The No Impact Week Pledge

From Sunday morning on April 21\textsuperscript{st} to Sunday evening on April 28\textsuperscript{th}, I pledge to follow the steps outlined in the No Impact Week manual to the best of my abilities. If at first a task seems impossible, I pledge to try to find an alternative way of accomplishing it. Finally, I pledge to spend time thinking about the impact of my everyday activities on the environment and on my community, and to engage my peers in conversation about their impact too.

Sign here:

The following is a checklist of suggested things you can do for the week

For No Impact Week, I pledge to do the following:

**Consumption** (Sunday until the next Sunday)

___ refrain from buying anything other than food

___ refrain from shopping online

___ buy only second-hand

___ borrow any items I need for the week from a friend

___ make anything I need for the week by repurposing items that I already own

___ make a 100 Things list (i.e. inspired by a man named Dave Bruno, spend time thinking critically about what you would hold onto if you could only own 100 things)

___ other (____________________________________________________________)

**Food** (Monday until Sunday)

*Waste Day and Food Day in the manual have been switched out of Dining Services’ desire to combine Food Day and Earth Day meals

___ attend the 150-Mile meals taking place in the dining halls (breakfast in Mission, lunch in Driscoll, and dinner in Whitmans)

___ eat strictly vegetarian
___ eat strictly vegan
___ eat strictly local food (you choose the range of “local”)
___ consume only local alcoholic and non-alcoholic drinks (water and milk are local at Williams!)
___ buy and cook all of your meals yourself or with friends
___ volunteer for WRAPS (i.e. a daily community service project where students collect leftovers from dinner in the dining halls and drop them off in designated hunger-assistance locations in North Adams, e-mail Christine Schindler for more information)
___ other (____________________________________________________________)

Transportation (Tuesday until Sunday)
___ use only self-propelled transportation (i.e. walking, running, scooting, biking, unicycling, etc.)
___ use public transportation, if the distance is too great to walk or bike
___ carpool any time I plan to drive somewhere
___ other (____________________________________________________________)

Take action: Letter-writing Campaign (Tuesday)
___ call your senator to give your opinion on an issue you care about
___ attend the letter-writing campaign event, potentially co-hosted with Amnesty International

Waste (Wednesday until Sunday)
___ eat all the food I put on my plate
___ compost all of my food scraps
___ use a reusable water bottle instead of buying plastic bottles
___ bring a reusable mug to drink hot beverages, instead of throw-away paper ones
___ use reusable cloth napkins or handkerchiefs instead of paper napkins and tissues
___ carrying reusable utensils around with me, so I never need to use plastic utensils
___ bring reusable bags when grocery shopping to avoid plastic bags
bring my own containers to the store and buy food in bulk

use my receipts for scrap paper

other (____________________________________________________________)

**Energy** (Thursday until Sunday)

align my sleep schedule with the sun—waking up at sunrise and going to bed shortly after sunset—so I can rely on natural lighting

do my homework in places where the lights are on automatically (e.g. Paresky, Schow, Sawyer)

turn off my cell phone until the 28th

use a power strip for all of my electronic devices

use school computers instead of my laptop

use a drying rack to dry my laundry

eat only “raw meals” (meals that do not require electricity-powered cooking)

cut back on cooking hot meals, by making enough for leftovers

take colder showers

other (____________________________________________________________)

**Water** (Friday until Sunday)

choose tap water over bottled water

time my showers, so I don’t exceed the limit I set for myself

take sponge baths

obey the “if it’s yellow, let it mellow” rule in the bathroom

attend the Do-It-Yourself biodegradable beauty products event for Williams After Dark

other (____________________________________________________________)

**Giving Back** (Saturday)

participate in Great Day of Service, run by Lehman Council
___ attend a Williams sporting event
___ perform one random act of kindness
___ introduce myself to one or more people outside of the Purple Bubble
___ submit a Great Idea to College Council
___ other (____________________________________________________________)

Eco-Sabbath (Sunday)

___ spend time with people I love
___ spend time doing something I love
___ meditate
___ attend the No Impact Week final community dinner and discussion
___ other (____________________________________________________________)