



Quarterly Tidal Tracking

From to

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

Week 8

Skip one car trip each week.

Fill in the number of miles you save.

Skip one beef meal each week.

Note how many beef meals you skipped.

Don't eat shrimp.

Check each week you don't eat shrimp.

Declare independence from junk mail.

Mark when you remove yourself from mailing lists.

Replace your lightbulbs.

Note how many lightbulbs you replaced with CFLs.

Move your thermostat.

Note the °F you move your thermostat up or down.

Eliminate pesticides.

Check which weeks you don't use lawn & garden pesticides.

Save water.

Mark the number of faucets & showerheads you replace with low-flow devices.

Convince your friends.

Mark the number of friends who joined Turn the Tide.

turn
the tide
Nine Actions for the Planet

You can either enter your results at www.newdream.org/turnthetide/ or write your name & address on reverse and mail in.

g Chart



Week 9

Week 10

Week 11

Week 12

Week 13

My Totals

					On average, I saved ... <input type="checkbox"/> ... miles each week.
					On average, I skipped ... <input type="checkbox"/> ... beef meals each week.
					I gave up shrimp. <input type="checkbox"/>
					I freed myself from junk mail. <input type="checkbox"/>
					I replaced ... <input type="checkbox"/> ... lightbulbs.
					I dialed the thermostat ... +/- <input type="checkbox"/> °F
					I didn't use pesticides. <input type="checkbox"/>
					I replaced ... <input type="checkbox"/> <input type="checkbox"/> ... faucets & showerheads.
					I persuaded ... <input type="checkbox"/> ... friends to become Tide-Turners.

■ Please send me my next set of Turn the Tide charts!