

**YOU  
GOT  
THIS.**

## THIRD CHALLENGE

**#YourPlanetNeedsYouKauai**

**Deadline - December 31<sup>st</sup>**

**WWW.YOUGOTTHISKAUAI.ORG**



**COMPLETE CHALLENGE CHECKLIST**

## **#YourPlanetNeedsYouKauai**

### **@YouGotThisKauai Complete Challenge Checklist**

#### **Instagram Challenge Checklist: (#1-#26)**

(We encourage you to do as many tasks throughout December.

For every Task completed, you get One Entry of your name into the prize drawing.

You will need to take a picture as proof that a task has been completed. Although you can make multiple posts throughout the month, we ask that you combine your photos (using slides, photogrid, etc.) into as few Instagram posts as possible to make it easier for us to track and see your entries. If we didn't 'Like' your post, that means we didn't see it. Feel free to Tag us again in your post so we get another notification.)

#### **1 - Unplug small appliances when not in use (coffee maker, blender, phone charger, etc.)**

- When done using something such as a phone charger, fan or, toaster, unplug it.
- Why to unplug appliances

#### **2 - Use natural light instead of electric lights and keep track of the times that you could have used an electric light**

- When possible, turn your lights off and use natural sunlight from windows and doors.
- Doing activities inside with lights already off awards points
- Activities can be range from homework to cooking
- Make sure what you are doing is lighted to avoid eye strain

#### **3 - Air-dry dishes**

- When washing dishes, choose to air-dry them instead of using a dishwasher or method that uses energy

#### **4 - Wash a full load of dishes instead of partially full**

- If using a dishwasher, wash when full of dishes, not partially
- Be efficient by avoiding wasting water and energy
- If already done, points can still be gained

#### **5 - Wash clothes with cold water**

- When washing clothes, choose to wash them with cold water (tap cold) to conserve energy rather than warm or hot water

#### **6 - Air dry clothes (use a clothesline or drying rack)**

- When drying clothes, choose to hang them up on a clothesline or a drying rack to avoid using a dryer and save energy

#### **7 - Wash a full load of laundry instead of a partially full load**

- When washing clothes, wash full loads instead of partially full ones so as to avoid wasting water and save energy

#### **8 - Share any one of these challenges on social media**

- Post a picture of the challenge and write a paragraph about what you learned (reflect); tag the challenge campaign account and use given hashtags
- Ex. (unplugging phone charger or using a drying rack)

#### **9 - Decrease shower time by approximately 1-2 minutes**

Record your typical shower length and then try to shorten it by 1-2 minutes

- 10 - Do non-electronics based entertainment instead of using electronics, for a total of 30 minutes (watching TV, playing games on phones, etc.)**
- Do a non electronic activity such as read a book or go outside for entertainment for at least 30 minutes instead of using electronics
- 11 - Open windows or use fan instead of AC (can do if you don't own an AC) OR set your AC to energy-saving mode**
- Points awarded for turning off AC and using fan or windows instead
  - Points awarded for setting AC to energy saving mode
  - Points awarded if windows are already open (if you don't have AC)
- 12 - When going somewhere, instead of driving in a personal car, use a form of green transport instead (walking, biking, taking a bus, carpooling with others, etc.)**
- Take a picture of your transport to prove that you are using alternatives to driving a single car
- 13 - Collect recyclables at home to take to recycling center (cardboard, glass, cans) and recycle at end of month**
- Collect all recyclable items each week and take to recycling center at end of month
- 14 - Develop a habit of reducing the use of zip lock plastic bags**
- Instead of using ziplock bags once, wash/reuse them or use an alternative such as tinfoil
- 15 - Make christmas ornaments instead of purchasing them**
- Create your own christmas ornaments
- 16 - Come up with an idea to recycle or reuse christmas stuff - (gift wrapping, bags)**
- Explain what was learned, what it does, and how it's useful
- 17 - Do your own environmentally friendly challenge and post it**
- 18 - Pick up trash at the beach**
- Pick up 5 pieces of trash at the beach and post it

**Ohana Challenge Checklist: (#19-#38)**

**Submit on Google Forms. Must check and submit completed entries *per week* in google form.**

Here is the link to the google form: <https://forms.gle/w6JLGhR19zMy6dk96>)

