







# Your “mobility lifestyle” *...and how far it's possible to take the carbon out of it*

1. Use the table below to have a go at summarising how you currently get around
2. Then take a look at the steps overleaf to see how you might be able to take as much carbon out as you can

Where do you live (roughly)?				
		Where to (typically)?	How often (roughly)?	Car? Bus? Bikes? Walk? Etc
To work / college				
Shopping				
Personal business (doctors etc)				
Visiting friends & relatives				
Day or night out / event				
Holiday				

- There are four ways to reduce carbon from how we travel.
- Using the four colours, circle or highlight the trips you identified overleaf



Do you *need* to make this journey? Could you make it less often? Could it be replaced by online platform (e.g. Zoom) or phone?



Could you *switch* this journey to walking, cycling, ebike/trike etc  
*...if they were easily available, safe routes etc*



Could you *switch* this journey to public transport (bus, train etc)  
*... If it went where / when you needed it, was affordable, reliable etc*



Could you replace this journey with an EV?  
*...either one that you own or shared via a local EV car club*

*Would you prefer your lower carbon lifestyle or how things currently are?*