbage separation rules for glass, cans, PET bottles, etc. (115g)	⑮	115	115	115	115	115
16 I ate all of my food and did not throw any leftovers away. (9g)	⑯	9	9	9	9	9
17 I purchased fresh food from nearby areas. (15g)	⑰	15	15	15	15	15
18 When I went shopping, I did not use the store's plastic bags. (56g)	⑱	56	56	56	56	56
19 When I went out, I brought my own water bottle. (40g)	⑲	40	40	40	40	40
20 When I went somewhere, I walked, biked, or took the train instead of going by car. (299g, ¥2,765/year)	⑳	299	299	299	299	299

Total Number Circled

--	--	--	--	--

Total Amount of CO₂/Day from Circled Item

--	--	--	--	--	--

(Total Possible: 1,510g)