

Every change you make counts!

You can use this simple check list to create your personal plan or print a plan document. If you like detail and want to know more about what most affects CO2 emissions you can calculate your [own carbon footprint](http://www.epa.gov/climatechange/ghgemissions/ind-calculator.html) at <http://www.epa.gov/climatechange/ghgemissions/ind-calculator.html>.

	Did it	Planning to do it
Energy Efficiency		
Get a No-Cost energy assessment - 866-867-8729 or visit www.nextsteplivinginc.com/carlisle	<input type="checkbox"/>	<input type="checkbox"/>
Install an energy monitor	<input type="checkbox"/>	<input type="checkbox"/>
Replace incandescent light bulbs with CFLs or LEDs	<input type="checkbox"/>	<input type="checkbox"/>
Turn unused lights off	<input type="checkbox"/>	<input type="checkbox"/>
Plug TV's, computers and other "leaking" products into smart power strips	<input type="checkbox"/>	<input type="checkbox"/>
Use air dry dishwasher setting	<input type="checkbox"/>	<input type="checkbox"/>
Hang wash out to dry	<input type="checkbox"/>	<input type="checkbox"/>
Use cold water for laundry washing	<input type="checkbox"/>	<input type="checkbox"/>
Wash sheets and clothes less often	<input type="checkbox"/>	<input type="checkbox"/>
Set the hot water heater thermostat to 120 or less	<input type="checkbox"/>	<input type="checkbox"/>
Install solar hot water system	<input type="checkbox"/>	<input type="checkbox"/>
Install a programmable thermostat	<input type="checkbox"/>	<input type="checkbox"/>
Set the winter night time temp to 55-58	<input type="checkbox"/>	<input type="checkbox"/>
Set the daytime (when you are home) temp to 65-68	<input type="checkbox"/>	<input type="checkbox"/>
Regular furnace tune up	<input type="checkbox"/>	<input type="checkbox"/>
Maximize weather stripping	<input type="checkbox"/>	<input type="checkbox"/>
Maximize insulation	<input type="checkbox"/>	<input type="checkbox"/>
Minimize use of air conditioning	<input type="checkbox"/>	<input type="checkbox"/>
Set the summer night time temp to 68-70	<input type="checkbox"/>	<input type="checkbox"/>
Water Efficiency	<input type="checkbox"/>	<input type="checkbox"/>
Install low-flow showerheads (1.0 - 1.5 GPM)	<input type="checkbox"/>	<input type="checkbox"/>
Install aerators for faucets (0.38 - 0.5 GPM)	<input type="checkbox"/>	<input type="checkbox"/>
Install low-flow toilets (0.8 - 1.28 GPF)	<input type="checkbox"/>	<input type="checkbox"/>
Take shorter showers	<input type="checkbox"/>	<input type="checkbox"/>
Take fewer baths	<input type="checkbox"/>	<input type="checkbox"/>
Full Loads for Dishwasher and Washing Machine	<input type="checkbox"/>	<input type="checkbox"/>
Install a Rain Barrel	<input type="checkbox"/>	<input type="checkbox"/>
Plant drought resistant plants	<input type="checkbox"/>	<input type="checkbox"/>
Water so roots grow deep preventing disease and pests	<input type="checkbox"/>	<input type="checkbox"/>
Install drip irrigation	<input type="checkbox"/>	<input type="checkbox"/>
Water lawn at night or early morning	<input type="checkbox"/>	<input type="checkbox"/>

Food Sourcing	<input type="checkbox"/>	<input type="checkbox"/>
Limit red meat consumption	<input type="checkbox"/>	<input type="checkbox"/>
Buy local (Carlisle Farmers Market and local food at the grocery store)	<input type="checkbox"/>	<input type="checkbox"/>
Grow my own	<input type="checkbox"/>	<input type="checkbox"/>
Buy organic	<input type="checkbox"/>	<input type="checkbox"/>
Recycle	<input type="checkbox"/>	<input type="checkbox"/>
Reduce Solid Waste	<input type="checkbox"/>	<input type="checkbox"/>
Compost	<input type="checkbox"/>	<input type="checkbox"/>
Use Reusable Grocery Bags	<input type="checkbox"/>	<input type="checkbox"/>
Stop Junk Mail	<input type="checkbox"/>	<input type="checkbox"/>
Household Products	<input type="checkbox"/>	<input type="checkbox"/>
Use white vinegar as a cleaner	<input type="checkbox"/>	<input type="checkbox"/>
Use biodegradable detergents and cleaners	<input type="checkbox"/>	<input type="checkbox"/>
Use compostable disposable products	<input type="checkbox"/>	<input type="checkbox"/>
Purchase products made from recycled or sustainable materials	<input type="checkbox"/>	<input type="checkbox"/>
Landscaping	<input type="checkbox"/>	<input type="checkbox"/>
Compost	<input type="checkbox"/>	<input type="checkbox"/>
Plant drought resistant grasses (fescues, big bluestem, Canadian bluegrass & timothy)	<input type="checkbox"/>	<input type="checkbox"/>
Use organic fertilizer instead of chemical fertilizers to encourage deep root growth	<input type="checkbox"/>	<input type="checkbox"/>
Use milky spore instead of pesticides for grub control for pet health and honeybee health	<input type="checkbox"/>	<input type="checkbox"/>
Plant clover and sustainable grasses	<input type="checkbox"/>	<input type="checkbox"/>
Transportation	<input type="checkbox"/>	<input type="checkbox"/>
Keep the car tuned	<input type="checkbox"/>	<input type="checkbox"/>
Own a low mileage car	<input type="checkbox"/>	<input type="checkbox"/>
Minimize car trips	<input type="checkbox"/>	<input type="checkbox"/>
Keep tires properly inflated	<input type="checkbox"/>	<input type="checkbox"/>
Drive the speed limit	<input type="checkbox"/>	<input type="checkbox"/>
Don't carry extra weight	<input type="checkbox"/>	<input type="checkbox"/>
Offset My Carbon Footprint	<input type="checkbox"/>	<input type="checkbox"/>
Purchase green power from NSTAR	<input type="checkbox"/>	<input type="checkbox"/>
Plant Trees	<input type="checkbox"/>	<input type="checkbox"/>
Purchase carbon credits when I fly	<input type="checkbox"/>	<input type="checkbox"/>
Purchase carbon credits when I take the train	<input type="checkbox"/>	<input type="checkbox"/>