CHOOSE YOUR CHALLENGE!

THE ENVIRONMENT AND WASTE REDUCTION CHALLENGE

☐ 1ST DAY DON'T USE DIGITAL AND ELECTRONIC DEVICES THROUGHOUT THE DAY	 ☐ 2ND DAY SKIP THE SHOWER	☐ 3RD DAY FILL WATER BOTTLES WITH WATER AND DRINK FROM THEM	 ☐ 4TH DAY LESS DRIVING, MORE MOVEMENT
 ☐ 5TH DAY PICK UP LITTER	☐ 6TH DAY UNPLUG ELECTRONIC DEVICES YOU DON'T USE	 ☐ 7TH DAY USE REUSABLE BAGS AND SHOPPING BAGS	 ☐ 8TH DAY PLANT OUTSIDE
☐ 9TH DAY BUY ORGANIC PRODUCTS AND COOK AT HOME	 ☐ 10TH DAY BUY HOUSEPLANTS	☐ 11TH DAY REPLACE PAPER NAPKINS WITH CLOTH ONES	 ☐ 12TH DAY START COMPOSTING WASTE
 ☐ 13TH DAY SEPARATE YOUR WASTE	☐ 14TH DAY STEP AWAY FROM THE COMPUTER SCREEN AND GO FOR A WALK	 ☐ 15TH DAY VOLUNTEER	☐ 16TH DAY BUY SUSTAINABLE BEAUTY, HOME AND STYLE PRODUCTS
 ☐ 17TH DAY BUY PRODUCTS WITHOUT PACKAGING	☐ 18TH DAY START RAINWATER HARVESTING AND RECYCLING	☐ 19TH DAY USE ENVIRONMENTALLY FRIENDLY CLEANING PRODUCTS	☐ 20TH DAY CONVERT PRINTED DOCUMENTS TO DIGITAL

I AM GRATEFUL FOR:

NOTES:

MOOD: