



Cool Congregations



Carbon Footprint Checklist

17 September 2011

NAME: _____

NUMBER OF PEOPLE IN THE HOUSEHOLD: _____

DATE RANGE: _____ (For example: 1/1/10 – 1/1/11)

1) VEHICLES: MILES DRIVEN and MPG - Estimate the miles driven by each of your vehicles over the last 12 months. The average American drives 15,000 miles a year.

*Tip: Don't know your MPG? Go to www.fueleconomy.gov/mpg. In the lower left-hand corner of the page select "MPG estimate from Drivers Like You," then select your make and model and write down the EPA combined average.

VEHICLE #1

Year, Make, Model _____

Current Odometer Reading: _____

Miles Driven: _____

MPG (miles per gallon): _____

Date of Odometer Reading: _____

VEHICLE#2

Year, Make, Model: _____

Current Odometer Reading: _____

Miles Driven: _____

MPG (miles per gallon): _____

Date of Odometer Reading: _____

VEHICLE#3

Year, Make, Model: _____

Current Odometer Reading: _____

Miles Driven: _____

MPG (miles per gallon): _____

Date of Odometer Reading: _____

VEHICLE#4

Year, Make, Model: _____

Current Odometer Reading: _____

Miles Driven: _____

MPG (miles per gallon): _____

Date of Odometer Reading: _____

2) FLIGHT MILES* - Estimate of the miles flown by *each* member of your family for the last 12 months. Count each flight for each family member separately, even if they flew on the same flight.

Total for all family members: _____

***Tip: Don't know? Go to www.webflyer.com/travel/milemarker
Select the cities you've flown to and from to get miles traveled..**

3) UTILITY INFO - Totals for the last 12 months.

Electricity(kWh)*: _____

Heat – Your home likely only uses one of the following:

Natural Gas reported in therms: _____

Natural Gas reported in mcfs: _____

Heating Oil (gallons): _____

Propane (gallons): _____

***Tip:** Didn't save your last 12 months of bills? Call your local utility and ask how to retrieve the information. Hawaiian Electric Company is open Monday through Friday, excluding Holidays.

Oahu Call Center
(808) 548-7311
7:30 am to 6:00 pm

To download your bills from online: Find your account number on your latest bill go to <http://tinyurl.com/5tm8bac> to establish a user name and password, enter your account number, and print off your last 12 months of bills.

4) GARBAGE - Estimate the amount of garbage your household produces per week. Kitchen bags are 13 gallons, large bags are 33 gallons.

Total gallons per week: _____

Cool Congregations is a Program of:



For more information, go to www.iowaip.org or contact Sarah Webb at coolcongregations@iowaip.org