



Living Routes' Carbon Commitment

We can each make a difference in our carbon footprint by (1) measuring our emissions, (2) reducing these emissions where possible, and (3) offsetting remaining emissions. There are many online calculators to help measure our footprints (e.g., www.earthcharterinaction.org/climate/2007/09/find_the_right_carbon_calculat.html) and offset remaining emissions (e.g. www.cleanair-coolplanet.org/ConsumersGuidetoCarbonOffsets.pdf), but there are few and scattered resources available to help determine CO₂ reductions that result from behavioral/lifestyle changes.

This worksheet aims to fill this gap by allowing you to commit to new actions (i.e. ones that you are not presently or planning on doing) and calculate resulting offsets. Many of the calculations are broad estimates. When more than one was available for the same action, the more conservative and/or more specific one was chosen. This is a work in progress. If you have ideas for improving this worksheet, please contact me at Daniel@LivingRoutes.org.

Personal Emissions

Car: RT mileage ÷ mpg ÷ # Occupants X 19.6 lbs CO₂/gal^a = lbs CO₂
Bus: RT mileage X 0.66 lbs CO₂/mi^b = lbs CO₂
Train: RT mileage X 0.38 lbs CO₂/mi^b = lbs CO₂
Flight (< 3 hours): ... 1,320 lb CO₂/flight^c ...or RT mileage X 0.64 lbs CO₂/mi^b = lbs CO₂
Flight (3-7 hours): ... 2,860 lb CO₂/flight^c ...or RT mileage X 0.45 lbs CO₂/mi^b = lbs CO₂
Flight (7+ hours): ... 8,140 lb CO₂/flight^c ...or RT mileage X 0.39 lbs CO₂/mi^b = lbs CO₂
Other (describe): = lbs CO₂
TOTAL = lbs CO₂

Personal Offsetting Commitments

Please consider new actions (i.e. ones you are not presently – or planning on – doing) you can commit to by a certain date in order to offset your personal conference carbon footprint. You are welcome to offset others’ as well! Please note that many of the calculations are broad estimates. When multiple estimates were available, the more conservative and/or more specific one was chosen. You are welcome to adjust them based on your individual circumstances.

HOME	<u>lbs CO₂/yr</u>		<u>Offset</u>	<u>Start Date</u>
<input type="checkbox"/> Plug computer into a power strip and turn off when not in use ²	43	→	_____ by _____	_____
<input type="checkbox"/> Ditto for home entertainment equipment ²	240	→	_____ by _____	_____
<input type="checkbox"/> Replace a pre-2001 refrigerator with an Energy Star model ²	500	→	_____ by _____	_____
<input type="checkbox"/> Check refrigerator door seals, clean coils, defrost, keep top clear ²	700	→	_____ by _____	_____
<input type="checkbox"/> Thoroughly seal air leaks in your home ⁸	800	→	_____ by _____	_____
<input type="checkbox"/> Replace a washing machine with an Energy Star front load washer ⁸	500	→	_____ by _____	_____
<input type="checkbox"/> Use a clothesline instead of a dryer for 6 months/year ⁹	700	→	_____ by _____	_____
<input type="checkbox"/> Clean a dirty air conditioner unit filter ¹⁰	175	→	_____ by _____	_____
<input type="checkbox"/> Only run dishwasher when full and use energy-saving setting ⁹	100	→	_____ by _____	_____
<input type="checkbox"/> Replace a pre-2001 dishwasher with an Energy Star model ⁸	125	→	_____ by _____	_____
<input type="checkbox"/> Raise air conditioner thermostat to 74°F from 72°F ²	242	→	_____ by _____	_____
<input type="checkbox"/> Raise air conditioner thermostat to 76°F from 72°F ²	484	→	_____ by _____	_____
<input type="checkbox"/> Replace gas lawnmower with a manual push mower ⁶	120	→	_____ by _____	_____
<input type="checkbox"/> Rake a one acre lawn instead of using a leaf blower ⁶	100	→	_____ by _____	_____
SUBTOTAL	=		_____	