- 19 - Turn TV brightness to automatic brightness**
- Set TV to auto brightness
  - Points awarded if already done
  - 5 points given when challenge is done
- 20 - Set your computer/tablet/tv(devices) to go to sleep mode after 5-10 minutes**
- Set electronic devices to sleep mode
  - Devices will shut themselves off after 5-10 minutes to save energy
  - 10 points given when challenge is done



**21 - Turn fan to spin counter-clockwise**

- Setting your fans to rotate counter-clockwise will circulate air in a much more efficient way
- Press/flip switch on fan to make it spin counter clockwise
- "A ceiling fan should rotate counterclockwise in the summer, so the blades push cooler air down in a column. This is the best ceiling fan direction for air conditioning since it makes the air feel cooler than it is. ... If the fan is moving counterclockwise and you feel a rush of air, it's in the correct setting for summer. ...The counterclockwise rotation is typically set by pushing the direction switch on the side of the motor housing down. Check your fan's instruction manual to confirm. If you are unsure if your fan is turning the correct direction, stand directly under the fan and look up." (Home Depot)
- 10 points given if challenge is completed

**22 - Clean oven**

- Clean out oven
- "When an oven is deep cleaned, it will reach the desired temperature more quickly which conserves energy. It will also distribute heat in a much better, more efficient way compared to a dirty oven" (OvenClean)
- 15 points given if challenge is completed

**23 - Learn to read household electricity bills. If possible, compare october and november electricity bill**

- Find/locate electricity bill and try to understand energy use in house and how it can be reduced
- Try to figure out why bill is high or low
- 15 points given if challenge is completed

**24 - Make christmas ornaments instead of purchasing them**

- Create your own christmas ornaments
- Minimum of 10 points if challenge is completed

**25 - Purchased gifts from locally-owned businesses**

- Instead of ordering online or at a big name store, support the local economy and environment by buying a gift from a local business
- 20 points no matter how many gifts one challenge is completed
- Post a picture on Instagram or google forms

**26 - Start composting at your home**

- Take a picture, share three things that they learned
- Create compost bin at home and share
- 25 points awarded when challenge is completed (can only be done once)

**Research (Google-Form entry submissions only)**

(Explain what was learned, what it does, and how it's useful —10 points per paragraph reply to any question. You can do up to three research challenges every week)

**27 - Research an ENERGY STAR refrigerator**

- Explain what was learned, what it does, and how it's useful
- 10 points per paragraph, reply to any question

**28 - Do some research on a SMART thermostat**

- Explain what was learned, what it does, and how it's useful
- 10 points per paragraph, reply to any question

**29 - Research possibly installing a solar hot water heater**

- Explain what was learned, what it does, and how it's useful
- 10 points per paragraph, reply to any question

**30 - Watch movie/documentary/ >4 youtube videos**

- Explain what was learned, what it does, and how it's useful
- 10 points per paragraph, reply to any question
- Videos must be educational and at least 15 minutes

**31 - Research benefits of buying from local businesses benefits(economic + energy)**

- Explain what was learned, what it does, and how it's useful
- 10 points per paragraph, reply to any question

**32 - Research about free compost bin**

- Explain what was learned, what it does, and how it's useful
- 10 points per paragraph, reply to any question

**33 - Research climate change**

- Explain what was learned, what it does, and how it's useful
- 10 points per paragraph, reply to any question

**34 - Research benefits of unplugging appliances when not in use**

- Explain what was learned, what it does, and how it's useful
- 10 points per paragraph, reply to any question

**35 - Research benefits of traveling green instead of driving**

- Explain what was learned, what it does, and how it's useful
- 10 points per paragraph, reply to any question

**36 - Come up with an idea to recycle or reuse christmas stuff - (gift wrapping, bags)**

- Explain what was learned, what it does, and how it's useful
- 10 points per paragraph, reply to any question

**37 - Research local alternatives to purchasing a christmas tree**

- Explain what was learned, what it does, and how it's useful
- 10 points per paragraph, reply to any question

**38 - Research benefits of buying from local businesses benefits(economic + energy)**

- Explain what was learned, what it does, and how it's useful
- 10 points per paragraph, reply to any question

**For any questions, you may contact our team at:**

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