

Climate Justice Work Sheet

Keep track of your habits! Go through this list with everyone in your household and check off things you already do and those you haven't quite accomplished! Write in your own ideas too! Best to save paper and just use this fillable form on your computer, and make it something the whole family can get involved in!

Family Name: _____

1. Home Energy Steps

Check all that apply.

	Already a Habit	Not yet there
Wash clothes in cold water	<input type="checkbox"/>	<input type="checkbox"/>
Air dry clothes	<input type="checkbox"/>	<input type="checkbox"/>
Replace clothes dryer with Heat pump dryer	<input type="checkbox"/>	<input type="checkbox"/>
Turn off lights and TV when not in use	<input type="checkbox"/>	<input type="checkbox"/>
Unplug unused appliances and electronics	<input type="checkbox"/>	<input type="checkbox"/>
Replace incandescent bulbs with LEDs	<input type="checkbox"/>	<input type="checkbox"/>
Set AC units to 78° or lower in summer or use smart thermostat	<input type="checkbox"/>	<input type="checkbox"/>
Set heat to 68° or lower in winter	<input type="checkbox"/>	<input type="checkbox"/>
Set nighttime heating to 65° & 60° when away	<input type="checkbox"/>	<input type="checkbox"/>
Reduce hot water to 120°	<input type="checkbox"/>	<input type="checkbox"/>
Get Eversource home energy audit	<input type="checkbox"/>	<input type="checkbox"/>
Buy electricity from renewable providers (solar, wind, nuclear)	<input type="checkbox"/>	<input type="checkbox"/>
Upgrade appliances for higher efficiency	<input type="checkbox"/>	<input type="checkbox"/>

Add insulation to home	<input type="checkbox"/>	<input type="checkbox"/>
Only run dishwasher when full	<input type="checkbox"/>	<input type="checkbox"/>
Air dry dishes/don't use dryer cycle	<input type="checkbox"/>	<input type="checkbox"/>
Turn water off when hand washing dishes	<input type="checkbox"/>	<input type="checkbox"/>
Install solar panels	<input type="checkbox"/>	<input type="checkbox"/>
Install heat pumps for heating/cooling	<input type="checkbox"/>	<input type="checkbox"/>
Use electric/battery tools (yard/mower/blowers)	<input type="checkbox"/>	<input type="checkbox"/>

2. Personal Transportation

Check all that apply.

	Already a Habit	Not yet there
Combine errands into one trip	<input type="checkbox"/>	<input type="checkbox"/>
Take public transportation	<input type="checkbox"/>	<input type="checkbox"/>
Ride share to work/events	<input type="checkbox"/>	<input type="checkbox"/>
Bike/ebike/walk for errands	<input type="checkbox"/>	<input type="checkbox"/>
Visit via Zoom/telephone (versus traveling)	<input type="checkbox"/>	<input type="checkbox"/>
Defer new car purchase	<input type="checkbox"/>	<input type="checkbox"/>
Buy hybrid or electric car/pickup	<input type="checkbox"/>	<input type="checkbox"/>

3. Recycling

Check all that

	Already a Habit	Not yet there
Recycle in Blue Barrels per town rules	<input type="checkbox"/>	<input type="checkbox"/>
Recycle plastic film at grocery stores/Town Hall/Libraries	<input type="checkbox"/>	<input type="checkbox"/>
Return deposit bottles to stores	<input type="checkbox"/>	<input type="checkbox"/>
At transfer station -recycle textiles/electronics/paint etc.-see town website	<input type="checkbox"/>	<input type="checkbox"/>

4. Waste/packaging

Check all that apply.

	Already a Habit	Not yet there
Switch to using recycled paper products	<input type="checkbox"/>	<input type="checkbox"/>
Pay online to avoid paper	<input type="checkbox"/>	<input type="checkbox"/>
Save files to hard drive or view on screen (vs printing)	<input type="checkbox"/>	<input type="checkbox"/>
Don't buy bottled water (carry tap water)	<input type="checkbox"/>	<input type="checkbox"/>
Bring your own bags to stores	<input type="checkbox"/>	<input type="checkbox"/>
Avoid plastic take-out food containers- bring your own	<input type="checkbox"/>	<input type="checkbox"/>
Put yard waste in town brown barrels or compost	<input type="checkbox"/>	<input type="checkbox"/>

5. Food

Check all that apply.

	Already a Habit	Not yet there
Plant a home garden	<input type="checkbox"/>	<input type="checkbox"/>
Use a community garden plot	<input type="checkbox"/>	<input type="checkbox"/>
Subscribe to a CSA	<input type="checkbox"/>	<input type="checkbox"/>
Shop at local farmer's markets	<input type="checkbox"/>	<input type="checkbox"/>
Compost vegetable food/yard waste	<input type="checkbox"/>	<input type="checkbox"/>
Sign up for a compost service	<input type="checkbox"/>	<input type="checkbox"/>
Bring lunch to work	<input type="checkbox"/>	<input type="checkbox"/>
Add plant-based milk	<input type="checkbox"/>	<input type="checkbox"/>
Reduce beef-based meals	<input type="checkbox"/>	<input type="checkbox"/>
Reduce meat portions	<input type="checkbox"/>	<input type="checkbox"/>
Add meatless meals	<input type="checkbox"/>	<input type="checkbox"/>
Add plant based meat	<input type="checkbox"/>	<input type="checkbox"/>

6. Water Usage

Check all that apply.

	Already a Habit	Not yet there
Shift to showers from baths	<input type="checkbox"/>	<input type="checkbox"/>
Take shorter showers	<input type="checkbox"/>	<input type="checkbox"/>
Insert flow restrictors in shower heads	<input type="checkbox"/>	<input type="checkbox"/>
Upgrade to low-flow toilets	<input type="checkbox"/>	<input type="checkbox"/>
Turn water off when brushing teeth/washing dishes	<input type="checkbox"/>	<input type="checkbox"/>
Stop watering lawns	<input type="checkbox"/>	<input type="checkbox"/>

7. Advocacy

Check all that apply.

	Already a Habit	Not yet there
Respect/protect green spaces	<input type="checkbox"/>	<input type="checkbox"/>
Volunteer for environmental group (s)	<input type="checkbox"/>	<input type="checkbox"/>
Write letters to legislators	<input type="checkbox"/>	<input type="checkbox"/>
Vote for climate action candidates	<input type="checkbox"/>	<input type="checkbox"/>
Educate girls to become decision makers- as many home decisions made by women	<input type="checkbox"/>	<input type="checkbox"/>

8. Other Steps

Check all that apply.

	Already a Habit	Not yet there
Use natural cleaning products	<input type="checkbox"/>	<input type="checkbox"/>
Use organic fertilizers for yard	<input type="checkbox"/>	<input type="checkbox"/>
Use organic pest control for house/yard	<input type="checkbox"/>	<input type="checkbox"/>
Plant pollinator flowers and reduce lawns	<input type="checkbox"/>	<input type="checkbox"/>
Plant trees to shade home/sequester carbon	<input type="checkbox"/>	<input type="checkbox"/>
Additional Step (1)	<input type="checkbox"/>	<input type="checkbox"/>
Additional step (2)	<input type="checkbox"/>	<input type="checkbox"/>
Additional step (3)	<input type="checkbox"/>	<input type="checkbox"/>
Additional step (4)	<input type="checkbox"/>	<input type="checkbox"/>

Thank you for using this handy form as a tool for tracking your habits!

Now keep this document accessible on your computer to update as you make changes in your habits! When you're ready, you may submit your form back to the Climate Justice team and we will acknowledge individuals and families based on how many environmentally friendly habits you've been practicing!
