

# C-Negative Charter

## A Pledge for Ethical Lifestyle For # Goal No 13 Sustainable Development Goals- United Nations

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I, an inhabitant of planet Earth, take the oath to protect and preserve the serenity and perpetuity of the planet Earth and its vibrant species.

### Ethical Transport

I will ensure to reduce carbon emission in driving by

- Accelerating slowly and smoothly
- Driving within the speed limit and keeping the speed within the eco zone of speedometer
- Anticipating your stops and starts and avoiding unnecessary braking activities
- Maintaining the car, replacing oil, air and fuel filters on schedule
- Keeping the tyres inflated at standard pressure

I pledge to always, without an exception, turn off the ignition on red lights and stopovers.

**I pledge to adopt alternate transportation opportunities such as carpool/ public transportation every Monday.** I will always use services like Bla Bla for commuting outstation with all seats shared, Ola Share and UberPool for local commute.

I pledge to prefer walking over using vehicles for distance shorter than 1km and cycling for distances shorter than 5 km.

I pledge to avoid flying as much as possible, travel in trains or buses for shorter distances instead of flying, fly economy class and avoid leisure air travel. I pledge to plant a tree for every three flights I take to offset the carbon that I can't avoid.

### Carbon Free eating habits:

I would prefer to buy locally grown, seasonal & organic food and grow pot vegetables. I pledge to serve whatever I can eat and reduce food wastage. I pledge to pack waste free lunches and dispose the unavoidable waste wisely.

**I pledge to eat vegetarian diet, unpackaged and unprocessed food every Tuesday.**

I pledge to prefer microwave over LPG and use pressure cooker for usual cooking.

I understand that takes a lot of resources to raise cows, poultry and non vegetarian industry. I pledge to reduce my non vegetarian meals by 50 percent.

I pledge to carry a clay cup in my bag and use it at outside eateries instead of disposable waste.

### **Carbon footprints of home**

I pledge to avoid using air-conditioners as much as possible and always keep the temperature close to body temperature i.e. 27 degree Celsius.

I will ensure that all of my devices have high energy ratings.

I pledge to replace the conventional lighting systems with CFL or LED bulbs because I understand they save roughly around 80% of energy comparing with a regular incandescent

I pledge to keep the thermostat of fridge tuned to moderate level.

I pledge to shut down all the appliances and equipments that are not in state of utility at the moment. I will prefer to unplug devices as much as possible.

I pledge to pay attention to my consumption and waste habits and I will always tend to Reduce-Reuse-Recycle.

**I pledge to live energy free evening on every Wednesday, have candle light dinner with family, turn off the TV and recreation to give more physical time to family and myself. Let us celebrate an earth hour like evening every week.**

### **Personal Life-style**

I pledge to take double sided print in case of absolute necessity and always avoid taking any unnecessary print of documents, or bills at grocery store or ATMs etc. I would encourage zero paper meetings at work and use electric medium over paper.

I pledge to live a minimalistic lifestyle and shop as less as possible specially imported products.

I pledge to reduce my water consumption by 15%, use clothes line for drying clothes instead of using dryer and use less detergent, aerosol sprays, air-fresheners, mosquito repellent coils and sprays, and other form of chemicals.

I affirm myself to take carbon neutral choices in my daily preferences that would help me generate no or less organic waste, and would prefer to consider my waste disposal management.

I prefer to filter my own water using filtration pitcher or filter rather than buying a packaged drinking water bottle. I pledge to carry water from home instead of buying. I pledge to avoid packaged beverages as they contain harmful chemicals and cost lot of carbon footprints in manufacturing, packaging and shipping.

I pledge to completely ban plastic bags/ polythene bags from my lifestyle.

I pledge to buy clothes processed from organic eco-friendly fabrics and textiles.

I pledge to plant a tree every year to compensate my day-to-day carbon footprints.

I pledge to buy one of something, not 4 or 5 of something, for example one pair of shoe instead of unnecessary collection of 5 or 6 brands. I understand that buying fewer things changes the energy equation across the board. **I pledge to make my every Thursday a shopping free day.**

I pledge to check before buying if the product or its packaging can be recycled. The recyclable logo (three arrows forming a triangle) is fairly common now.

I pledge to workout in open and manually instead of using treadmills and gym equipments.

I pledge to unsubscribe print newspapers and prefer online news portals.

I pledge to avoid using deodorants, perfumes or any cosmetics that contains CFC or eco-unfriendly chemicals. I pledge to use organic products over conventional cosmetics. **I pledge to go absolute cosmetic free on every Friday.**

### **Smart Week Plan**

Monday:	Alternate Transport day
Tuesday:	Veg, Unprocessed & Unpackaged food (Zero C Food)
Wednesday:	Energy Free day
Thursday:	Shopping free day
Friday:	Cosmetic Free day

Saturday & Sunday: Be self accountable

