Check what YOU do each day:

| | Sun | Mon | Tues | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|---|
| ☐ Walk, ride a bicycle, use public transportation, or carpool whenever possible. | ▬ | ▬ | ▬ | ▬ | ▬ | ▬ | ▬ |
| ☐ Use electric or manual garden equipment. | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| *Here are ways YOU can conserve energy:* | | | | | | | |
| ☐ Turn off the tv, stereo or lights when not in use. | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| ☐ Choose air-friendly products | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| ☐ Choose recycled products. | ▬ | ▬ | ▬ | ▬ | ▬ | ▬ | ▬ |
| ☐ Choose products with recyclable packaging. | ▬ | ▬ | ▬ | ▬ | ▬ | ▬ | ▬ |
| ☐ Reuse paper bags (choose paper over plastic). | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| ☐ Reduce using products that generate waste. | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| ☐ Recycle paper, plastics, and metals. | ▬ | ▬ | ▬ | ▬ | ▬ | ▬ | ▬ |
| ☐ Print, write or photocopy on both sides of paper. | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| ☐ _____ | ___ | ___ | ___ | ___ | ___ | ___ | ___ |

fold on the dotted line then fold in half

## P2 That You Can Do: It's for Everyone!!

**"P2" stands for "pollution prevention."** Pollution prevention means avoid making waste or if you do, recycle in an environmentally-sound manner.

**Why should you prevent pollution?** When we prevent pollution, we save energy, conserve resources, reduce pollutants and waste, and lessen exposure to harmful materials.

**Do you think that you can't do anything that will help the earth?** Environmental impacts start with people like you and me. Everyone can become involved in preventing pollution. Any action to help keep our planet healthy will help all of us.

**What can you do to become part of the solution?**
Surprisingly, pollution prevention is not difficult, and your opportunities are not limited to just recycling aluminum cans and glass bottles. Look around at home, when you shop, and at school. You can take steps every day to help curb pollution.

**How can you join in this effort to protect the environment?** Use this journal to keep track of what you do and get started on the road to "environmentally friendly" living! Remember the 5 R's - Recycle, Reuse, Reduce, Repair and Regift.

**Yolo-Solano Air Quality Management District:**
**www.ysaqmd.org or (530) 757-3650**




# MY JOURNAL _____