

## Contents

Fri Electric bike

Sat Solar lights

Sun

Power saving

Mon

Healthy diet

Tue

Recycling

Wed Paperless

Thu

Conclusion





## Fri

TOWARDS NET-ZERO

### Electric bike

Dear Francesca,

Today is the day, the first day of our carbon footprint week-long reduction challenge for *Earth Science*!

This Friday is very much routine. We followed our usual schedule, and I was able to take a nap to lessen my Great Sleep Deprivation; yet there is something cool I want to share to you...

But first, I should note that I've intentionally decided to feature only one intervention per day—that way, we don't quickly spiral to boring repetitions in this journal—but that doesn't mean I'm not doing any of the interventions; it's just that I'm featuring a different one each time I write in this journal.

And for the highlight: I got home using an electric bike! Not only because I don't need a license to drive one, but also because it has no carbon emissions! It is essentially the cleanliness of biking and the convenience of driving—which is a great thing!



# Sat Solar lights

### Dear Francesca,

elcome to the second day of our *Earth Science* challenge!

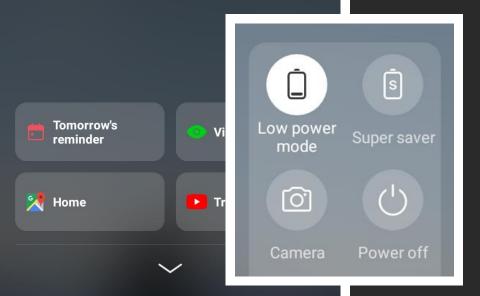
Today, I didn't left the house! Which is a great thing for my carbon footprint! But when we come to think about it, that's hardly surprising, because I'm not really the type of person that likes to go outside that much. There's no place like home.

Anyway, for today, our highlight is: We used solar lights for home lighting! Solar lights are a great investment because they help us reduce our electricity consumption, thus our electricity bill, and they also help reduce our carbon footprint. Though, one disadvantage of solar lights is that when the sun didn't shine for the day, they don't last for very long.





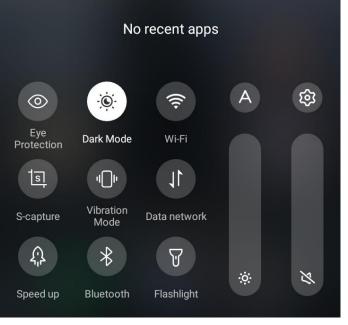




# Sunday

**TOWARDS NET-ZERO** 

# Power saving



#### Dear Francesca,

appy Sunday! And a happy third day of our *Earth Science* carbon footprint reduction challenge! Another week has passed by, *just like that*, Francesca. *Time really does fly*.

For today, our intervention is about power saving. More specifically, power saving on our phones, laptops, and other gadgets. At first, I thought this change would be the easiest among all of the change s I've planned—in hindsight, it's just the flip of a switch—but it's not that simple, actually.

**Battery** 

97%

#### Battery saver

To get more from your battery when it's running low, limit notifications and background activity.



On

The main issue that I've encountered is that my laptop became quite slow—especially because of my tendency to hoard Chrome tabs—and also because my laptop is now 5 years old and she doesn't have the latest and greatest specs out there.

My phone worked like a charm, though. It lasted much, much longer than I expected and it's still smooth and fast—yay!



## Monday

**TOWARDS NET-ZERO** 

## Healthy diet



Dear Francesca,

onday? It's already Monday? What? I didn't even sleep yet! ...

Welcome to the fourth day of our *Earth Science* challenge! And least to say, I'm quite sleep deprived. Thankfully, our intervention for today is healthy diet—which will not only help me with this sleep deprivation I'm currently facing but would also help reduce my carbon footprint.

Throughout the day, I tried and strived to have fruits and vegetables in my meals.

 $But\ I\ am\ still\ very,\ very\ sleepy...$ 

That's because, without sleep or exercise, a healthy diet will only get you so far. There is no replacement for sleep—especially *quality sleep*.

It's ironic though that I'm lecturing you about sleep when I, myself don't even sleep that much! I am a very, very sleep deprived person. And I really love to sleep, but I can't, there are things I have to do...

# Tue Recycling

#### Dear Francesca,

uess what? We tried the newly-opened 7/11 tore nearby. It was great, but the goods are a little expensive to my liking, especially because I'm a student.

