

Personal Baseline Inventory

Name _____

Date _____



For 24 hours, track your normal activities. Write down the duration and amount for each activity, every time it happens.

Transportation Emissions Write down every time you take the train, ride in a car, ride the bus. Make note of distances if you know them.

Time	Transportation Activity and Distance	Duration/ Frequency	Shared use? With how many other people?
7:35am	Example: bus ride to school, 4 miles	20 minutes	Yes, 32 other students
3:10pm	Example: car ride to work	15 minutes	No

Add paper, if needed.

Solid Waste Write down a description of the items and the amount of anything you throw away. Do not count items you put in recycling or compost.

Time	Item thrown away to trash	Amount or weight	Shared use? With how many other people?
7:05a m	Example: breakfast packaging	1	Yes, 1
9:10a m	Example: paper towels in bathroom	2 sheets	No

Add paper, if needed.



Energy Consumption Write down every time you plug in your phone, turn on a light switch, use a microwave, etc. Also consider indirect energy use.

Time	Energy Consumption	Duration/Frequency	Shared use? With how many other people?
11:00pm	Example: plug in cell phone charger	Overnight (7.5 hours)	No
6:45am	Example: turn on lamp	15 minutes	No

Add paper, if needed.

Water Consumption Write down every time you use water for anything – drinking, showering, washing dishes, cooking, washing cars, etc.

Time	Water Consumed/Used	Approximate Amount	Shared use? With how many other people?
6:50am	Example: flush toilet	1 standard flush	No
6:55am	Example: shower	8 minutes	No
7:15am	Example: drank water	1 glass	No

Add paper, if needed.

Sustainability Personal Inventory

Name _____

Date _____



For 24 hours, track your activities while thinking about **sustainability**. Write down the duration and amount for each activity, every time it happens.

Transportation Emissions How can you reduce your transportation emissions? What are you doing differently now? Write down every time you take the train, ride in a car, ride the bus, ride a bike, or walk (instead of driving). Make note of distances/time if you know them.

Time	Transportation Activity and Distance	Duration/ Frequency	Shared use? With how many other people?

Add paper, if needed.

Solid Waste How can you reduce your solid waste? What are you doing differently now? Write down a description of the items and the amount of anything you throw away. Also make note of trash that can be recycled or reused.

Time	Item thrown away to trash	Amount/ Weight	Shared use? With how many other people?

Add paper, if needed.



Energy Consumption How can you reduce your energy consumption? What are you doing differently now? Write down every time you plug in your phone, turn on a light switch, use a microwave etc.

Time	Energy Consumption	Duration/Frequency	Shared use? With how many other people?

Add paper, if needed.

Water Consumption How can you reduce your water consumption? What are you doing differently now? Write down every time you use water for anything – drinking, showering, washing dishes, cooking, washing cars, etc.

Time	Water Consumed/Used	Approximate Amount	Shared use? With how many other people?

Add paper, if needed.