

Are you ready to begin your low-carbon journey?

As a GP, you have a unique opportunity to lead and inspire your peers to adopt green and low-carbon practices in their daily lives. The first step towards a greener future is to carefully examine your own personal habits, identify and improve the areas where you can reduce your carbon footprint.

Take a moment to **reflect on your green behaviours in the past month** and complete the self-reflection checklist below.



Achieved: " **Y** "

Not yet achieved: " **N** "

Partly achieved: " **/** "

Not applicable: " **NA** "

Item	Reflection Date	/11	/12	/01	/02	/03	/04	/05
		Clothing						
01. Wait until there is a full laundry load before using the washing machine.								
02. Hang dry washed clothes under sunlight.								
03. Hand wash clothes instead of using washing machines.								
04. Think twice before buying new clothes.								
05. Choose clothes that do not require ironing.								
06. Donate unwanted clothes to those in need or charity organisations.								
Food								
07. Buy food with no or minimal packaging.								
08. Avoid using one-off disposable containers and utensils.								
09. Allow hot/warm food to cool down to room temperature before putting it in the refrigerator.								
10. Eat more fruits, vegetables, plant-based or organic food.								
11. Leave no food waste.								



Achieved: " Y "

Not yet achieved: " N "

Partly achieved: " / "

Not applicable: " NA "

Item	Reflection Date							
		/11	/12	/01	/02	/03	/04	/05
Living	12. Bring your own shopping bags.							
	13. Avoid purchasing unnecessary items and choose more durable products.							
	14. Adopt simple packaging and avoid gift wrapping.							
	15. Turn off lights and electrical appliances when they are not in use.							
	16. Avoid leaving electrical appliances on standby mode.							
	17. Wear light, open the windows and use fans instead of air conditioners.							
	18. Set the temperature of air conditioners at 24 - 26 °C when they are turned on.							
	19. Keep windows and doors closed when the air conditioner is turned on and use curtains or blinds to block sunlight.							
	20. Set the water temperature of the water heater at the lowest acceptable level, especially in summer.							
	21. Switch the water heater off after use.							
	22. Take shorter showers.							
	23. Turn off the tap while brushing teeth or applying soap.							
	24. Reduce waste.							
	25. Donate unwanted gifts to the needy through relevant organisations.							
26. Practise clean recycling.								



Achieved: " Y "

Not yet achieved: " N "

Partly achieved: " / "

Not applicable: " NA "

Item	Reflection Date	/11	/12	/01	/02	/03	/04	/05
		Travel	27. Use stairways instead of lift.					
	28. Walk or use public transportation.							



Small changes can have a significant cumulative effect

EXCELLENT!



80% or above

>22 "Achieved" items

GOOD



50% - 80%

14-22 "Achieved" items

NEED IMPROVEMENT



Less than 50%

<14 "Achieved" items