

**SEEDS ONE TONNE CHALLENGE**

*Small actions add up to make a tonne of difference!*

**INDIVIDUAL STUDENT TALLY SHEET**

(Parents are encouraged to assist in the One-Tonne Action Challenge)

STUDENT'S FIRST NAME : \_\_\_\_\_ GRADE \_\_\_\_\_

SCHOOL: \_\_\_\_\_ PHONE: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

CITY/PROVINCE/POSTAL: \_\_\_\_\_

**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)	
<b>SUBTOTAL</b>	

**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)	
<b>SUBTOTAL</b>	

### 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)	
<b>SUBTOTAL</b>	

### 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)	
<b>SUBTOTAL</b>	

TOTAL ACTIONS: \_\_\_\_\_

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

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