

# Jefferson County Sustainability Commission

## 2022 Summer Carbon Weight Loss Challenge

### Points Tracker

CLIMATE ACTION

JEFFERSON COUNTY COLORADO



Use this spreadsheet to record the actions you are taking to reduce your carbon footprint during the Jefferson County Summer Carbon Weight Loss Challenge.

Email your completed form to [sustainability@jeffco.us](mailto:sustainability@jeffco.us), or print it out and deliver/mail it to:  
100 Jefferson County Parkway,  
Suite 5550,  
Golden, CO 80419

Ensure your form reaches us on or before August 21 and the impact of your carbon weight-loss actions will be added to our community results. You'll also be entered into the draw for a chance to win [prizes](#). Visit [jeffco.us/4414/Carbon-Weight-Loss-Challenge](http://jeffco.us/4414/Carbon-Weight-Loss-Challenge) to learn more.

The challenge dates are 6/21/22 through 8/21/22.

Participant First Name: \_\_\_\_\_

Participant Last Name: \_\_\_\_\_

Email address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Category	Task Description	Date of task completion (use checkboxes to track)							Checkbox total Enter the number of boxes you checked	Point Value Number of points earned per checkbox	Week Point Total Multiply the number of boxes you check for this action by the Point Value
		Date:	Date:	Date:	Date:	Date:	Date:	Date:			
<b>EXAMPLE</b>	<b>Example of how to tally your points</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>3</b>	<b>9</b>	<b>27</b>
<b>ENERGY</b>											
Air It Out	Opened a window to let cool air in instead of using A/C.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		9	
Line 'Em Up	Dried clothes on a clothesline or drying rack instead of the dryer.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		16	
Vampire Slayer	Use a powerstrip and turn it off or unplug it to stop your electronics from sucking energy when not in use.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		8	
Summer Regulator	Turn up your thermostat about 8 degrees when you're not home, and/or 4 degrees at bedtime.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		18	
Theater Smartstrip	Install a timer, get a smart strip, or unplug your entertainment system when not in use.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		10	
Washing Cold	Most clothes don't need hot water to get clean. Wash your laundry load on the cold setting.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		13	
Grill Boss	Use the microwave or cook outdoors to save on the A/C.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		7	
Sun Block	Keep your place cool by closing the blinds during the heat of the day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		12	
Fan Club	Keep your room the same, cool temperature for less cash. Use a room fan and turn your A/C 4 degrees warmer.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		9	
LED Upgrade	Replace a lightbulb in your home with an LED bulb to save energy and money.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		10	
Dress For Less	Wear shorts and shirts instead of jeans and sweats and bump up the thermostat to save money and the environment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		8	
<b>WATER</b>											
Save A Flush	If it's yellow let it mellow. Avoiding flushes can save over 6 liters of water per flush (more if you have an older toilet).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		7	
Drivin' Dirty	Skip washing your car, skip washing it in the driveway, or visit a car wash that uses reclaimed water.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		6	
Meatless Monday	Choose one day every week to eat vegetarian. It's good for your health and the planet! The best part? You can still eat french fries.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		12	
Shower Sprinter	Every minute of shower costs you \$8 per year. Shower for less than 5 minutes to save water and money.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		8	
Brush With Greatness	Turn the water off while brushing your teeth or shaving.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		7	
Warmup Water	Capture the water from the sink, shower or tub while you wait for it to warm up and use it for flushing or in the garden.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		7	
Smart Sprinkler	Watering your lawn more than once a week can weaken your grass roots. Go 6 days without watering and save money.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		9	
Washing Smart	Wash one full load instead of two small ones and get more for your money.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		13	
Fill 'Er Up	Put your Tetris skills to work! Wait until the dishwasher is completely full before starting a load.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		7	
<b>WASTE</b>											
Haz Mat Handover	Old paint cans? Motor oil? Other hazardous materials? Contact your city for info on how to dispose of them safely.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		11	
Old Cartridge New Ink	Buy cheaper, refilled ink cartridges to save plastic waste and money and/or recycle your old printer cartridge.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		6	
Trash To Treasure	Need something new? Whether it's a hat or a hat rack, get it from Craigslist, a free recycling group or a thrift store.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		8	
Adios Appliance	Give your old appliances a second chance. Check <a href="http://Earth911.com">Earth911.com</a> to find the nearest place to recycle anything with a cord.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		6	
CFL Sendoff	If you still have any CFL bulbs, recycle them at a hardware store to protect our local drinking water.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		11	
Unsubscribe	Visit <a href="http://OptOutPreScreen.com">OptOutPreScreen.com</a> and/or <a href="http://DMAchoice.org">DMAchoice.org</a> to remove yourself from credit card pre-screening and catalog send lists.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		8	
Bin To Win	Make sure your paper, bottles and other non-trash go into the recycling.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		13	
Bye Bye Bills	The average household uses 6.6lbs of paper on bills each year. Switch to online billing for your phone, utilities and bank statements.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		6	
Electronic Exit	Old electronics contain rare earth metals that we buy from China. Recycle your unwanted electronics.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		6	
Scoopy Doo	Do right by your neighbors. Scoop your pup's poop.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		6	
Re-TP	Luxury' toilet papers destroy virgin wood--and recycled brands today are just as soft! Use a post-consumer recycled TP.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		7	

