

Carbon Tracker hosted by Sustainable Saratoga

Below you can find a list of steps you can take prior to starting the Carbon Tracker in order to speed up the process of completing the questionnaire.

If you have any questions about these instructions or require additional help using the Carbon Tracker, please email us at carbon.tracker.help@sustainablesaratoga.org

Carbon Tracker URL

<https://sustainablesaratoga.org/projects/climate-and-energy/cure100-carbon-tracker/>

For Your User Profile

- Google credentials (e.g., gmail account login) or you may create a Login ID using a non-Google email address by following [these instructions](#)
- Square footage of your home
- Year home was built

For the Questionnaire

Some sections require some data you might not have right at your fingertips. We recommend gathering this information ahead of time to make your time with the questionnaire more efficient.

Transportation

Cars

For each car owned:

- Car make/model/year information
- AVG miles driven per year
- AVG miles per gallon

Flights

Number of flights per year

- Short flight - up to 3 hours
- Long flight - 3 to 7 hours
- Super-long flight - over 7 hours

Trains

- Number of round-trips per year
- Mileage per round-trip

Home Heating

Oil

- Annual gallons used
- Percent biodiesel in oil

Natural Gas

Annual amount of gas used

If you use National Grid:

1. Login to your account <https://www1.nationalgridus.com/signin>
2. Click on the “Track Usage” tab



3. Change the Energy Use from “ELECTRICITY” to “NATURAL GAS” on the right side
4. Add up the total Therms for 12 months (13 months are displayed)

Propane

Annual gallons of propane used

Electricity

If you subscribe to Community Solar, you can skip this section as you will be able to enter “100%” for the “What percentage is from clean sources?” question.

Electric Usage

- Annual usage in kWh
 - Percent obtained from renewable energy sources
- If you use National Grid:

1. Login to your account <https://www1.nationalgridus.com/signin>
2. Click on the “Track Usage” tab



3. Ensure “ELECTRICITY” is selected on the right side
4. Add up the total kWh for 12 months (13 months are displayed)

When filling out the Carbon Tracker, for the “What percentage is from clean (non-fossil fuel based) sources?” question, enter “**73.8%**” If you’re interested about where this information was gathered, see <https://www.epa.gov/egrid/power-profiler#/NYUP>