

HABIT BINGO



Project Summary

Once you have built up a habit, it has the potential to stay with you for the rest of your life that is, if you choose to let it. This project is meant to act like a jumping-off point to kickstart some good environmentally conscious habits that you can incorporate for a more sustainable lifestyle!

Every aspect of our lives leads back to energy and how we are impacting our planet. The tasks in this project may seem small, they are a step in the right direction in helping all of us combat climate change.

How to Complete

There are **two different methods** to which you can complete this project, both through excel!



Download the Bingo Card Format [here](#).
Download the Spreadsheet Format [here](#).



Bingo Card Fromat:

Use this link to use the excel spreadsheet with all the information you will need. Make a copy of the sheet and start creating sustainable and environmentally conscious habits!

Novice Level Saver - Complete any line on a bingo card (horizontal, vertical, diagonal).
Try to complete this challenge in a week!

Intermediate Level Saver - Complete an X on a bingo card.
Can you complete this challenge in a month?

Expert Level Saver - Complete a full bingo card
You're a master! Try to get this challenge done in two months!

Steps (Bingo Card):

Once you have a copy of the bingo cards spreadsheet, here are the steps you need to take to complete the project:

1. The first sheet is called "Project Intro", which includes a brief introduction, and what steps to follow!
2. Click on the sheet titled "Bingo Boards", there are 3 randomized bingo cards, choose whichever!
3. Pick out a task that you would like to do, complete it and keep track of your progress!
4. Repeat step 3 to start another task! If you complete a full bingo card, feel free to complete the others to the best of your ability!
5. If you complete all 3 cards, send us an email at western@studentenergy.org and we can generate new cards to help you keep up your good habits!

Spreadsheet Tracker Format:

If you aren't into the whole bingo scene but still want to participate, no problem! Use this link to use the excel spreadsheet with all the information you will need. Make a copy and start creating sustainable and environmentally conscious habits!

Steps (Spreadsheet Tracker):

1. The first sheet is titled "Project Intro", which includes a brief introduction, and what steps to follow!
2. Click on the sheet titled "Task list" and pick out the task you would like to complete. You will notice that this sheet has all of the different habits as well as the corresponding energy, water, and CO₂e you will be saving by completing it.
3. Complete the task you chose, and do another task you would like to do!

(Note: you can do the same tasks again and again, but try new tasks too to find new impactful habits)

Calculating Your Impact:

Excel Bingo Card Format: For each task you completed, you will need to calculate the energy, water and CO₂e savings that you earned!

1. Once you are all done playing bingo, count the number of times you completed and highlighted the different tasks on the bingo boards. Ex. "I ate vegan 3 different days"
2. Click on the sheet titled "Impact Calculations", and add the number of times you completed a task
3. Watch as the amount of energy, water, and CO₂e you have saved goes up and up!

Excel Spreadsheet Format: Make sure you are keeping track of how many times you are completing each of the tasks!

1. Locate your task in the column titled "Task" on the "Task list" sheet
2. Fill in the number of times you completed that task in the column titled "Counter". Make sure the rows match up correctly!
3. Repeat steps 1-3 for all of the tasks you completed

If you would like to see a full breakdown of all the savings you earn from each project per one task, for how many times you did it, and your total savings, click on the sheet titled "Impact Calculations".

How to Submit

Once you are all done completing as many tasks as you can, here is what you need to do to submit the project.

Once you have added all of your images and calculated all your savings, you will fill out the google form here, with specific requirements for this particular project.

Contact Us

If you have any questions around this project or the project program, please feel free to reach out to us through email at western@studentenergy.org



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Student Energy at Western University