

LIFESTYLE PROJECT

Part 1 - Baseline Data

The lifestyle project is an opportunity for you to modify the impacts of your lifestyle to the environment. It will continue for several weeks.

The chart below shows a simplified version of the types of impacts from our lifestyles.

1. Energy consumption
 - A. Transportation
 - B. Industrial consumption
 - C. Residential consumption
2. Water consumption
3. Food consumption
4. Waste production

Part 1 of this project involves recording your baseline activities in three of the categories given above. The baseline is your "normal" behavior. Part 2 will be calculations of those impacts, and Part 3 will be our attempts to minimize the negative impacts of our lifestyles.

We will start by measuring our baseline activities over a 48 hour period. You will do this during the week after Spring Break (Mon.-Tues. or Tues.-Wed), and we will proceed with Part 2 on the Thursday after break (March 30).

First, you must choose your categories. Everyone must do all three parts of category 1 (A, B, and C) Energy Consumption. In addition to that, you should choose two other categories from the remaining three. Follow the directions below for the three categories you choose.

1. Energy Consumption - Mandatory

1A. Transportation - Mandatory

For a 48 hour period, record the number of miles driven or ridden in a car. Record each trip separately.

example:	Mon.	Scribner to sports center and back	2 miles
		Scribner to downtown and back with friend to movies	6 miles 15 miles
	Tues.	to friend's house and back	5 miles
		to Albany and back, stopped at the mall	51 miles
		TOTAL	71 miles

1B. Industrial Energy Consumption - Mandatory

Much of the energy used during industrial processes is reflected in the products we buy. For a 48 hour period, record everything you buy, except food.

example	Mon.	T-shirt, CD
	Tues.	two pens, magazine, note pad

1C. Residential Energy Use - Mandatory

Hot Water-

Record the amount of hot water you use in any of the following ways.

	Day 1	Day 2
hot shower	_____ minutes	_____ minutes
sink	_____ minutes	_____ minutes
laundry (hot)	_____ loads	_____ loads
laundry (warm)	_____ loads	_____ loads
dishwasher	_____ loads	_____ loads
other	_____	other _____

Electricity-

Record the amount of time **in hours** that any of the following appliances are operating.

	Day 1	Day 2		Day 1	Day 2
refrigerator (large)	_____	_____	microwave	_____	_____
refrigerator (med)	_____	_____	stove	_____	_____
refrigerator (small)	_____	_____	oven	_____	_____
washing machine	_____	_____	clock	_____	_____
dryer	_____	_____	iron	_____	_____
incandescent lights	_____	_____	hair dryer	_____	_____
fluorescent lights	_____	_____	elec. razor	_____	_____
radio	_____	_____	fan	_____	_____
tape player	_____	_____	humidifier	_____	_____
CD player	_____	_____	blender	_____	_____
TV	_____	_____	computer	_____	_____
VCR	_____	_____	other	_____	_____
answering machine	_____	_____	other	_____	_____
other	_____	_____	other	_____	_____

