

For a month, think of one journey per week where the you would usually use the car that could potentially be done on foot, or by bicycle... or that is unnecessary and could be missed out altogether. Jot down the milage saved, CO2 saved and fuel savings - use www.fuel-economy.co.uk/calc to work out the cost savings.

Journey name			
Miles saved	CO2 saved (1 mile = 213g)	Fuel saving	
			Week 1
Journey name			
Miles saved	CO2 saved (1 mile = 213g)	Fuel saving	
			Week 2
			WCCMZ
Journey name			
Miles saved	CO2 saved (1 mile = 213g)	Fuel saving	
			Week 3
			week 3
Journey name			
Journey name Miles saved	CO2 saved (1 mile = 213g)	Fuel saving	

Week 4