

SEEDS ONE TONNE CHALLENGE

Small actions add up to make a tonne of difference!

GROUP STUDENT TALLY SHEET

TEACHER(S) : _____

GRADE(S): _____ NUMBER OF STUDENTS: _____

SCHOOL: _____ PHONE: (____) _____ - _____

ADDRESS: _____

CITY/PROVINCE/POSTAL: _____

FAX: _____ EMAIL: _____

TOTAL NUMBER OF ACTIONS

(Enter the number of actions you have made, it must be one that you have undertaken recently and not something that you did in the past.)

Watt's It All About?

1. Stopped window drafts	
2. Turned off lights	
3. Replaced standard light bulbs	
4. Refrigerators checked	
5. Lowered house thermostat	
6. Computers turned off	
7. Adjusted window coverings	
8. Outside doors checked	
9. Other (specify below)	
SUBTOTAL	

Water Spy

1. Stopped unnecessary running water	
2. Took a quick shower instead of a bath	
3. Installed a low flow shower	
4. Turned off taps tightly	
5. Did laundry with a warm wash and cold rinse	
6. Watered grass and gardens early morning	
7. Installed a toilet dam	
8. Other (specify below)	
SUBTOTAL	

Fueling Change

1. Walked, cycled, used public transit	
2. Used rakes, brooms, push mowers	
3. Decreased use of air conditioner	
4. Multi tasked errands	
5. Reduced car idling	
6. Other (specify below)	
SUBTOTAL	

More to Explore

1. Number of trees planted	
2. Started a compost bin	
3. Recycled newspaper/paper	
4. Alternatives used instead of disposables	
5. Gave dishwasher a rest - washed dishes by hand	
6. Took own bags when shopping	
7. Used microwave instead of oven	
8. Other (specify below)	
SUBTOTAL	

TOTAL ACTIONS: _____

Fax your completed form to: (403) 221-0876

Or mail to:
SEEDS Foundation
One-Tonne Action Challenge
400, 144 – 4th Avenue S.W.
Calgary
AB T2P 3N4