



After the energy session with Groundwork London, I pledge to:
(Please select 2-3 actions you will adopt)

- Set Washing Machine at 30 degrees (£52/year)
- Only Boiling as much as I need (£6/year)
- Turning off my Lights (£15/year)
- Line Dry in Summer, rather than use the Tumble Dryer (£18/year)
- Reducing Washing Machine Cycles per week by 1 (£5 a year)
- Reducing Dishwasher Cycles per week by 1 (£9 a year)
- Avoid Standby from Computer Equipment (£30 a year)
- Replace a Traditional Bulb with an Energy Saving Bulb (£78 over life time of the bulb)
- Taking 1min off your Shower (Saves £7 per person each year)
- Replacing 1 Bath a week with a Shower
- Use a Washing up in a Bowl (Saves £25 per year)
- Turn my thermostat down by 1 Degree (Saves £80 a year)

For more information visit: <https://london.greendoctors.org.uk/>