



# One Planet Plan

Name: \_\_\_\_\_ Place \_\_\_\_\_

My baseline footprint final score is: \_\_\_\_\_ or \_\_\_\_\_ planets if everyone lived like me.

I plan to reduce my footprint score to \_\_\_\_\_

The first five actions I plan to take are:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

In the next week I will begin by:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Issue	One Planet Actions	Yes	No
<b>Water</b>	I look for ways to save water		
	I have installed water tanks to catch rain water from my roof		
	Water saving devices are fitted to my shower and toilet		
	I turn off dripping taps and fix leaking taps promptly		
	I take 3 minute showers		
	I choose low water use appliances (dishwasher/washing machine)		
	I put grey water from washing onto my garden / lawn		
	I choose to drink water and avoid soft drinks		
	I only water gardens during the cool part of the day		
	I mulch my gardens to reduce need for watering		
	I eat mostly vegetarian or vegan food		
	I avoid processed foods		
<b>Energy</b>	Energy saving lights are installed in all fittings		
	All household appliances have AAA energy rating		
	Use of air conditioning, heaters and dryers is minimised		
	I put on a jumper and rug rather than turn on the heater		
	Cold water washing of clothes		
	Solar hot water system is installed		
	I switch off appliances at the powerpoint		
	"Green Power" is used for energy supply (renewable energy)		
<b>Transport/</b>	Car use is minimised		
	Bike or walking is used for local transport		
	I take local holidays		
	I car pool when possible		
	I plan travel to reduce the number of trips		
	I use public transport when I can		
	My family has a small/fuel efficient car		
<b>Food</b>	Food waste is composted		
	Reusable shopping bags are used		
	Organic products are used whenever possible		
	Locally grown products are used when possible		
	When we buy take away food we take our own containers		
	I grow some of my own food (veggie patch and fruit trees in backyard or pots)		
	I avoid products that contain palm oil		
	I minimise/ avoid eating meat		
	I purchase fair trade products		
<b>Biodiversity</b>	I plant local native plants and mulch my garden		
	I enjoy, use and look after local parks and reserves		
	I am active in our local Landcare group		
	I keep my dog on a lead and lock the cat in at night		
	I am interested in protecting local native species		
<b>Stuff</b>	I buy clothes according to need rather than fashion		
	I buy second hand clothing (e.g. op shops)		
	I look for Australian made and locally made goods		
	I look for ways to avoid waste		
	I use a water bottle and refill it		
	I use cloth bags for shopping and avoid plastic bags		
	I buy items in bulk where I can and bring my own re-useable containers		
	I recycle paper, tins and bottles		
	I bring my own re-useable containers for lunch and takeaways		