

### How Can I Make a Difference?

Take a look at how you and your family use **one** of the listed resources every day. Set a goal for reducing or using **one** of these resources more efficiently over the next seven days. **Circle the resource** you have chosen to focus on and record your efforts and progress each day on the chart below.

**Energy: Electricity, Natural Gas/Propane**

**Energy: Transportation**

**Water**

**Waste: amount recycled/composted/repurposed vs. amount of trash**

<b>Goal:</b> <b>What will you do</b> to use this resource in a more sustainable way?	<b>Dates:</b>	<b>Measurement of progress towards Goal</b>	<b>Observations and comments</b>
	Day 1		
	Day 2		
	Day 3		
<b>How will you measure</b> progress towards this goal?	Day 4		
	Day 5		
	Day 6		
	Day 7		

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### **Analysis and Evaluation of Data**

After you have completed the chart, review and analyze your data.

Write an evaluation paragraph that summarizes your experience and answers the following questions:

- Did you meet your goals?
- Was it a challenge to make these changes or was it relatively easy?
- What are some of the positive impacts of your efforts?
- Did you note any negatives impacts?
- How did family members react to your 7-day effort to use this resource in a more sustainable way?
- Do you believe you have made any permanent changes in how you and your family use this resource?