

# Mayors' EcoChallenge

## Actions List

Each participating mayor is ask to fill out this action list, identifying the Green House Gas reduction tasks they have conducted during their Challenge. Please be specific so estimates of reductions can be calculated.

The content of this Actions List shall remain confidential, held in trust by the New Brunswick Lung Association for the purposes of developing a final report consistent with the expectations of our project sponsors and participating mayors.

**Participant's Name**

**Participants's Municipality**

### **Challenge 1: Build a Buddy System**

***Challenge a neighbour, friend, fellow councillor or family member to participate***

Check any that apply

- |  |                      |
|--|----------------------|
| <input type="checkbox"/> Did you meet with buddy?  | <input type="text"/> |
| <input type="checkbox"/> Did you discuss your carbon footprint?                                | <input type="text"/> |
| <input type="checkbox"/> Did you discuss the Mayors' Challenge?                                | <input type="text"/> |
| <input type="checkbox"/> Did you discuss the actions, challenges?                              | <input type="text"/> |
| <input type="checkbox"/> Did you decide how to buddy-up?                                       | <input type="text"/> |
| <input type="checkbox"/> Did you decide how to share activities and double your CO2 reduction? | <input type="text"/> |

*\* Add comments where appropriate. Comments, questions and feedback will help us tailor this project to meet your needs.*

### **Challenge 2: Energy Consumption Tracker**

***Record how many kilometres you drove, how much fuel you used, how much electricity & water your household consumed this week. (See logbook for instructions on recording).***

*Only numbers may be entered in these fields*

Electricity Meter	<input type="text"/>
Water Meter	<input type="text"/>
Vehicle Fuel	<input type="text"/>
Vehicle Kilometers	<input type="text"/>
Auxiliary Fuel	<input type="text"/>

*\* Auxiliary Fuel refers to gas-powered equipment (snowblowers, power generators, etc.), recreational vehicles (motorcycles, ATV, snowmobiles, etc.)*

**Challenge 3: Be a Fuel Efficient Driver**  
***Burning one litre of gas produces 2.4 kg of CO<sub>2</sub> emissions***

Check any that apply

- Did you tune up your vehicle?
- Did you check your tire pressure and add air if needed?
- Did you shut off the engine to avoid idling?
- Did you drive below the speed limit?
- Did you avoid jack rabbit starts?
- Did you drive with a soft foot?
- Did you break less often?
- Did you plan your route?

\* Add comments where appropriate.

**Challenge 4: Travel Smart**  
***Walking or biking to work daily can save up to \$3000/yr in gas, vehicle maintenance and parking fees.***

Check any that apply

- Did you reduce personal vehicle use?
- Did you bike this week?
- How many kilometres?
- Did you walk to work?
- How many kilometres?
- Did you walk to the store?
- How many kilometres?
- Did you carpool?
- How many kilometres?
- Other alternative transportation?
- Did you use Public Transit?
- How many kilometres?

\* Add comments where appropriate.

**Challenge 5: Light the Way Efficiently**  
***One CFL bulb will reduce Green House Gas emissions by 15 kg per year, compared to an incandescent bulb.***

Check any that apply

- Did you add efficient lighting?
- Did you replace incandescent bulbs with compact florescents?
- How many?

- Did you install electrical timers?
- How many? Where?
- Did you install motion detectors?
- How many? Where?
- Did you use natural lighting?

*\* Add comments where appropriate.*

**Challenge 6: Be Energy Conscious in Home Heating**  
***Home insulation can save more than 800 kg of Green House Gas emissions per year.***

**Check any that apply**

- Did you close your curtains to retain heat?
- Did you lower your thermostat?
- What is it set at?
- Did you program the thermostat for night use?
- What settings are you using?
- Did you dress more warmly?
- Did you insulate any windows with plastic film?
- How many?
- Did you insulate your basement, walls or attic?
- Did you seal cracks, joists, wall outlets, window & door frames?

*\* Add comments where appropriate.*

**Challenge 7: Be A Water Wizard**  
***Save more than 300 kg of Green House Gas emission per year, by washing clothes in cold water.***

**Check any that apply**

- Did you wash your clothes in cold water?
- How many loads?
- Did you wash only full loads?
- Did you use a clothes line instead of a dryer?
- How many times?
- Did you use a dishwasher this week?
- How many loads?
- Did you install a low-flow shower head?
- Did you install faucet aerators?
- Did you install a low-flow toilet?

*\* Add comments where appropriate.*

### Challenge 8: Be Power Smart

**Save more than 450 kg of Green House Gas emissions per year, by using appliances only during off-peak hours**

Check any that apply

- Did you unplug any unused appliances?
- Did you install powerbars for your entertainment systems?
- Did you shut off your computer screen?
- Did you activate your computer's power management features?
- Did you unplug your battery chargers?
- Did you use a microwave instead of the oven?
- How often?
- Did you adjust your refrigerator / freezer thermostat?
- What settings are you using now?
- Did you adjust your water heater's thermostat?
- What settings are you using now?
- Did you unplug your basement "beer" fridge?

\* Add comments where appropriate.

### Challenge 9: Be A Smart Consumer

**Support local food production: save 200 kg of Green House Gas emissions per person per year.**

Check any that apply

- Did you reuse shopping bags?
- Did you use cloth shopping bags?
- Did you reuse boxes for shopping?
- Did you avoid throw-away products?
- Did you reduce your consumption of meat? Describe ...
- Did you choose organic vegetables?
- Did you buy bulk items?
- Did you buy local items?
- Did you buy natural products?
- Did you evaluate the environmental impact of the products?

\* Add comments where appropriate.

**Challenge 10: Be 4-R Wise**  
***Reduce, Reuse, Repair and Recycle***

Check any that apply

- Did you try to reduce your waste? Describe ...
- Did you try to reuse everything possible? Describe ...
- Did you try to repair everything possible? Describe ...
- Did you try to recycle everything possible? Describe ...
- Did you donate clothes to charity? Describe ...
- Did you donate furniture to charity? Describe ...
- Did you donate appliances to charity? Describe ...
- Did you compost your kitchen refuse? Describe ...

*\* Add comments where appropriate.*

**Challenge 11: Be a Carbon Neutral Investor**  
***Save more than 3 metric tonnes of Green House Gas per year, by upgrading to a more fuel-efficient vehicle.***

Check any that apply

- Did you upgrade to a more fuel-efficient vehicle?
- Did you carry out the improvements recommended in your home energy audit?
- Did you replace an old appliance with an EnergyStar model?
- Did you invest in alternative energy sources?
- Did you convert to an 'EPA-certified' or 'pellet' wood stove?
- Did you install a wind energy device?
- Did you install a micro-hydro energy device?
- Did you install solar panels?
- Did you instal a solar water heating system?
- Did you install a geothermal water heating system?
- Did you install a geothermal space heating system?
- Did you upgrade to a more energy-efficient central heating/cooling system?

*\* Add comments where appropriate.*