



Sustainable Lifestyle Certification
Scorecard

Your Name:
Date:

Y	?	N

Credit	Integrative Process (because no one can do it alone!)	1
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0	0	0	Location and Transportation	16	
			Credit	Lives in co-operative, shared, or nontraditional housing	5
			Credit	Google and/or Apple Maps defaults to Transit directions	1
			Credit	Commutes via electric or hybrid vehicle (1 point for Prius, 2 points for literally anything else)	2
			Credit	Commutes via public transit or rideshare	3
			Credit	Commutes via bicycle (exemplary performance if office has no shower)	3
			Credit	Has WWOOFED or talks about it often but doesn't plan on following through	2

0	0	0	Water Efficiency	11	
			Prereq	Has a reusable waterbottle (exemplary performance if logo was washed off long ago)	Required
			Credit	Only washes hair twice a week (minus 6 points if white and has dreadlocks)	6
			Credit	If it's yellow leave it mellow!	2
			Credit	Owns sustainable appliances (exemplary performance if lo-flo toilet flushes well!)	2
			Credit	Starts a timer before getting in the shower	1

0	0	0	Energy and Atmosphere	27	
			Prereq	Has "good energy"	Required
			Prereq	Practices yoga (prerequisite not granted if says "Namaste" outside of the studio)	Required
			Credit	Owns and uses healing crystals	18
			Credit	Practices reiki	1
			Credit	Gardens (community and at-home gardens accepted)	2
			Credit	Carries a solar power electronics charger	3
			Credit	Follows a #plantstagram account	1
			Credit	Wears Birkenstocks and/or Patagonia daily	2

0	0	0	Materials and Resources	13	
			Prereq	Recycles (duh!)	Required
			Prereq	Carries a tote bag (exemplary performance if carries an extra for a friend)	Required
			Credit	Owns a compost bin	5
			Credit	References the "circular economy" in day-to-day conversation	2
			Credit	Buys groceries in bulk (exemplary performance if grinds own nut butters)	2
			Credit	Is vegetarian (1 point) or vegan (2 points)	2
			Credit	Purchases reusable containers for shampoo and buys refills at the farmer's market	2

0	0	0	IEQ (Intensely Environmentally-Friendly Quirks)	16	
			Credit	Stores and carries all food, drinks, and waste in mason jars	2
			Credit	Only drinks locally-roasted cold brew (prerequisite not awarded if attends coffee tasting events)	3
			Credit	Hand-knits gifts	1
			Credit	Attends solstice parties	2
			Credit	Regularly participates in a drum circle	1
			Credit	Owns camping / backpacking equipment (exemplary performance if rents from REI)	2
			Credit	Is a (rural or urban) beekeeper	3
			Credit	Loves Trader Joes very publicly, secretly loves the hot bar at Whole Foods	1
			Credit	Has carried own trash around as part of a waste reduction challenge	1

0	0	0	Innovation	11	
			Credit	Owns sustainability start-up (exemplary performance if housed at LACI)	5
			Credit	Is a LEED, WELL, Fitwel, Envision, Living Building Challenge, or Green Globes Accredited Professional (1 credit each)	6

0	0	0	TOTALS	Possible Points: 95
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Certified: 52 to 62 points, Silver: 63 to 73 points, Gold: 74 to 84 points, Platinum: 85 to 95

APRIL FOOLS!