Category	Task Description	Date of task completion (use checkboxes to track)							Checkbox total Enter the number of boxes you checked	Point Value Number of points earned per checkbox	Week Point Total Multiply the number of boxes you check for this action by the Point Value
		Date:	Date:	Date:	Date:	Date:	Date:	Date:			
Re-PT	Wiping up messes with old-growth forests? Use rags instead. If you have to use paper towels, switch to post-consumer recycled.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		6	
Grab A Bag	Step 1: Get a reusable bag (or save a used shopping bag) and pledge to carry it with you.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		5	
Hold The Bag	Step 2: Got your reusable bag? Get points for every time you use it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		6	
Unpack Rat	Whether it's Spring Cleaning or just another Sunday, donate to a thrift store or hold a yard sale to avoid the landfill.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		6	
<b>TRANSPORTATION</b>											
Blazing Saddles	Ride a bike instead of driving.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		23	
Smog Log	Have your car emissions checked	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		21	
Walkabout	Save money and gym membership fees by walking instead of driving to your local destination.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		13	
Beam Me Up	Telecommuting isn't optional for some people, but working from home means less cars on the road so get credit if you do!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		23	
Errand Buster	Combine several errands into one trip to save energy and time. This habit can save you 10 hours a year!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		10	
Easy Rider	Take public transportation instead of your car.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		23	
Sing-a-long	Set up a car pool to work, or ride together when you're going out.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		25	
Phat Wheels	Inflate your tires. The right tire pressure will make a surprisingly big improvement in your car's gas mileage.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		10	
Grease Monkey	Make sure you're using the motor oil your vehicle manufacturer recommends for best efficiency, and check for leaks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		10	
Feather Foot	Avoid hard acceleration and maintain your driving speed to save at the pump!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		23	
<b>FOOD &amp; DRINK</b>											
Fresh Beets	A quarter of the energy used by food goes into processing and packaging. Buy fresh and skip the plastic bag.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		6	
Farm Direct	Sign up for a Community Supported Agriculture (CSA) program to get the freshest, in-season produce and check the box at every pickup.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		6	
Hug A Mug	Carry a reusable coffee mug. In terms of energy used and pounds of trash, those disposable paper cups are worse than styrofoam.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		6	
Meatless Monday	Choose one day every week to eat vegetarian. It's good for your health and the planet! The best part? You can still eat french fries.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		12	
Tough Hands	Is your coffee really too hot? Skip the cardboard sleeve, carry your own reusable sleeve, or "Hug A Mug".	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		6	
Silver Spoon	Pack reusable silverware instead of accepting plastic utensils when eating out. It's one more thing you don't have to throw away!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		6	
Pack-A-Sack	Pack your lunch in a reusable bag or container. You'll save money, packaging, and the time it takes to stand in line.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		5	
Go Topless	Skip the straw and/or the lid the next time you get a takout drink.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		6	
Dirt Factory	Don't trash your food waste! Start a compost pile in your garden, or contact your city to learn about facilities in your area.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		5	
Leftover Luncheon	The average person wastes 210lbs of food a year. Eat last night's leftovers for lunch.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		6	
Feed the Worms	You can compost something every day. Earn points every time you put food scraps in your compost.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		9	
Down Home Eats	Eating fresh, local produce supports the local economy (and it tastes better too). Buy local produce and/or support local restaurants.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		6	
Bottle Rocket	Many brands of bottled water are really just tap water at 2,000 times the cost. Refill a reusable water bottle.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		16	
<b>ADVANCED</b>											
Word Of Mouth	Tell a friend about the Summer Carbon Weight Loss Challenge. The more people who participate, the bigger our impact will be!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		5	
Carbon Nation	Check a box after watching this film or recommending it to a friend.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		5	
Chasing Ice	Check a box after watching this film or recommending it to a friend.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		5	
Wall-E	Check a box after watching this film or recommending it to a friend.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		5	
Fern Gully	Check a box after watching this film or recommending it to a friend.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		5	
Fuel	Check a box after watching this film or recommending it to a friend.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		5	
Erin Brockovich	Check a box after watching this film or recommending it to a friend.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		5	
The Blue Planet	Check a box after watching this film or recommending it to a friend.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		5	
Flow	Check a box after watching this film or recommending it to a friend.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		5	
Book Worm	Read a recommended title from the Goodreads Sustainability List: <a href="https://www.goodreads.com/genres/sustainability">https://www.goodreads.com/genres/sustainability</a>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		5	
Sustainability Action	Don't see an action you want to log? Get points for other actions you are taking that are not on this list.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		6	
Take Our Survey	Let us know your thoughts on this year's Summer Carbon Weight Loss Challenge for a bonus point.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		1	

POINTS TOTAL \_\_\_\_\_