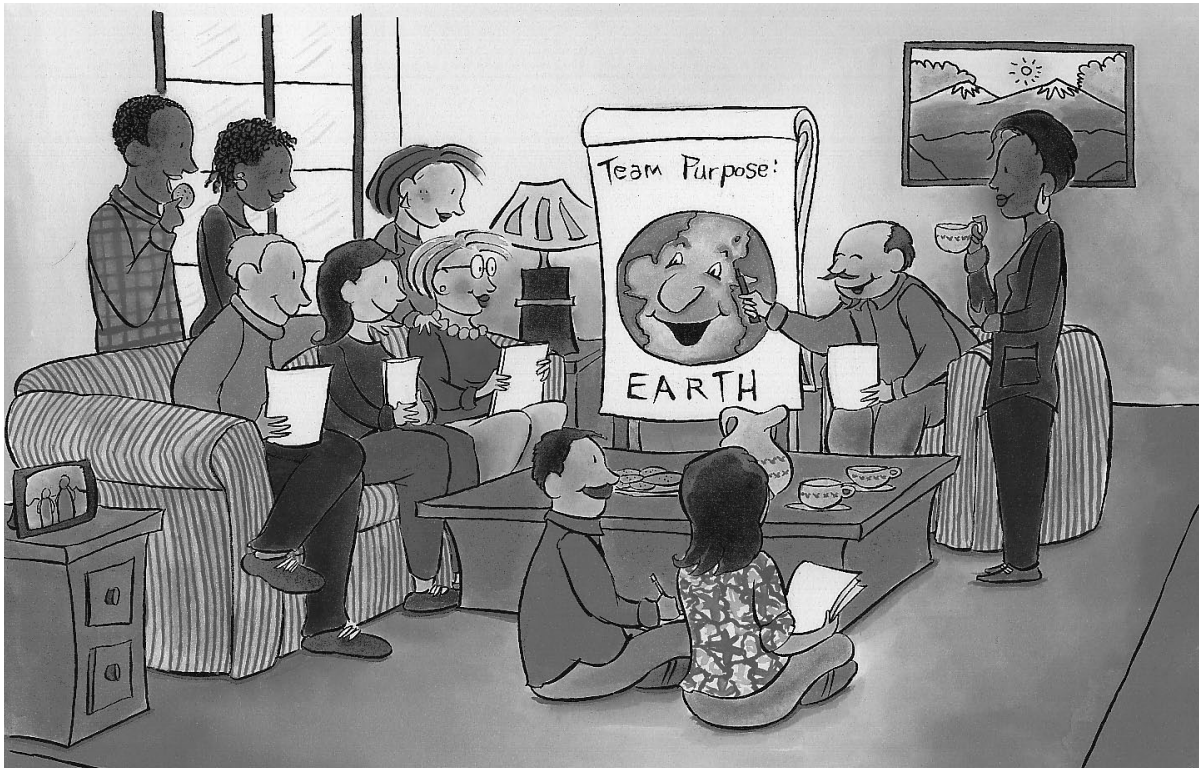


SUSTAINABLE LIFESTYLE ASSESSMENT



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.

GARBAGE



ACTIONS

BEFORE PROGRAM

WILL DO ACTION

AFTER PROGRAM

1. BACK BY POPULAR DEMAND - Recycling

Which of these items do you recycle?



- | | | |
|--|--------------------------|--|
| <input type="checkbox"/> Newspaper | <input type="checkbox"/> | <input type="checkbox"/> Newspaper |
| <input type="checkbox"/> Paper | <input type="checkbox"/> | <input type="checkbox"/> Paper |
| <input type="checkbox"/> Junk Mail | <input type="checkbox"/> | <input type="checkbox"/> Junk Mail |
| <input type="checkbox"/> Corrugated cardboard | <input type="checkbox"/> | <input type="checkbox"/> Corrugated cardboard |
| <input type="checkbox"/> Gray cardboard | <input type="checkbox"/> | <input type="checkbox"/> Gray cardboard |
| <input type="checkbox"/> Metal | <input type="checkbox"/> | <input type="checkbox"/> Metal |
| <input type="checkbox"/> Glass | <input type="checkbox"/> | <input type="checkbox"/> Glass |
| <input type="checkbox"/> Plastic | <input type="checkbox"/> | <input type="checkbox"/> Plastic |
| <input type="checkbox"/> Motor Oil | <input type="checkbox"/> | <input type="checkbox"/> Motor Oil |
| <input type="checkbox"/> Tires | <input type="checkbox"/> | <input type="checkbox"/> Tires |
| <input type="checkbox"/> Household Batteries | <input type="checkbox"/> | <input type="checkbox"/> Household Batteries |
| <input type="checkbox"/> Car Batteries | <input type="checkbox"/> | <input type="checkbox"/> Car Batteries |
| <input type="checkbox"/> Other (specify) _____ | <input type="checkbox"/> | <input type="checkbox"/> 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%

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%

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%

0 20% 40% 60% 80% 100%

Restaurant take-out?

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

0 20% 40% 60% 80% 100%

Restaurant leftovers?

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

0 20% 40% 60% 80% 100%

GARBAGE

ACTIONS

BEFORE PROGRAM

WILL DO ACTION

AFTER PROGRAM

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?

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

0 20% 40% 60% 80% 100%

How often do you re-use envelopes?

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

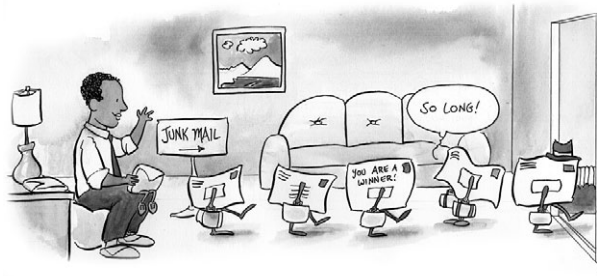
0 20% 40% 60% 80% 100%

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?

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

0 20% 40% 60% 80% 100%

Towels for cleanup?

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

0 20% 40% 60% 80% 100%

Handkerchiefs?

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

0 20% 40% 60% 80% 100%

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.) _____

GARBAGE

ACTIONS

BEFORE PROGRAM

WILL DO ACTION

AFTER PROGRAM

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?

Yes No

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)

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



11. POOP SCOOP - *Cleaning up after your dog*

If you have a dog, do you scoop the poop and:

Flush it down your toilet?

Yes No Yes No

Bury it in a hole in your yard?

Yes No Yes No

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?



Yes No Yes No

13. FARTHER DOWN THE PATH - *Creating a zero garbage household*

Do you have a plan for becoming a zero garbage household?

Yes No Yes No