

# Earth Days Sustainability Challenge 2023

**This challenge is meant to be informative and fun and short, lasting just 8 days from Monday, April, 10 until Earth Day on Saturday April 22, 2023. You may obviously keep going if you wish!**

Below are NEW behavioral changes that will lead to sustainability points that you will pledge to achieve over the challenge period. We hope that you will manage to meet your pledge and we will contact you at the end to find out! Please tick the box next to the pledge/s you select. All people who make a pledge will be entered in a prize draw (to be held on **Monday, April 24, 2023**). The number of tickets that will be entered in the draw will correspond to your total number of points (1 ticket for every 2 pts.). For example: if your pledge leads to 4 points, we'll place 2 tickets in the draw. **Join us to discuss this challenge on April 13 between 12 and 1 pm in the Charlotte Forten Room, Meier Hall.**

Behavioral Change	Sustainability Points
a. Use a reusable water bottle	2
b. Bring your own bags to the store	2
c. Avoid using a takeout container (eat in or bring your own)	2
d. Eat vegetarian for at least one day	2
e. Turn off lights at home when not in use	2
f. Do not leave electronic equipment on standby, turn off	2
g. Use cold water in washing machines	2
h. Hand wash dishes or run dishwasher only when FULL	2
i. If you have a thermostat lower it by 2 degrees F	2
j. Recycle all cans, bottles, paper	2
k. Carpool, bike, walk or use public transport instead of driving at least 1 time during the week	4
l. Make your own coffee instead of getting Dunkins	2
m. Showers use 10 gallons per minute – reduce shower time by 5 mins or more	2
n. Move to paperless bills for utilities etc.	2
o. Tell your friends and/or family about this challenge	2
<b>Total Sustainability Points Pledged</b> _____	

We urge you to visit an online carbon footprint calculator to get an idea of how sustainable your lifestyle is. You might try the following calculators:

Cool Climate Network – University of California at Berkeley – [coolclimate.berkeley.edu/](http://coolclimate.berkeley.edu/)

Global Footprint Network – [footprintcalculator.org](http://footprintcalculator.org)

My pledge: I, \_\_\_\_\_, pledge that I will change my behavior in all of the of the checked categories between April 10 and April 22, 2023.

Contact Details:

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Do you live on or off campus?    On            Off

For our records, highlight your pledged actions:

- a)    water bottle; b)    bags; c)    container; d)    vegetarian; e)    lights off; f)    turn off electronics;  
g)    cold water wash; h)    dishes; i)    thermostat; j)    recycle; k)    carpool, etc.; l)    reusable mug;  
m)    short shower; n)    paperless bills; o)    spread the word

**TO SUBMIT YOUR CHALLENGE, PLEASE COMPLETE A COPY OF THIS FORM AND EMAIL TO:**  
**rfisher@salemstate.edu**