

Track Your Plastic

July Ambassador Challenge

Week 1 - Measure

Tally how many of each category you use this week.

	Week 1 Tally	Wk 1 Total
Plastic Bottles		
Take-Out Containers		
Disposable Cups		
Single-use Bags		
Shipping Bags / Filler		
Straws		
Food Wrappers		
Other		

Notes (comments/goals)

Weeks 2-4 - Reduce

Week 2

Tally your usage for Week 2 and compare to Week 1

	Wk 1 Total	Week 2 Tally	Wk 2 Total
Plastic Bottles			
Take-Out Containers			
Disposable Cups			
Single-use Bags			
Shipping Bags / Filler			
Straws			
Food Wrappers			
Other			

Notes (comments/goals)

Week 3

Tally your usage for Week 3 and compare to Week 2

	Wk 2 Total	Week 3 Tally	Wk 3 Total
Plastic Bottles			
Take-Out Containers			
Disposable Cups			
Single-use Bags			
Shipping Bags / Filler			
Straws			
Food Wrappers			
Other			

Notes (comments/goals)

Week 4

Tally your usage for Week 4 and compare to Week 3

	Wk 3 Total	Week 4 Tally	Wk 4 Total
Plastic Bottles			
Take-Out Containers			
Disposable Cups			
Single-use Bags			
Shipping Bags / Filler			
Straws			
Food Wrappers			
Other			

Notes (comments/goals)

How did week 4 compare to week 1?