

Lifestyle Project Part IA: Baseline Data Collection

(Modified from Kirk and Thomas, 2003)

Due: at the beginning of class Friday, September 23rd

Gather the following data for a 48-hour period (or two 24-hour periods) before Friday, September 23rd, to give you enough time to complete the Baseline Data Analysis assignment. You may want to pick two different types of days for you, a weekday and a weekend day for example. You will be able to record some of it here in the tables. Other information you will have to write on a separate sheet (or the back of the last sheet).

NOTE: BE HONEST! You will not be graded or judged on your use of energy or creation of garbage. This part of the exercise is simply to establish what your normal habits are, for your own purposes. If you are not honest on this part of the project, it will throw off your results for the remainder of the project (several weeks). So just record it all (in detail), and don't worry about how scary it looks when it's down on paper!

1. Energy Consumption

1A. Transportation: For a 48-hour period, record the number of miles driven or ridden in a car. Record each trip separately.

<i>Example</i>	<i>Mon.</i>	<i>Drove to YMCA and back</i>	<i>8 miles</i>
		<i>Went downtown and back</i>	<i>6 miles</i>
		<i>Drove with friend to movies</i>	<i>10 miles</i>
<i>Tues.</i>	<i>Went to friend's house and back</i>	<i>5 miles</i>	
	<i>Drove to Seattle and back, stopped at the mall</i>	<i>61 miles</i>	
	<i>Total</i>	<i>90 miles</i>	

1B. Industrial Energy Consumption: Much of the energy used during industrial processes is reflected in the products we buy. For a 48-hour period, record everything you buy, except food.

<i>Example</i>	<i>Mon.</i>	<i>T-shirt, CD</i>
	<i>Tues.</i>	<i>2 pens, magazine, note pad</i>

1C. Residential Energy Use

Hot Water – Record the amount of hot water you use in any of the following ways.

<i>Example</i>	<i>Day 1</i>	<i>Day 2</i>
hot shower	_____ minutes	_____ minutes
sink	_____ minutes	_____ minutes
laundry (hot)	_____ loads	_____ loads
laundry (warm)	_____ loads	_____ loads
dishwasher	_____ loads	_____ loads
other	_____	_____
other	_____	_____

Electricity – Record the amount of time in hours that any of the following appliances are operating. **For each device, record the amperage or watts of power.**

<i>Example</i>	<i>Day 1</i>	<i>Day 2</i>	<i>Power</i>		<i>Day 1</i>	<i>Day 2</i>	<i>Power</i>
refrigerator (large)	_____	_____	_____	microwave	_____	_____	_____
refrigerator (med)	_____	_____	_____	stove top	_____	_____	_____
refrigerator (small)	_____	_____	_____	oven	_____	_____	_____
washing machine	_____	_____	_____	clock	_____	_____	_____
clothes dryer	_____	_____	_____	dryer	_____	_____	_____
incandescent lights	_____	_____	_____	iron	_____	_____	_____
fluorescent lights	_____	_____	_____	hair dryer	_____	_____	_____
radio	_____	_____	_____	electric razor	_____	_____	_____
tape player	_____	_____	_____	fan	_____	_____	_____
CD player	_____	_____	_____	humidifier	_____	_____	_____
TV	_____	_____	_____	blender	_____	_____	_____
DVD	_____	_____	_____	computer	_____	_____	_____
answering machine	_____	_____	_____	cell phone charger	_____	_____	_____
lap top charger	_____	_____	_____	other _____	_____	_____	_____
other _____	_____	_____	_____	other _____	_____	_____	_____

2. Food: For the 48-hour period, record everything you eat and drink! You will attach this information on a separate sheet of paper.

Example	<i>Mon.</i>	<i>Breakfast</i>	<i>bagel with cream cheese, tea</i>
		<i>Snack</i>	<i>orange</i>
		<i>Lunch</i>	<i>grilled cheese, salad, 2 glasses root beer, brownie</i>
		<i>Snack</i>	<i>Hershey bar, Snapple</i>
		<i>Dinner</i>	<i>3 slices pizza, 2 glasses juice</i>
		<i>Snack</i>	<i>ice cream, coffee</i>
		<i>Bed time</i>	<i>glass of water</i>

3. Water: Record your water usage in the chart below.

Example	<i>Day 1</i>	<i>Day 2</i>
<i>shower (minutes)</i>	_____	_____
<i>bath (minutes the tap runs)</i>	_____	_____
<i>sink (minutes the tap runs)</i>	_____	_____
<i>toilet flushes</i>	_____	_____
<i>dishwasher loads</i>	_____	_____
<i>washing machine loads</i>	_____	_____
<i>other</i> _____	_____	_____
<i>other</i> _____	_____	_____

4. Waste: Record everything you throw out or recycle in a 48 hour period. Keep the recycling in a separate category. You will attach this information on a separate sheet of paper.

<i>Example</i>	<i>Garbage</i>	<i>CD wrapper, plastic bag, juice box, candy bar wrapper, pizza box, envelope, paper cup with lid and straw, paper plate.</i>
	<i>Recycling</i>	<i>soda bottle, 12 sheets paper, cardboard box</i>

ADD COMPOST category