

# Go Green Challenge

An Atrium Health Teammate Engagement Challenge for **all** teammates

**Human and environmental health are connected.** Making better choices everyday can help us lessen the impact on our environment.

Demonstrate your personal commitment to the health of patients, teammates, communities, and the environment.

Learn more at: <https://peopleconnect.atriumhealth.org/Departments/Environmental-Sustainability-Solutions>

**GOAL:** Perform one activity every day for 4 weeks (in any order). Complete a minimum of 15 daily activities below.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Days Goal Achieved Each Week
Week 1	<input type="checkbox"/> Look for ENERGY STAR labels in your home	<input type="checkbox"/> Turn off lights and electronics not in use at work	<input type="checkbox"/> Power down your computers and monitors before your leave work	<input type="checkbox"/> Try a Just-Water Product for lunch today	<input type="checkbox"/> Use only one paper napkin with lunch	<input type="checkbox"/> Fill your water bottle at a filling station	<input type="checkbox"/> Take the stairs instead of the elevator	
Week 2	<input type="checkbox"/> Turn off the water while brushing your teeth	<input type="checkbox"/> Switch one light bulb at home to an LED bulb	<input type="checkbox"/> Use a reusable container and fill up with tap water instead of buying bottled water	<input type="checkbox"/> Close window blinds to limit winter heat loss and summer heat gain	<input type="checkbox"/> Post a selfie on yammer practicing sustainability	<input type="checkbox"/> Consider shopping from a second hand or thrift store	<input type="checkbox"/> Watch "Down to Earth" Documentary on NETFLIX	
Week 3	<input type="checkbox"/> Donate your unwanted clothing and goods to charity	<input type="checkbox"/> Switch to electronic bills and reduce paper	<input type="checkbox"/> Consider reducing or eliminating animal product from your diet.	<input type="checkbox"/> Purchase non-toxic or less toxic cleaning products	<input type="checkbox"/> Chose only eco-friendly cleaning products	<input type="checkbox"/> Volunteer for a community event that nurtures our environment	<input type="checkbox"/> Find where to recycle in your community	
Week 4	<input type="checkbox"/> Ride a bike instead of driving	<input type="checkbox"/> Check if your dry cleaner will take back wire hangers	<input type="checkbox"/> Limit showers to less than 5 minutes and save gallons of water	<input type="checkbox"/> Print double-sided to cut down on paper	<input type="checkbox"/> Turn off your car instead of idling	<input type="checkbox"/> Bring unused pills to an operation medicine drop box near you	<input type="checkbox"/> Engage your family to do one energy or water saving activity each day	
								<b>TOTAL Days Goal Achieved</b> (use this # for reporting)