



# Climate Action Tracker



BETHE CHANGE  
EARTH ALLIANCE

<p>2.28 kg CO<sub>2</sub></p>  <p><b>A1:</b> Eat vegetarian or vegan for a day</p>	<p>0.22kg CO<sub>2</sub></p>  <p><b>A2:</b> Use cold water instead of hot when doing a load of laundry</p>	<p>907 kg CO<sub>2</sub></p>  <p><b>A3:</b> Plant a tree</p>
<p>2.01 kg CO<sub>2</sub></p>  <p><b>A4:</b> Turn thermostat down 2 degrees before bed for 3 nights</p>	<p>0.11kg CO<sub>2</sub></p>  <p><b>A5:</b> Avoid single use plastics for a day</p>	<p>0.68 kg CO<sub>2</sub></p>  <p><b>A6:</b> Carpool with at least 1 other person for 5 km</p>
<p>17.3 kg CO<sub>2</sub></p>  <p><b>A7:</b> Compost all organic waste in your household for a week</p>	<p>2.21kg CO<sub>2</sub></p>  <p><b>A8:</b> Eat no red meat for a day</p>	<p>26.5 kg CO<sub>2</sub></p>  <p><b>A9:</b> Do not purchase any new clothing or accessories for 2 weeks</p>
<p>1.12 kg CO<sub>2</sub></p>  <p><b>A10:</b> Walk, bike or take transit for 5km (instead of driving)</p>	<p>1.36 kg CO<sub>2</sub></p>  <p><b>A11:</b> Have a waste free lunch for 3 days this week</p>	<p>145 kg CO<sub>2</sub></p>  <p><b>A12:</b> Install a low-flow shower head in your home</p>

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Land/ Water	<b>A3</b> - 907kg of CO <sub>2</sub>																		
	<b>A12</b> - 145kg of CO <sub>2</sub>																		
Trans- portation	<b>A6</b> - 0.68kg of CO <sub>2</sub>	✓	✓																
	<b>A10</b> - 1.12kg of CO <sub>2</sub>																		
Waste	<b>A5</b> - 0.11kg of CO <sub>2</sub>	○																	
	<b>A9</b> - 26.5kg of CO <sub>2</sub>	✓																	
	<b>A7</b> - 17.3kg of CO <sub>2</sub>	9																	
	<b>A11</b> - 1.36kg of CO <sub>2</sub>	✓	○																
# of new actions taken		5																	
GHG reductions from new actions		31.5																	

Have fun tracking your actions! This poster makes it easy for you to keep track of the actions you commit to and see your impact. For more information on how to use the poster, refer to the Tips, Tricks & FAQs sheet.





# Climate Action Tracker



## Tips, Tricks, and FAQs

### The Visual Climate Actions Poster

**Purpose:** This poster has been developed to empower and motivate students and community members to take actions that help tackle climate change. It outlines simple actions one can take and is designed to be used in conjunction with the Action Tracking poster.

**How to Use:**

- Take a look at the poster for great ideas on actions that you can take to make a difference.
- Suggested actions have been broken down into 5 categories: energy (red), food (green), waste (purple), transportation (orange), and land & water (blue).
- Each action also has an associated greenhouse gas emission reduction value in the upper left corner. This value indicates the amount of greenhouse gases (in kg of CO<sub>2</sub> equivalents) that will be SAVED as a result of you taking each action as described. The emissions can only be saved if the person is not already taking this action.

**FAQs:**

Where did the GHG calculations come from?

BTCEA used a variety of reliable, academic and government sources to calculate the greenhouse gas emission reductions for each action. The greenhouse gas emission reductions have been provided in kg of CO<sub>2</sub> equivalents to allow for comparison and consistency across actions. Where possible, we did our best to use Canadian and local data.

Are the greenhouse gas values noted on the poster associated with taking the action once or more than once?

The GHG values are the savings calculated by taking the action as described. Some of these actions (e.g. installing a low-flow shower head) are only taken one time, but have big impact over the lifetime of the product. Some of the actions can be taken multiple times, in which case you save that amount of CO<sub>2</sub> emissions every time you choose to take that action (e.g. eating vegetarian or vegan for a day would save an average of 2.28 kg CO<sub>2</sub> eq., if you chose to eat that way for a year, you would save 832 kg CO<sub>2</sub> eq.). Finally, there are some actions where taking the action for multiple days has been built into the calculation (e.g. compost all organic waste in your household for a week), these actions can still be taken on a recurring basis (e.g. if you compost all of our organic waste for a week, you save 17.3 kg CO<sub>2</sub> eq., but if you did this every week for a year, you would save 900 kg CO<sub>2</sub> eq.).



# Climate Action Tracker



## Water is Life Action Tracker

**Purpose:** This tracking poster has been developed to increase accountability and help students and community members keep track of all the amazing actions they are taking. This will make it easy for classes to report back to us on all that they've done and for us to add up our cumulative impact! It is meant to be used in conjunction with the Visual Climate Action Poster and can be reprinted to use in future years with new classes.

### How to Use:

- Use this poster to keep track of actions that you are taking in the 4-6 weeks (or beyond!) after Part 1 of the Water is Life Workshop.
- Student names are written in the empty spaces at the top of the chart.
- When a student takes a \*new\* action (something they weren't already doing), they put a circle in the square under their name associated with that action. If they've completed the action, they put a checkmark in the circle.
- If students take the action more than once, they can put more than one circle. If they convince someone else to take an action, they can put a star.
- If students take the action more than 4 times, they can use tick marks or write the number of times they've done the action.
- Using the GHG values provided in the Visual Actions Poster, students and teachers can calculate the total greenhouse gas emissions saved during the time that they tracked their actions.
- Add a "Whole Class" column at the end! You can use this column to add up all of the actions you've taken together as a class! Also, if there are activities you do as a whole class (e.g. if together as a class you plant 3 trees), this is where you could include that.