



MY PLASTIC-FREE HABITS

NAME: _____

Your challenge for the week? **Adopt as many plastic-free habits as possible!**

Every day, for each habit, check the box if you do the habit at least once. You can only put one check mark per habit per day. At the end of the week, add up the total number of check marks for each category.

Will you be a plastic-free hero?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Plastic-Free Lunch <i>avoid single-use plastics or re-use single-use plastic</i>							
No Plastic Bottles <i>use a reusable bottle or reuse a plastic bottle</i>							
Goodbye Plastic Bags <i>use a reusable bag or reuse a plastic bag</i>							
Recycle Plastic Properly							
Share Your Knowledge <i>talk to someone about plastic and what they can do to reduce plastic waste</i>							