

# Eco-Life Day Saitama 2018 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 28° or higher, or I did not use the AC. ( 131g, ¥786/summer )	①	131	131	131	131	131
2 I reduced the time I used the AC by one hour. ( 81g, ¥488/summer )	②	81	81	81	81	81
3 I turned off the television when I was doing other things. ( 22g, ¥437/year )	③	22	22	22	22	22
4 I vacuumed after I finished tidying up the room. ( 7g, ¥142/year )	④	7	7	7	7	7
5 When I left a room, I turned off the lights. ( 35g, ¥683/year )	⑤	35	35	35	35	35
6 When I was not using the TV and/or other electronics, I turned off the power switch and unplugged the cord. ( 75g, ¥1,456/year )	⑥	75	75	75	75	75
7 I replaced my lights with energy saving models. (e.g. LED Lights, etc.) ( 123g, ¥2,401/year )	⑦	123	123	123	123	123
8 I reduced how often I opened and shut the refrigerator door. ( 14g, ¥270/year )	⑧	14	14	14	14	14
9 I did not cram a lot of food and drinks into the refrigerator. ( 58g, ¥1,140/year )	⑨	58	58	58	58	58
10 I did not use the 'keep warm' function on my rice cooker. ( 55g, ¥1,076/year )	⑩	55	55	55	55	55
11 I did not leave water running and made sure to turn off the tap tightly. ( 82g, ¥2,520/year )	⑪	82	82	82	82	82
12 Everyone used the bath while the water was still hot. ( 81g, ¥491/summer )	⑫	81	81	81	81	81
13 My family used the water left over from the bath to wash laundry. ( 16g, ¥3,643/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. ( 113g )	⑮	113	113	113	113	113
16 I ate all of my food and did not waste any. ( 9g )	⑯	9	9	9	9	9
17 I made sure to purchase only fruits and vegetables that were in season. ( 97g )	⑰	97	97	97	97	97
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 or thermos. ( 38g )	⑲	38	38	38	38	38
20 When I went somewhere, I walked, biked, or took the train instead of going by car. ( 299g, ¥3,067/year )	⑳	299	299	299	299	299

Total Number Circled

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Total Amount of CO2/Day from Circled Items

g	g	g	g	g
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(Total Possible: 1,464g)