

Question	Action	Mitigation (tons of CO ₂)
1	Moving from a house to an apartment	1.18
	Changing to energy efficient light bulbs	.64
2	Reducing two loads of laundry per week	.40
	Starting to turn off the TV when not watching it	.02
3	Stop using air conditioning in some of the rooms during the summer	2.27
	Switching from a large SUV to a midsize car	1.07
4	Flying in an airplane one less time per year	1.83
	Eating one less time a week at a fast food restaurant	.39
5	Starting to recycle plastic	.10
	Starting to recycle paper products	.08
6	Switching from car to riding a bus when going to school	.15
	Stop using air conditioning in some of the rooms during the summer	2.27
7	Switching from eating everything to being a vegetarian	5.50
	Eating one less time a week at a fast food restaurant	.39
8	Flying in an airplane one less time per year	1.83
	Switching from eating everything to being a vegetarian	5.50
9	Watching one less hour of TV per day	.01
	Playing one less hour of videogames per day	.01
10	Changing to energy efficient light bulbs	.64
	Reducing two loads of laundry per load	.40
11	Reducing garbage disposal in two bags per week	.16
	Starting to recycle paper products	.10
12	Stop using air conditioning in some of the rooms during the summer	2.27
	Switching from eating everything to being a vegetarian	5.50
13	Switching from a large SUV to a midsize car	1.07
	Changing to energy efficient light bulbs	.64
14	Moving from a house to an apartment	1.18
	Switching from a large SUV to a midsize car	1.07
15	Reducing two loads of laundry per week	.40
	Starting to turn off video game consoles when they are not in use	.13