CHOOSE YOUR CHALLENGE!

A 30-DAY JOURNEY TO REDUCE WASTE

CHOOSE THE BEST TIME FOR YOUR CHALLENGE

YEAR

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

☐ 1ST DAY AUDIT YOUR WASTE;	☐ 2ND DAY ANALYSE THE RECYCLING RULES;	☐ 3RD DAY ASSESS YOUR ZERO WASTE RESOURCES;
☐ 4TH DAY FIND THE NEAREST SUSTAINABLE CONCEPT OUTLETS NEARBY;	☐ 5TH DAY TAKE AN INVENTORY OF THE FOOD IN YOUR HOME;	☐ 6TH DAY STOP BUYING NEW CLOTHES IF YOU DON'T REALLY NEED THEM;
☐ 7TH DAY IT IS BETTER TO BORROW OR RENT THAN TO BUY NEW;	☐ 8TH DAY REUSE GLASS CONTAINERS;	☐ 9TH DAY START COMPOSTING;
☐ 10TH DAY SORT UNWORN CLOTHES – RE-SEW OR SEW TORN CLOTHES;	☐ 11TH DAY USE ALL PARTS OF VEGETABLES IN COOKING, FROM ROOT TO LEAF;	☐ 12TH DAY PREPARE A SUSTAINABLE SHOPPING PLAN;
☐ 13TH DAY MAKE SOME INGREDIENTS YOURSELF – BUTTER, MILK, HERBAL OILS, ETC;	☐ 14TH DAY WASH IN COLD WATER;	☐ 15TH DAY SORT WASTE;
☐ 16TH DAY USE YOUR OWN REUSABLE TOWELS IN THE KITCHEN;	☐ 17TH DAY BUY SECOND-HAND;	☐ 18TH DAY USE PUBLIC TRANSPORT;
☐ 19TH DAY TRAVEL WITH HAND LUGGAGE ONLY;	☐ 20TH DAY INVEST IN AND INSTALL A BIDET AT HOME;	☐ 21ST DAY DESIGN AND MAKE YOUR OWN CLEANING PRODUCTS;
☐ 22ND DAY FIND A SHOE REPAIR SHOP AND GET YOUR SHOES REPAIRED;	☐ 23RD DAY USE A CLOTHING RENTAL SERVICE;	☐ 24TH DAY START USING MENSTRUAL CUPS;
☐ 25TH DAY DRY YOUR CLOTHES NATURALLY;	☐ 26TH DAY USE HARD SOAP;	☐ 27TH DAY MAKE BEAUTY PRODUCTS;
☐ 28TH DAY EAT LOCAL FOOD;	☐ 29TH DAY PLAN A SUSTAINABLE HOLIDAY;	☐ 30TH DAY BUY PRODUCTS WITHOUT PACKAGING.

I AM GRATEFUL FOR:

NOTES:

MOOD: