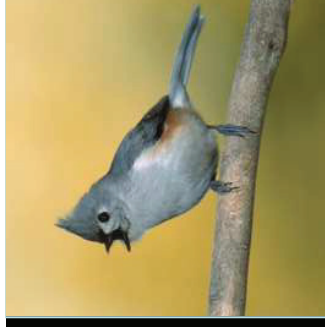


# The Conservation Challenge Checklist

*I Pledge to Protect the WEB  
by implementing these energy and water conservation steps:*



## Save Energy

- Step 1: Get an energy audit
- Step 2: Maintain Your Air Conditioning System
- Step 3: Turn up the thermostat
- Step 4: Install a programmable thermostat
- Step 5: Unplug electronics
- Step 6: Switch to energy efficient lighting
- Step 7: Seal leaks and insulate
- Step 8: Energy Efficient Appliances
- Step 9: Roofing and Solar
- Step 10: Shade windows and plant natives

## Save Water

- Step 1: Turn off the water
- Step 2: Shorten your showers
- Step 3: Do full loads of laundry
- Step 4: Use the dishwasher
- Step 5: Install low flow toilets
- Step 6: Fix leaks
- Step 7: Use low flow shower heads and sink faucets
- Step 8: Upgrade to low volume dishwashers and washing machines.
- Step 9: Install a Chillepper to eliminate running water to get it hot.
- Step 10: Landscape for Healthy Habitats

Your Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

E-mail: \_\_\_\_\_



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# Track Your Conservation Achievements

Write down your water and electric usage and track your savings over the next 12 months.

	Oct.	Nov.	Jan.	Feb.	March	April	May	June	July	Aug.	Sept.
Electricity used											
Electricity Bill											
Water used											
Water bill											

# Protect the *WEB*

## Water, Energy and Birds are All Connected

### Tools You Can Use

Energy Audit: [www.progress-energy.com/shared/stw2/sp\\_hec\\_details.asp](http://www.progress-energy.com/shared/stw2/sp_hec_details.asp)

Energy efficient appliances, insulation, efficiency tips: [www.energystar.gov](http://www.energystar.gov)

Rebates: <http://ecorebates.com/state/florida> and [www.progress-energy.com/shared/stw2/sp\\_ehi\\_roof.asp](http://www.progress-energy.com/shared/stw2/sp_ehi_roof.asp)

Bird friendly landscaping tips: [http://web4.audubon.org/bird/at\\_home/index.html](http://web4.audubon.org/bird/at_home/index.html)

Track usage and get rewards: <http://www.earthaid.net/>

Calculate your carbon footprint:

[www.epa.gov/climatechange/emissions/ind\\_calculator.html](http://www.epa.gov/climatechange/emissions/ind_calculator.html)

Share Your Achievements with Audubon and Help Inspire Others to

Protect the *WEB*. Write to [jsulek@audubon.org](mailto:jsulek@audubon.org).

