

**Lifestyle Project, part III: Change**  
**Due on Tuesday, February 14<sup>th</sup>, by the end of the day**

Now that you have a general idea of your ecological footprint over a 48-hour time period, you will identify three areas where you can reduce your footprint. Think of the reduction as a temporary lifestyle change.

First, identify areas you want to address and write a statement identifying your goal on each one (see examples below). Be specific and conservative on your goal. Each goal should 1) a time period specified of no less than four days and no more than two weeks (or 14 days), and 2) a numerical goal. You will need at least three goals. Energy consumption must be addressed with at least one but no more than two goals.

Examples:

I will reduce my water usage by 5 gallons over a seven-day period.

I will reduce my water usage by 10% over a seven-day period.

I will reduce the amount of electricity I use by 3 hours per day over a five-day period.

I will not drive two days a week for two weeks. Note: this example would only apply to those with cars who normally drive.

I will reduce those foods deemed “highly processed” by 10%.

I will double the amount of items that I recycle over the next two weeks.

Goal 1:

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Dates goal was addressed: \_\_\_\_\_

Goal 2:

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Dates goal was addressed: \_\_\_\_\_

Goal 3:

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Dates goal was addressed: \_\_\_\_\_

**Turn in:**

1. A 3 to 5 page paper (double spaced, 1-inch margin, Times New Roman font) summarizing the results of the project. Include in your summary each of the following:

- 1) a paragraph stating your ecological footprint when you began the project (based on parts I and II),
- 2) your goals, written as statements, and the dates the goal was addressed (examples given above)
- 3) whether (or not) you succeeded in your goals (give specific numbers) *and* why,
- 4) how you addressed each of your goals (divided into three sections),
- 5) problems, difficulties, or regrets about your goals, and
- 6) your thoughts what impact, if any, this project may have on your future lifestyle.

2. A spreadsheet detailing numerically how you addressed your goals each day. Modify the spreadsheet from Part II of the project so that the format is the same.