

THE GREEN EARTH, GOOD LIFE, INNOVATION AND JOB CREATION, PRECAUTIONARY PRINCIPLE (HAPPY ATMOSPHERE) CHALLENGE SCORECARD

DAILY ACTIONS

Earn one point each day for the following (tally in boxes daily)

Thermostat set to 76°
(summer)

Laundry: Run at night, wash
with cold

Dishwasher: Run at night,
skip dry cycle

No recyclables in trash

Earn two points each day for the following actions (tally in boxes daily)

Telecommute

Carpool, walk, bike, public
transit

Meat-free day

No food in trash

LEVEL ONE: QUICK AND (NOT) DIRTY

PTS		
5	Unload additional weight from car(s)	
5	Check and clean or change home air filter if needed	
5	Turn water heater down by 10 degrees	
5	Read about (and put note in car to practice) eco driving	
5	Get one friend to take climate challenge (5 pts per friend)	
	TOTAL LEVEL ONE	

LEVEL TWO: SIMPLE, BUT NOT FREE

PTS		
10	Change frequently used lightbulb to LED (5 pts per bulb)	
10	Buy reused or borrow (e.g., clothing, books, kitchen) (5 pts per item)	
10	Use wool dryer balls to cut down drying time	
10	Install (and use) power-strips in home office, printers, and home entertainment	
10	Switch to using rechargeable batteries	
10	Shop at a farmers' market	
10	Inflate car tires	
10	Buy bike helmet / fix bike	
20	Compost (at home or through local pick-up/drop-off)	
20	Discontinue use of a second refrigerator	
20	Subscribe to a CSA	
10	Purchase green energy (10 pts per 10% of home energy use)	
	TOTAL LEVEL TWO	

LEVEL THREE: INTERMEDIATE, MAY REQUIRE BACK-UP

PTS		
10	Install low-flow showerheads (10 pts per showerhead)	
10	Insulate hot water heater	
10	Install outdoor solar safety lights	
20	Plant a tree	
20	Have a home energy audit	
25	Upgrade attic insulation	
25	Install ceiling fans in bedrooms (25 pts per fan)	
25	Use programmable thermostat learn how to program to turn off/down when sleeping/away	
TOTAL LEVEL THREE		

EXTRA POINTS

PTS		
250	PV panels	
250	Electric vehicle	
100	Hybrid vehicle	
50	Upgrade refrigerator, clothes dryer, hot water heater, furnace to efficient model	
25	Contribute to protect/restore tropical forest	
25	Contribute to education for girls	
50	Invest in a low-emission future	
TOTAL EXTRA POINTS		

DEMERITS

Improper disposal of old refrigerator or air conditioner = minus 500 points

ADDING IT UP

Daily Actions	
Level One	
Level Two	
Level Three	
Extra Points	
CHALLENGE TOTAL	