

LEARNING TASK 7

Am I a Climate Hero or a Climate Culprit?

Procedure:

1. Compute your carbon footprint by using Table 4 WWF-Philippines' Carbon Footprint Checklist. Choose one (1) member of the family or a friend do the checklist also for you to have a comparison.

What's your carbon footprint? Evaluate your carbon emission.

Different Activities	Always (1pt)	Sometimes (3pts)	Never (5pts)
1. I use water wisely			
2. I eat a mixture of meat and vegetarian meals			
3. We use kerosene lamps or low energy light bulbs at home			
4. I use basin in washing our dishes			
5. I eat locally grown food			
6. I turn off electric appliances or battery-operated gadgets instead of leaving them on standby			
7. I use a glass of water when brushing my teeth			
8. I eat organic food			
9. I use reusable bags when buying things from the market			
10. I avoid eating ready meals (e.g. noodles, sardines etc.)			

Carbon Footprint Checklist

Clifford Lane



Carbon Footprint Checklist:

The Executive Checklist J. Kerr, 2016-04-30 A guide for new executives that explores how to create an overarching enterprise wide transformative program The book provides a best practice checklist for 8 core areas Strategy Setting Technology Alignment Business Renovation Project Management Communications Renewal Employee Engagement Staff Transformation and Organizational Design

The CSI Sustainable Design and Construction Practice Guide Construction Specifications Institute, 2013-09-25 The CSI Sustainable Design and Construction Practice Guide is a compilation of information and recommended best practices for those who participate in the design and construction of commercial level sustainable facilities It offers guidelines and standards for applying sustainable design and construction principles in practical terms This Practice Guide includes an overview of sustainable design standards and rating systems an overview of green products and systems and how to evaluate them the lifecycle of a building and the roles and responsibilities of members of the design and construction team

Carbon Footprints as Cultural-Ecological Metaphors Anita Girvan, 2017-10-10 Through an examination of carbon footprint metaphors this books demonstrates the ways in which climate change and other ecological issues are culturally and materially constituted through metaphor The carbon footprint metaphor has achieved a ubiquitous presence in Anglo North American public contexts since the turn of the millennium yet this metaphor remains under examined as a crucial mediator of political responses to the urgent crisis of climate change Existing books and articles on the carbon footprint typically treat this metaphor as a quantifying metric with little attention to the shifting mediations and practices of the carbon footprint as a metaphor This gap echoes a wider gap in understanding metaphors as key figures in mediating more than human relations at a time when such relations profoundly matter As a timely intervention this book addresses this gap by using insights from environmental humanities and political ecology to discuss carbon footprint metaphors in popular and public texts This book will be of great interest to researchers and students of environmental humanities political ecology environmental communication and metaphor studies

A Practical Guide to Cost Engineering Helber Macedo, 2023-12-01 A Practical Guide to Cost Engineering aims to show you how to work as a cost engineer out in the real world Written by an experienced cost engineer and training program developer this book introduces the practical side of cost management cost estimation cost reduction and cost control through real cases and realistic examples from a diverse range of engineering based projects With examples from nuclear oil and gas and renewable energy sectors the book introduces and demonstrates the activities of the cost engineer throughout a project life cycle The content is divided into logical sections covering basic concepts cost estimation cost control economic feasibility sustainability and more and the chapters are packed full of features such as definitions formulas exercises and examples The focus is on providing a practical approach where the reader can first understand a concept and then apply it using an Excel tool developed by the author which allows the reader to simulate different scenarios and results The simple approach focusing on essential

information backed up by practical scenarios presented in this book allows cost engineers and related professionals to execute and understand their activities develop their professional skills and even develop in house training programs A Practical Guide to Cost Engineering is accompanied by online resources accessible via the Routledge Resource Centre wesbite **Visualizing Climate Change** Stephen R.J. Sheppard,2012-03-29 Carbon dioxide and global climate change are largely invisible and the prevailing imagery of climate change is often remote such as ice floes melting or abstract and scientific charts and global temperature maps Using dramatic visual imagery such as 3D and 4D visualizations of future landscapes community mapping and iconic photographs this book demonstrates new ways to make carbon and climate change visible where we care the most in our own backyards and local communities Extensive color imagery explains how climate change works where we live and reveals how we often conceal misinterpret or overlook the evidence of climate change impacts and our carbon usage that causes them This guide to using visual media in communicating climate change vividly brings to life both the science and the practical solutions for climate change such as local renewable energy and flood protection It introduces powerful new visual tools from outdoor signs to video games for communities action groups planners and other experts to use in engaging the public building awareness and accelerating action on the world s greatest crisis

