

Personal Environmental Survey and Checklist: Help Save the Earth

1. Home Energy

- I live in a small home.
- I use electric fans or open windows in the evening to reduce the need for air conditioning.
- I use my thermostat to minimize use of heating and air conditioning at my home.
- I buy renewable energy (solar, wind) from my power company.
- I wash dishes by hand to save water and energy.
- My home is equipped to use solar energy for electricity, water heating or cooking.
- I have had an energy audit at my home.
- I use a clothesline instead of a dryer to dry my clothes when I can.
- I program my thermostat to reduce heating and air conditioning while I am asleep or away.
- My house is well insulated.
- I turn off lights, electronics and power strips when not in use.
- I wash full loads of dishes or laundry to save water and energy.
- I have a LEED-certified house.
- I wash my clothes in warm or cold water.
- I reduced the temperature of my water heater to 120 degrees F.
- I do not own a house.
- The windows and doors in my house are airtight and energy efficient.
- I bought energy-efficient appliances and electronics.
- I share my home or apartment with others.
- I have installed energy efficient lighting in my house (compact fluorescent or LED).
- I usually cook with a microwave instead of a conventional electric oven.
- My home has a smart meter to help me monitor and analyze my electricity use.

2. Transportation

- I frequently walk or bicycle for local transportation and exercise.
- I regularly inflate my car tires, replace the air filters, and have the oil changed.
- I shop close to home, and minimize/combine shopping trips.
- I own an electric, hybrid or fuel-efficient car.
- I chose to live near my work or school.

- I carpool or share a ride to work or school.
- I take a public bus or train to work or school.
- I save gas by following speed limits, changing speed gradually, and not idling a long time.
- I do not own a car.

3. Water

- I have installed hoses, showers, faucets and toilets that conserve water, and fixed leaks.
- I have calculated how much water I use for yard, washing, bathing and toilets.
- I take short showers.
- I wash my car with buckets and sponges to conserve water.
- I practice low-water gardening, my yard uses native plants, or I have reduced my lawn size.
- I supported protection of oceans or waterways.
- I wash my car at a car wash to prevent pollution of runoff water.
- I installed a rain barrel at my home.
- I avoid using herbicides, pesticides and insecticides in my yard and garden.
- I turn off water when not using it (brushing teeth, shaving, lathering, washing).

4. Food

- I only eat at restaurants on special occasions, and I avoid fast food.
- I grow food in my garden.
- I reduced consumption of meat, fish, dairy, and processed foods.
- I try to minimize food waste by eating leftovers and fresh food before it goes bad.
- I buy foods known to have few pesticides.
- I have visited local farms.
- I do not buy genetically engineered food.
- I buy organic food.

5. Shopping

- I buy local food and other products.
- I buy green products.
- I research the origins and environmental impacts of products.
- I buy fair trade food and other products.

I do not buy disposable paper, plastic, or polystyrene (Styrofoam) plates, cups and utensils.
I buy natural, organic fabrics instead of clothes made with pesticides, synthetics and PFCS.
I avoid dry-cleaning clothes, which often uses perchloroethylene.
I do not smoke.
I read online news instead of buying newspapers.
I avoid needless consumption; I use only what I need and make things last a long time.

6. Waste

I receive paperless email statements and correspondence from banks, utilities, schools, etc.
I recycle most cans, electronics and other metals.
I use washable cloths, sponges or handkerchiefs instead of disposable paper for cleaning.
I do not buy bottled water, or other canned or bottled beverages.
I help recycle cans and other trash that others did not recycle.
I drink from a reusable bottle or cup when I am away from home.
I compost my garbage.
I dispose of still useful but unwanted items via a yard or online sale, local charity, Freecycle, etc.
I bring my own shopping bags and I don't take a bag if I don't need it.
I take toxic household chemicals and items (waste or unused) to safe disposal facilities.
I buy few cans and metals to reduce the environmental impact of mining.
I buy natural cleaning products instead of toxic ones (chlorine bleach, drain cleaners, etc.)
I avoid unnecessary printing.
I installed a filter on my tap or use a pitcher with recyclable filter or refridgerator filter.
I borrow or lease items that I will only use rarely or for a short time.
I recycle most paper, plastic, metal and glass.
I purchase cloth diapers instead of disposables.
I buy recycled paper products.
I have opted out of unsolicited junk mail.
I buy used second-hand items such as clothes and furniture.

7. Nature

I supported endangered species.
I have supported a park, wildlife refuge, wilderness area or wetland.

I have supported parks and urban spaces.
I supported protection of rainforests.
I have helped clean up local land or water.
I planted a tree in my yard.
I engage in ecotourism for environmental and cultural preservation and poverty reduction.

8. General

I have advocated environmental issues through email, social media or in person.
I chose to have few or no children in part to limit environmental impact.
I supported birth control or other measures to reduce overpopulation.
I have done volunteer work to support the environment.
I educate children about the environment.
I chose to have few or no pets in part to limit environmental impact.
I am a member of a local or global environmental group or organization.
I contacted my political representatives about environmental issues.
I have attended an environmentally responsible university or school.
I invested in environmentally and socially responsible organizations.
I have donated money to environmental causes.
I have read books or done Internet research on environmental issues.
I voted for environmental issues and candidates who support the environment.
I have chosen an environmental job or career.

9. Comments

Done

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