Welcome to the fifth day of our *Earth Science* challenge! Our topic today is a bout recycling—which nicely connects with my story earlier.

Long story short, I bought this chips (see the picture) and when I finished it, I don't know where to put the packaging it came with. But then, I got the idea to put some of the tools we have lying around into this container—essentially, instead of throwing it out, we reused it.

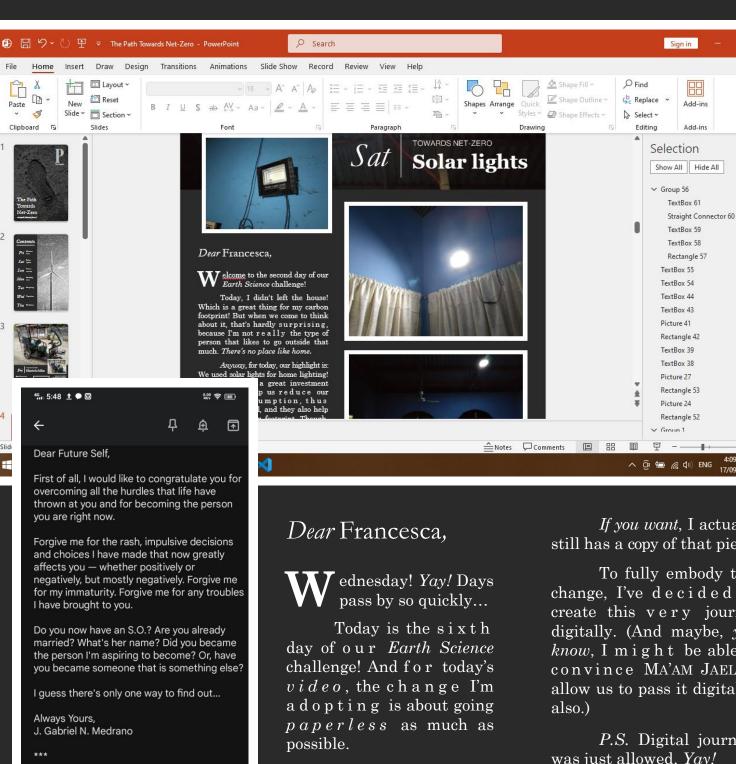
On a side note, the chips this packaging came with is expensive—so, this container better be good...



#### **TOWARDS NET-ZERO**

# Wednesday

### **Paperless**



This is something I'm actually quite fond of because way back 2023, I actually wrote an editorial about going paperless in a school environment.

If you want, I actually still has a copy of that piece.

0

0

0

0

0

0

0

0 0

0

0

0

0

To fully embody this change, I've decided to create this very journal digitally. (And maybe, you know, I might be able to convince Ma'AM JAEL to allow us to pass it digitally,

P.S. Digital journals was just allowed. Yay!

That's all from me today, Francesca, good night!

Dear Past Self,

I greatly envy you because your life is much,

A Edited Sep 5



Battery

97%

Battery saver

To get more from your battery when it's running low, limit notifications and background activity.



## Thursday

**TOWARDS NET-ZERO** 

## **Conclusion**







### Dear Francesca,

rancesca, what a ride this has been! A great journey in our collective pursuit of change to fight the current climate crisis—to secure for ourselves and our posterity, the beauty of nature and the health of *Mother Earth*.

This is not the beginning of the end; rather, this is the end of the beginning. We are just getting started.

The changes I made were small, minuscule—hardly an inconvenience to me—yet they reduced the amount of greenhouse gases I dump to the atmosphere every year.

Let's recall all the changes I've made throughout this week.

On Friday, I got home using an electric bike which is greener than a traditional vehicle. Saturday, we utilized solar lights in the house to reduce our electricity consumption. On Sunday, I used power saving on my phone and laptop to save battery life. While on Monday, I ate healthy and balanced meals. Tuesday, I repurposed the packaging of a chips to be a storage container. Wednesday, I committed to adopting paperless to lessen paper use. And Thursday, here we are, reminiscing about all the changes we've made.

All the changes I've mentioned are simple, right? Now, get this, what if everyone committed to these changes? That would be a massive reduction in our global greenhouse gas emissions!

Because although our individual actions have negligible effects; collectively, the choices we make and the actions we take have far-reaching and worldchanging consequences.

Before I end, thank you, Francesca, for being with me all throughout.

