



In celebration of the 40th Anniversary of Earth Day, the WHOI Sustainability Task Force invites you to take the Earth Day Challenge! See how many Earth-friendly habits you've already developed and consider other sustainable activities you can try.



Energy

- | | I already do
this! | I'm ready to
start! | I'm not
ready! |
|---|-------------------------------|--------------------------------|---------------------------|
| 1. Replace incandescent bulbs with CFLs. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Use natural light instead of electric as much as possible. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Turn off the lights and computer when not in use. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Use a power strip to cut off electricity to non-essential appliances like flat-screen TVs & monitors, and unused lab equipment. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Unplug chargers and laptops when not in use. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Use rechargeable batteries instead of alkaline batteries. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Choose Energy Star-rated products when replacing appliances. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Turn your heat/air conditioning back when you're absent. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Wear a sweater or open the window to heat up or cool down just a little. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. In summer, close shades in the day and open the windows at night to cool buildings naturally. In all seasons, draw shades or close storm windows to decrease heating/cooling losses through closed windows. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Food and water

- | | | | |
|--|--------------------------|--------------------------|--------------------------|
| 11. Drink tap water instead of bottled as much as possible. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Turn off water between uses when brushing teeth, washing dishes, or working in the yard. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Promptly fix leaky faucets and toilets that run too much. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Take short showers and don't let the shower run before you get in. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Wash clothes in cold or warm water, and use energy-saving cycles. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. Dry clothes by hanging them up. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. Eat less meat. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. Buy local and/or organic foods as much as possible. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 19. Only wash full loads of laundry or dishes. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. Water outdoor plants in the evening. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Transportation

- | | | | |
|---|--------------------------|--------------------------|--------------------------|
| 21. Don't "warm up the car" before driving. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 22. Use human-powered transportation as much as you can – walk, bike, and take the stairs. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 23. Carpool and share rides as often as possible. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 24. When replacing your car, consider a more fuel efficient model. Or make your current car as fuel efficient as possible by keeping the tires inflated and the engine tuned. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 25. Drive slower and accelerate gently to increase your fuel consumption. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 26. Turn off the car when you have to wait more than a minute or two. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 27. When running errands, visit several destinations in one trip. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 28. Use public transportation, the WHOI shuttle, and carpools to get around whenever possible. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Waste

- | | | | |
|---|--------------------------|--------------------------|--------------------------|
| 29. Bring a reusable mug or water bottle along, even to meetings and workshops. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 30. Print only necessary documents, and print double sided whenever you can. Use blank areas of "mistake" printouts and junk mail for scrap paper before recycling. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 31. Choose less toxic chemicals, products, and cleaning supplies for lab and household projects. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 32. Store reusable bags in your car so they'll be handy every time you shop. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 33. Buy recycled printer cartridges and paper with some post-consumer content. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 34. Every time you throw trash away, pause and check first if you can recycle it – glass, #1-2 plastics, metal containers, printer cartridges, and most paper and cardboard can be. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 35. Drop off old cell phones, computers, TVs and other "tech junk" at recycling programs. Newer products might even get you cash back. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 36. Only buy what you can use, even if it's on sale! | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 37. Before you discard old possessions, see if you can donate them to a charity, resell them, or even give them away-- even recycling is less efficient than passing items to another user. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 38. Bring bag lunches in reusable containers, and remember reusable utensils! | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 39. Compost all vegetable and yard waste; even pet hair and coffee filters can be composted. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 40. Check out secondhand stores and websites like Craigslist, Freecycle, and WHOI's surplus web page before you buy new products. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |