

10/12/16

Sec. 332

Fuel:

(I did not drive)

carpool
or
walk

- My friend drove me ~ (.6mi) + (2.5mi) + (2.3mi)
- Total: 5.4miles
- Her gas mileage: ~24 mpg

Passengers: 2

waste
Always
recycle

- Packaging:
- Plastic bottle: 1 (recycle)
 - Cardboard box: 1 (recycle)
 - Plastic grocery bags: 6 (re-use)
 - Plastic fruit snacks: 2 (waste) (could have recycled)

Always
recycle

Paper: IIII IIII IIII

(Including this sheet)

- Did not dispose of it; if I did, I would recycle.
- Some were FSC Mixed paper (combination of controlled) and others were FSC recycled.

Water:

Shorter
showers

- 20 minute shower
- Brushed teeth 2x
- 2 cups to water plants
- Washed laundry 2x
- Consumed ~30oz
- Washed hands 10x
- Flushed 5x

Great detail!

Always
clean
lint
trap

Appliance use:

- Washer: 2 loads ~ 90min
- Dryer: 2 loads ~ 120min
- Computer: 2 hrs 15min

* I seriously do not eat much...

Food:

Local
Fresh
Foods

- Great Value Caramel Coconut + Fudge cookies (3 cant)
- Lays Smoked Gouda + chives
- Fried rice, cooked whole peas, side salad w/ Honey mustard dressing (carrots, olives, cheese, bacon)
- Hillside Grande vanilla chia iced; starbucks

For better
diet
+
consumption

- 2" fruit snacks great value
- Ocean spray diet cranberry juice

10oz