



Healthy Climate Pledge Checklist

The “Healthy Climate Pledge” checklist is a family-friendly tool for tracking your progress toward actions that are healthier for you, your community and the climate! See if you can check off at least one of these actions each day!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Be Prepared	Travel Differently	Eat Differently	Green Your Work	Green Your Home
<input type="checkbox"/> Inform yourself	<input type="checkbox"/> Park the car	<input type="checkbox"/> Eat meatless at least one day a week	<input type="checkbox"/> Save Energy	<input type="checkbox"/> Reduce, Reuse, and Recycle
<input type="checkbox"/> Know your community	<input type="checkbox"/> Use public transportation	<input type="checkbox"/> Check what’s currently in your kitchen	<input type="checkbox"/> When possible keep things digital (no paper is the greenest paper!)	<input type="checkbox"/> Heat and cool smartly
<input type="checkbox"/> Tell a friend	<input type="checkbox"/> Walk	<input type="checkbox"/> Go to a farmer’s market	<input type="checkbox"/> Use green office products	<input type="checkbox"/> Seal and insulate your home
<input type="checkbox"/> Prepare a “Climate Kit”	<input type="checkbox"/> Bike	<input type="checkbox"/> Check food labels	<input type="checkbox"/> Telecommute if you can	<input type="checkbox"/> Use water efficiently
<input type="checkbox"/> Talk about climate change at your next volunteer meeting or community event	<input type="checkbox"/> Combine trips or carpool	<input type="checkbox"/> Plan meals with local food products	<input type="checkbox"/> Buy recycled furniture	<input type="checkbox"/> Use green power

For more tips, see the *Living the Healthy Climate Pledge* fact sheet or visit our website at www.nphw.org