Chinese/ English Name:				Tzu Chi/ Tzu Ching Chapter Name:		
E-mail Address:				Contact Phone #:		
Role in Tzu Chi:	□ Tzu C	hing 🗆 T	Tzu Ching Alumr	ni □ Tzu Shao (H	igh School Group)	
	□ Other	Tzu Chi Volunt	eer	□ Other		

"Pledge for Earth" Worksheet

Instruction:

- 1. For Levels 1 and 2 pledges, write down how many days you would like to pledge and the quantity of things actually saved or you promise to save. Go above and beyond what you are already doing. If you already have the good habit of doing a certain action on a regular basis, check off the "Already Done" column and indicate the quantity saved during the 40-day pledge period (4/22~5/31).
- **2.** For Level 3 pledges ("Green Choices"), make pledges by checking off an item and write down the quantity you promise to use and/or the actual quantity you used during the pledge period.
- 3. Refer to "My Environmental Contributions" sheet to see how your actions contribute to our health and environment.

Item #	Level 1: Basic Actions	\lready)one ✓	Days ledged	Total Quantity Saved
1	I will recycle every can and bottle I use.			bottles & cans recycled
2	I will recycle all the paper I use.			Pieces of 8.5x11 equivalent paper
3	I will recycle newspaper and magazines.			Number of magazines and newspaper recycled
4	I will not leave water running when I brush my teeth.			Number of times remember to turn off water
5	I will turn off lights, TV, and computers when they are not being used.			Number of times turned off
Item #	Level 2: Pollution Prevention	Uready Jone ✓	Days ledged	Total Quantity Saved
6	I will reuse paper with blank backside.			Pieces of paper
7	I will drink from my own cup or reusable water bottle and not drink beverages sold in one-time-use containers (e.g. plastic bottles and aluminum cans).			Number of beverages sold in 1x use bottles & cans that I did not have to buy
8	I will use reusable dining wares (e.g. Tzu Chi environmental bowl or washable bowls & plates) instead of disposable cups, bowls, plates, or carry-out boxes.			Number of disposable items I did not have to use
9	I will use my own chopsticks, spoon, or fork instead of disposable chopsticks, spoons, and forks.			Number of disposable items I did not have to use
10	I will take only the foods I need and make sure I finish the foods I have in my plate.			Number of meals
11	I will reuse plastic and paper grocery bags.			Number of bags reused
12	I will use my own reusable bags when I go shopping.			Number of plastic bags I did not have to use
13	I will eat meals containing no meat-products.			Number of meals
14	I will pick up trash on the ground and put them in trash bin.			Pieces of trash picked up
15	I will recycle cans and bottles I see that do not get recycled by other people.			Bottles & cans recycled
16	I will carpool whenever possible.			No. of times carpooled
17	I will walk, bike, or take public transportation instead of driving whenever possible.			Number of times I chose not to drive
18	I will not throw electronics (e.g. batteries, cell phones, computer, TV & monitors) in trash and will find ways to reuse or recycle them.			Number of electronic items reused or recycled
19	I will take more efficient showers and reduce the amount of water used per shower.			Number of more efficient showers
20	I will use handkerchief instead of disposable paper towels and napkins.			Pieces of paper towels and napkins I did not use
21	I will reuse packaging mailing materials (e.g. envelops, bubble sheet, padding foams, packing peanuts, tissue paper)			Number of items reused

Item #	Level 3: Green Choices	I pledge to make this choice ✓	Quantity Pledged and/or Actual Quantity Saved During Pledge Period		
22	I pledge to buy/use recycled paper.		Pieces of recycled paper		
23	I pledge to replace conventional light bulbs with energy conservation light bulbs.		Number of light bulbs		
24	I pledge to buy groceries that are either locally grown and/or organic.		Number of grocery items		
25	I pledge to buy/use toilet tissues made from recycled paper.		Number of rolls		
26	I pledge to reduce amount of trash by buying things with less packaging.		Items with less packaging chose over items with lots of packaging		
27	I pledge that I will choose environmental friendly cleaning products (e.g. cleaner, laundry detergent, dish washing liquid, bio-degradable soap)		Number of environmental friendly products		
28	I pledge to use a dry cleaner that uses non-toxic cleaning material.		Number of clothes cleaner		
29	I pledge to use recycled batteries whenever possible.		Number of recycled batteries		
30	I pledge to compost kitchen waste and yard waste.		Estimated ft ³ composted		
31	I pledge to not throw away things that still work and will try to repair them if possible.		Number of items not thrown away		
32	I pledge to plant a tree.		Number of trees		
33	I pledge to not buy clothing just for fashion that will not last for long.		Pieces of clothing not bought		
34	I pledge to not buy things that I do not really need.		Number of unnecessary items not bought		
35	I pledge to come up with ways to turn useless things into craft ideas and give them new uses.		Number of items used in new ways		

Item #	Additional Ideas		Quantity	
36	I will invite more people to join me in "Pledge for Earth."			Number of additional people joined
37	Additional Ideas:			
38	Additional Ideas:			
39	Additional Ideas:			
40	Additional Ideas:			