

Exercise 2: Sustainability & You

For one week, from Thursday 10/26 through Wednesday, 11/1, track the following to answer the questions. Submit to Canvas no later than Thursday, 11/2 at 12:05 pm. Be sure to follow the standard format for written work in your course syllabus.

NOTE: No handwritten logs will be accepted--type all information for Exercise 2.

1. How many times you consumed meat, fish, egg, or dairy products
 - List each item for each meal or snack (breakfast, lunch, dinner, snacks)
 - Be sure to check package ingredients- some products unexpectedly contain eggs or dairy (whey, milk powder, cheese powder, etc.)
2. How often you threw away part of a meal, snack, or beverage
 - List each item
 - Note where you discarded the waste (garbage, garbage disposal, compost)
3. How often you consumed single-serving/ single-use foods and drinks
 - List each product
 - Note where you discarded the packaging (garbage, recycling bin)
4. How many new non-food/non-beverage items you bought this week
 - Note the item (it's okay to be general for personal items like toiletries, medical supplies, etc.- I'm not trying to pry into your personal life)
 - Note how the item was packaged (cellophane, cardboard, etc.)
 - Note how you purchased the item (online, bought in store)
 - If in a store, did you accept a plastic or paper bag to carry your purchase?
 - If online, how much shipping packaging was included? (box, bubble-wrap, paper stuffing, air bags, peanuts, etc.)
 - Note the form of payment for each purchase. If part of a whole order (like grocery), note sometime like: Grocery trip, paid by debit card.
 - Did you delay buying something so you didn't have to track it?
5. What was your water usage for the week? You can use [this chart](#) to keep track.
 - Track showers (5 gallons/minute; water conserving showerheads=2.1 gallons/minute) For those of you who love a good soak (5 gallons/minute of running water to fill tub)
 - Tooth brushing (4 gallons/brush)
 - Toilet flush (5 gallons/flush)
 - Hand or face wash (4 gallons/wash)
 - Dish washing (15 gallons/ 5 minutes of washing)
6. What is the surprising thing you learned from keeping this log? What is the most important thing you learned?
7. If you were committed to making changes, where would you start?
 - What would you be most likely to change in your daily consumption habits? Why?
 - What would you be least likely to change? Why?

I'm not going to require this for the exercise, but if you're interested, track your app usage and time on your phone and report your results. Here's a link if you want to do it, but don't know what to use:

<https://timelyapp.com/blog/app-usage-trackers>