

Blackline Master #5 - Family Quiz and Goal Setting Sheet

Name: _____

Complete this quiz as a family. Based on your results, set one goal your family can achieve to reduce your negative impact on air quality.

Statement	Points		
	Always	Sometimes	Never
1. We walk or ride a bike when traveling short distances.	2	1	0
2. We wear extra clothing instead of turning up the heat.	2	1	0
3. We have small campfires for cooking or comfort rather than large, long-burning ones.	2	1	0
4. We turn off lights when we leave a room.	2	1	0
5. We use pump containers rather than aerosols for hair or cleaning products.	2	1	0
6. We recycle or re-use materials.	2	1	0
7. We only warm up our car or let it idle for a few minutes.	2	1	0
8. We keep our vehicles tuned up and regularly maintained (tires properly inflated).	2	1	0
9. We use timers for outside lights, Christmas lights, car plug-ins, etc.	2	1	0
10. We consider fuel efficiency or energy consumption rating when purchasing a vehicle or large appliance.	2	1	0
11. We take short showers or use water-saver showerheads.	2	1	0
12. We car pool or use public transit whenever possible (to get to sports, lessons, etc.)	2	1	0
Total Score			

If you scored 16-24 points: You care about the air! Keep it up.

If you scored 10-15 points: You have some good air quality habits. Research some ways you could improve air quality.

If you scored below 10 points: The Air: Our Invisible Connection poster gives suggestions on how to start having a positive effect on air quality.

Family Goal Setting

Based on your quiz score, set one family goal to reduce your family’s negative impact on air quality. Complete a progress report on your family goal once a week for one month and have it signed each time by a guardian.

(Example: Goal: Turning off lights when we leave rooms. Progress Check - Our family was somewhat successful at working towards this goal. We need to remind each other and help each other out.)

Goal: _____

Progress Checks	Date	Signature
#1		
#2		
#3		
#4		
#5		