

Go Barefoot Day

Making a Difference One Step at a Time

This **EARTH DAY, APRIL 22ND**, HOK invites you to 'Go Barefoot' by making simple changes to your travel and work habits for the day.

Your individual efforts will contribute to a significant reduction in our global footprint. Join HOK on April 22nd and be part of the difference we will make.

**ONE PERSON. ONE DAY.
ONE STEP AT A TIME.**

GETTING TO WORK		
If you Typically:	You Could:	Measure Effect: (per person)
Drive to work alone (assume 10 mile commute)	Carpool	\$: 1300/year CO ₂ :
	Take public transit	\$: 1560/year CO ₂ :
	Bike or walk	\$: 2600/year CO ₂ :
Carpool	Take public transit	\$: 260/year CO ₂ :
	Bike or walk	\$: 1300/year CO ₂ :
Take public transit	Bike or walk	\$: 1040/year CO ₂ :
Fly round trip to business meetings	Meet virtually	STL to NY: \$381/trip CO ₂ :
		SF to NY: \$436/trip CO ₂ :

AT WORK		
If you Typically:	You Could:	Measure Effect: (per person)
Print and recycle paper	Commit to NO paper usage for the day	\$: .60/day, 156/year CO ₂ :
Leave computer on overnight	Turn off overnight	\$: 21/PC/year CO ₂ :
Use task lighting	Turn off all lights when not in use	\$: 3/year CO ₂ :
Drink bottled water (assume one bottle a day)	Switch to tap water or water fountain	\$: 364/year CO ₂ :
Buy coffee or hot beverage (assume 1 medium-sized cup)	Use your own mug	\$: 26/year CO ₂ :

**Yearly averages are based on an estimated 260 work days/year. Actual savings will vary by office location, local pricing, distances traveled, etc.*

[click here to see all assumptions and sources for this data](#)

= 500 miles (805km), 440lbs (200kg) of CO₂.

= 250lbs (112.5kg) of CO₂.



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