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This is the methodology I have concocted over the years to help me figure out how much carbon I have contributed to the atmosphere. It's a continual work in progress.

How much carbon was emitted because of me?

Total estimated tons of carbon emitted annually ⓘ

2022	-2.7
2021	5.6
2020	7.3
2019	7.3
2018	6.9

Electricity

Estimated tons of carbon emitted in 2022 ⓘ

0.7

Kilowatt hours per year	On-peak %	kWh	Carbon
2022 (Smart-meter installed)	13%	2,590	1.1
2021 (Fixed wiring + new A/C installed)	—	5,657	4.0
2020	—	5,890	4.2
2019	—	7,443	5.3
2018	—	7,451	5.3

Carbon-free energy ⓘ

	%	Carbon
2022	37.0%	-0.4
2021	37.0%	-1.5
2020	31.5%	-1.3
2019	30.0%	-1.6
2018	28.0%	-1.5

Natural gas

Estimated tons of carbon emitted in 2022 ⓘ

1.9

Therms per year	Therms	Carbon
2022	360	1.9
2021	482	2.6
2020	474	2.5
2019	537	2.8
2018	482	2.6

Transportation

Estimated tons of carbon emitted in 2022 ⓘ

1.3

Miles per year (gallons of gasoline used driving)	Drive	Fly
2022 (111)	—	4,771
2021 (412)	6,307	2,048
2020	4,507	3,402
2019	9,154	6,964
2018	8,650	4,229
2017	9,550	5,000
2016	10,833	5,000
2015	9,967	5,000
2014	35,000	10,000
2013	45,000	40,000
2012	45,000	65,000

Offsets

Estimated tons of carbon absorbed form the atmosphere in 2022 ⓘ

-3.2

Trees planted ⓘ	Planted	Carbon
2022	190	-6.1
2021	343	-4.0
2020	20	-0.2

ClimeWorks ⓘ

	Carbon
2022	-0.3
2021 (55 kg carbon per year)	-0.1

Seaweed farming ⓘ

	Carbon
2022 (Can't find a good one I believe in yet)	0.0

Waste

Pounds of material ⓘ	2020	2021	2022
Aluminum	—	—	3
Corrugated cardboard	—	—	16
Electronics	—	65	0.3
Generic recyclables	123	172	0
Glass	—	—	40
Landfill	37	93	37
Organic	289	234	96
Paper	—	—	31
Plastics (#1 PET and #2 HDPE)	—	—	9
Plastics (#4 LDPE grocery bags)	—	—	3
Plastics (#5 PP)	—	—	2
Scrap metal	—	100	20
Tetra Paks	—	—	0.1
Tires	0	96	0
Total	449	760	258

Pounds diverted from places it shouldn't have been in 2022 ⓘ

CarbonBox		0
Ocean Cleanup	30	30

Water

Gallons per year ⓘ	Municipal	Rain barrel
2022 (New raised-bed gardens + re-seeded front yard)	~13,000	226
2021	14,853	300
2020 (New water meter installed)	43,729	45
2019	88,000	—
2018	125,000	—

My Charity: water donations have provided clean water for ⓘ

	People
2022	2