



## Low Carbon Diet Worksheet and Feedback Form

UU Church of Davis Green Sanctuary Committee

*When the planet herself sings to us in our dreams, will we be able to wake ourselves, and act? - Gary Lawless*

Name of Household \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

Number in Family \_\_\_\_\_ Ages of Children \_\_\_\_\_

Name of Carbon Ring \* \_\_\_\_\_

Ring Leader's Name\* \_\_\_\_\_ Phone/email \_\_\_\_\_

SUMMARY OF RESULTS OF ACTIONS TAKEN AND PLEDGED		
Write totals from the Action Plan Worksheets in the boxes below.		
	Pounds reduced by the end of Program	Pound reduction pledged for the future
SECTION ONE		
SECTION TWO		
TOTAL OF SECTIONS ONE AND TWO		
SECTION THREE PLEDGES		

**NOTE #1:** When you complete your Low Carbon Diet, please give a copy of this worksheet to Judy Moores or Lynne Nittler so that they can add up the numbers and send them into the UU Legislative Ministry for our state-wide Low Carbon Challenge! Please keep a copy for yourself, too – so that you can continue your action plan.

**NOTE #2:** You do not need to join the Low Carbon Diet classes to participate in the challenge, but we will need you to fill out this form and turn it in by April 27.

\* Depending on the number of households that enroll, we will divide into subgroups “carbon rings” for part of the class sessions so that everyone gets a chance to participate.