

# Carbon Reduction Activity (CPA) Chart

This chart shows Carbon Reduction Activities that you can perform to lower your carbon emissions to help achieve NetZero. The chart table below contains the **action** and **unit** of measurement for each Carbon Handprint activity. Use the **How to Identify and Calculate CRA Activities** at the end of the chart table to complete the audit report template and determine your Carbon Handprint.



Carbon Handprint			
Category	Activity	Action	Unit
Waste/Garbage/ Cluttering	Compost	Count number of times you recycle organic material to reduce the CPA activity.	#Count
	Declutter	Count number of times you removed clutter or cleaned up reduce the CPA activity.	#Count
	Did Nothing	Enter unit number zero.	0
	Recycle	Count number of times you recycled to reduce the CPA activity.	#Count
Transportation	Bike	Count number of miles you traveled by biking to reduce the CPA activity.	#Miles
	Carpool	Count number of miles traveled carpool to reduce the CPA activity.	#Miles
	Did Nothing	Enter unit number zero.	0
	Skate	Count number of miles traveled by skating to reduce the CPA activity.	#Miles
	Walk	Count number of miles walked to reduce the CPA activity.	#Miles
Personal Care	Bath Less	Count the number of times you did not take a bath.	#Count
	Brush Teeth	Count the number of times you brushed your teeth. Multiply the number by the number of times you did not use the faucet until you were finished and multiply the number of minutes it took you to finish. [Brush Teeth = (Number Count + Faucet Use) x Minutes]	#Minutes
	Did Nothing	Enter unit number zero.	0

	Shower Less	Count the number of times you plan not to take a shower. Multiple the number by the number of minutes it takes you to shower. [Shower Less = Number Count x Minutes]	#Minutes
Technology	Battery Use	Count number of times you use devices or appliances with batteries to reduce carbon emissions from activity.	#Count
	Did Nothing	Enter unit number zero.	0
	Paperless	Count number of times you did not print but saved electronic files to reduce carbon emissions from activity.	#Count
	Reduced Use	Count number of times you turned off devices and appliances to reduce carbon emissions from activity.	#Count
Electricity/Energy	A/C Off	Count number of times you turned off /AC or used renewable energy to reduce carbon emissions from activity.	#Count
	Battery Use	Count number of times you use devices or appliances with batteries to reduce carbon emissions from activity.	#Count
	Cook	Count number of hours you spent cooking to reduce carbon emissions from activity.	#Hours
	Did Nothing	Enter unit number zero.	0
	Heat Off	Count number of times you turned off /AC or used renewable energy to reduce the CPA activity.	#Count
	Natural/Candle	Count the number of times you used natural light or candles to reduce the CPA activity. [Natural/Candle = Number Count x Hours]	#Hours
Food/ Merchandising	Did Nothing	Enter unit number zero.	0
	Filtered Water	Count the number of times you used filtered water instead of bottled water.	#Count
	Gardening	Count the number of times you worked to grow your own food in a community garden or your backyard. <b>Note:</b> Count and total all fruits, vegetables, and herbs, etc. that you grow.	#Count

	Home/Raw Foods	Count the number of times you made, farmed, grew, or caught your own foods (e.g., fish, chickens, goats, cows, tomatoes, watermelons, berries, etc.)	#Count
	Natural Beverage	Count the number of times you made or bought homemade or fresh pressed juices (e.g., lemonade, pineapple, orange, apple, grapefruit, pomegranate, carrot, etc.).	#Count
	Plant-based Foods	Count the number of times you bought any plant-based food products (e.g., soy, beans, quinoa, potatoes, herbs, etc.) or grew your own foods (fruit, vegetables, etc.)	#Count
	Reusable Products	Count the number of times you used reusable products (e.g., reusable bags, cups, plates, forks, spoons, knives, mugs, etc.)	#Count
Kitchen/Cafeteria	Biomass Energy	Count the number of times you used biomass as a source of energy (e.g., wood, hemp, logs and tree barks, food crops, oil crops, animal waste, human waste, garden waste, landfill waste, etc.)	#Count
	Do Nothing	Enter unit number zero.	0
	Natural Light/Off	Count the number of times you used natural light or candles to reduce the CPA activity. [Natural Light/Off = Number Count x Hours]	#Hours
	Renewable Energy	Count the number of times you used a renewable energy source (e.g., solar, wind, hydrothermal, etc.) to cook.	#Count
Air Pollution	Battery Use	Count the number of times you used devices or appliances with batteries to reduce carbon emissions to improve air quality.	#Count
	Biomass Energy	Count the number of times biomass products (e.g., wood, hemp, logs and tree barks, food crops, oil crops, animal waste, human waste, garden waste, landfill waste, etc.) were used as an alternate source of energy at home or	#Hours

		School. [Biomass Product Type = Number Count x Hours] <b>Note:</b> Add all Produced Smole Types if more than one. Then, enter the Total in the Carbon Footprint field.	
	Candle Use	Count the number of times you used candle products as a light source to reduce carbon emissions. [Candle Use = Number Count x Hours] <b>Note:</b> Add all Burned Candle Types if more than one. Then, enter the Total in the Carbon Footprint field.	#Hours
	Did Nothing	Enter unit number zero.	0
	Reusable Energy	Count the number of times you used a renewable energy source (e.g., solar, wind, hydrothermal, etc.) to improve air quality. [Renewable Energy = Total Renewable Energy Types x Hours] <b>Note:</b> Add all Renewable Energy Types if more than one. Then, enter the Total in the Carbon Footprint field.	#Hours

An (\*) asterisk next to an activity denotes that the activity may require a more complex math calculation to obtain the data value.

## How to identify and Calculate CRA Activities

Complete the steps below to calculate your Carbon Handprint for each activity using the Chart Table above.

1. Look at the chart for a category.
2. Identify what Carbon Reduction Activity (CRA) you performed that lowers the carbon emissions of the CPA activity on the same row.
3. Write the name of the CRA activity you performed in the Activity field as shown in the table below for that category.

**Note:** Select only the activity you performed to lower (offset/counter) the Carbon Production Activity (CPA) from the previous day.

4. Count the number of times you performed the Carbon Reduction Activity (CRA).
5. Enter the units you identify into the **Qty** column in the audit report template.

**Note:** If you did not perform or consume the activity enter the number zero (0) in the Qty field for that activity.

6. Multiply the unit value by its **Greenhouse Gas (GHG) Factor**.
7. Enter the value in the Carbon Handprint field.
8. Repeat steps 2-5 until all activities have been completed.
9. Proceed to Step 1 above to start the next category and repeat all steps until all categories are completed.