SUSTAINABLE LIFESTYLE ASSESSMENT

Sustainable Lifestyle Assessment Guidelines

1. The Sustainable Lifestyle Assessment will help you become more aware of the environmental impact of your daily lifestyle choices and determine which actions you wish to take in the program.

2. To get the most value from your participation in this program, please fill this out thoughtfully. The most accurate reflection of your household’s accomplishments can be assured if the same person fills in both the “before” and “after” sections of the assessment.

3. Before each topic meeting, read the chapter in the handbook and fill out the “before” column of that section of the Sustainable Lifestyle Assessment. Make your action plan by checking the “will do action”, and then transfer it to the Action Log in the beginning of each chapter.

4. To keep track of your accomplishments, after you have done each action, check it off on your Action Log and fill in the “after program” column of the Sustainable Lifestyle Assessment.
ACTIONS

1. BACK BY POPULAR DEMAND - Recycling

Which of these items do you recycle?

- Newspaper
- Paper
- Junk Mail
- Corrugated cardboard
- Gray cardboard
- Metal
- Glass
- Plastic
- Motor Oil
- Tires
- Household Batteries
- Car Batteries
- Other (specify) ________

Using the above items as a guide, what percent of recyclable materials do you actually recycle?

N/A 0 20% 40% 60% 80% 100%

2. BAG BAGS - Re-using bags

How often do you use reusable, cloth bags or a backpack when you shop?

N/A 0 20% 40% 60% 80% 100%

3. BRING YOUR OWN - Reusing containers

How often do you reuse containers for:

- Bulk food purchases?

N/A 0 20% 40% 60% 80% 100%

- Restaurant take-out?

N/A 0 20% 40% 60% 80% 100%

- Restaurant leftovers?

N/A 0 20% 40% 60% 80% 100%
4. TWO SIDES ARE BETTER THAN ONE - Using paper on both sides before recycling

How often do you use both sides of a piece of paper before recycling?

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How often do you re-use envelopes?

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5. JUNK MAIL DIET - Reducing junk mail

Have you taken steps to reduce junk mail in the last six months?

☐ Yes ☐ No

☐ Yes ☐ No

6. LET IT ROT - Composting

Do you compost food waste?

☐ Yes ☐ No

☐ Yes ☐ No

Do you compost yard waste?

☐ Yes ☐ No

☐ Yes ☐ No

7. WIPE SWIPE - Using cloth instead of paper towels

How often do you use cloth instead of paper for:

- Napkins?
  
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- Towels for cleanup?

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- Handkerchiefs?

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8. A-MEND - Repairing items instead of throwing them away

Since your EcoTeam began have you repaired any items that you previously would have sent to the landfill?

☐ Yes ☐ No

List any appliances, furniture or heavy items (over 35 lbs.)__________________________________________
9. TRASH OR TREASURE - Donating or selling used items
Since your EcoTeam formed have you given away or sold any items that you previously would have sent to the landfill?

List any appliances, furniture or heavy items (over 35 lbs.):

10. CELEBRATE WITH THE EARTH IN MIND - Using reusable party-products
How often do you use reusable items instead of disposables at social events? (Plates, Cups, Napkins, Tablecloths, Silverware, Giftwrap)

11. POOP SCOOP - Cleaning up after your dog
If you have a dog, do you scoop the poop and:
Flush it down your toilet?
Bury it in a hole in your yard?

12. CUT IT HIGH AND LET IT LIE - Mulching grass
If you have a lawn, do you leave the clippings on the ground as mulch after you mow it?

13. FARTHER DOWN THE PATH - Creating a zero garbage household
Do you have a plan for becoming a zero garbage household?

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**GARbage**

**ACTIONS**

**BEFORE PROGRAM**

**WILL DO ACTION**

**AFTER PROGRAM**

N/A 0 20% 40% 60% 80% 100%

0 20% 40% 60% 80% 100%

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**ASSESSMENT**

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