

# Are you ready to begin your low-carbon journey?



Let's see how well you perform in the following environmental areas and identify areas where you can improve!



Take a moment to reflect on your green behaviours in the past month:

Achieved: "✓" Not yet achieved: "X"

Item	Reflection Date	/11	/12	/1	/2	/3	/4	/5
	1 Turn off lights and electronic appliances when not in use.							
2 Use both sides of paper.								
3 Recycle paper, plastic, and other materials properly.								
4 Use reusable containers.								
5 Bring a reusable water bottle.								
6 Use stairways instead of lift when possible.								
7 Walk, bike, or take public transportation to school when possible.								

Item	Reflection Date	/11	/12	/1	/2	/3	/4	/5
	8	Wear light, open the windows and use fans instead of air conditioners.						
9	Set the temperature of air conditioners at 24 - 26 °C when they are turned on.							
10	Keep windows and doors closed when the air-conditioner is turned on.							
11	Turn off the tap while brushing your teeth or applying soap.							
12	Take shorter showers.							
13	Eat more fruit, vegetables, and plant-based foods.							
14	Encourage your family to buy local and seasonal food.							
15	Hang clothes to dry instead of using the dryer.							



Small changes can have a significant cumulative effect!

**EXCELLENT!**

80% or above  
>12 "Achieved" items

**GOOD**

50% - 80%  
7-12 "Achieved" items

**NEED IMPROVEMENT**

Less than 50%  
<7 "Achieved" items