Ultimate Guide to Trail Running Adam W. Chase,Nancy Hobbs,2023-03-01 Trail running combines all the health and fitness benefits of walking and road running with the outdoor adventure of such sports as hiking and mountain biking not to mention the spiritual renewal from a day spent communing with nature No wonder it has become one of the world s most popular fitness activities The Ultimate Guide to Trail Running provides all the essential information needed including finding trails and getting started managing ascents and descents with ease maneuvering off road obstacles strength stretching and cross training exercises selecting proper shoes clothing and accessories safety on the trail and racing and other trail events This full revision includes all new photos updated information on equipment caring for the trail racing and organizing as well as new information on sustainability Leave No Trace practices diversity and inclusion in the outdoor running world The

Health Practitioner's Guide to Climate Change Jenny Griffiths,2009 First Published in 2009 Routledge is an imprint of Taylor Francis an informa company **A Practical Guide to Greener Theatre** Ellen Jones,2013-10-30 Protecting the environment should be a priority of every theatrical production but it can be challenging to mount an environmentally friendly show with limited time resources and information A Practical Guide to Greener Theatre Introduce Sustainability Into Your Productions not only gives you the information you need to make greener decisions but provides you with practical workable solutions You will learn how to assess and improve every production area from costuming and painting lighting and technical direction to administrative offices and the rehearsal process Checklists examples of successful strategies and step by step instructions will show you how to identify areas where manageable sustainable changes can make your productions greener and advice from working professionals with experience greening their own productions will leave you confident that your processes are

environmentally sound Even non technical people who find themselves responsible for supervising productions will find green solutions that can be instituted with a staff of volunteers or students Remember every step toward sustainability is a step forward Discover small fixes that will make your theatre productions greener Examine ways to introduce greener practices in the design execution and strike process Explore how introducing sustainability into your theatre productions can save your company time and money Learn how sustainability and safety intersect to help protect your workers and volunteers

A Student Guide to Energy John F. Mongillo, 2011-05-04 This multivolume resource is an excellent research tool for developing a working knowledge of basic energy concepts and topics With energy issues so much in the news it is important that students get a clear understanding of how energy is produced and how it affects virtually every aspect of our lives The multivolume set A Student Guide to Energy does just that with an accessible introduction to the basic concepts and key topics concerning nonrenewable energy sources future renewable energy programs and the importance of achieving a sustainable energy program for future generations A Student Guide to Energy is divided into five separate volumes Volume 1 highlights our present dependence on nonrenewable energy sources oil gas coal and nuclear power Volumes 2 3 and 4 look at the renewable energy sources that will play a vital role in our future including solar energy hydrogen fuel cells wind and water power and geothermal energy The concluding volume focuses on efforts to develop a global sustainable energy system that encompasses energy efficiency conservation and a healthy cleaner environment LEED v4 Green Associate Exam Study Guide Green Building Research Institute, This all inclusive LEED v4 Green Associate exam Study Guide is your path to a new professional credential GBRI a USGBC Education Partner has carefully developed this guide to ensure all topics found on the real exam are thoroughly covered Our expert instructors have devised an easy to navigate guide that comes with complimentary access to supplemental materials online You will gain access to online on demand study modules exploring the topics covered in the guide mock exams structured like the real test additional practice questions by section flash cards memory charts more Access your materials 24 7 for your convenience

Whispering the Secrets of Language: An Emotional Quest through **Carbon Footprint Checklist**

In a digitally-driven world wherever screens reign supreme and immediate transmission drowns out the subtleties of language, the profound techniques and emotional subtleties hidden within phrases usually move unheard. Yet, nestled within the pages of **Carbon Footprint Checklist** a fascinating fictional treasure sporting with organic feelings, lies a fantastic quest waiting to be undertaken. Written by an experienced wordsmith, that marvelous opus encourages viewers on an introspective journey, softly unraveling the veiled truths and profound affect resonating within ab muscles material of each word. Within the psychological depths of the moving evaluation, we will embark upon a honest exploration of the book is core themes, dissect their charming publishing fashion, and succumb to the powerful resonance it evokes serious within the recesses of readers hearts.

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Carbon Footprint Checklist Introduction

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