

NAME

WEEK OF

	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
Wear a reusable mask 1 pts/day Cut down on waste and avoid single-use masks.							
Pack a lunch from home 2 pts/day Bring your own lunch from home for a healthy and eco-friendly option or prepare a lunch when WFH.							
Bring your own reusable utensils 1 pt/day Bring your own reusable forks, spoons, knives, etc. to reduce waste.							
Bring your own reusable water bottle or mug 1 pt/day One point total even if you bring both a water bottle and mug.							
Coordinate breakfast/lunch orders 2 pts/day Plan your food and beverage deliveries with others.							
No meat for an entire day 2 pts/day Choose vegetarian options for all of your meals in an entire day.							
Put your computer to sleep at the end of the day 1 pt/day Save energy when your computer's not in use.							
Hang dry your laundry 2pts Conserve energy by allowing your clothes to air dry instead of using the dryer.							
Opt for a more sustainable purchase 1 pt/item; max 3 pts/week Choose a product that was produced in a more sustainable fashion (e.g. organic produce, Fair Trade clothing, etc.)							
Submit a photo of yourself performing any eco-friendly activities to the Google Drive folder 5 bonus pts (per week)							
Build Your Collection of Plants 1 pt/plant, 10 pt total <small>ONE TIME ONLY</small> Freshen the air around us! Count up your plants at home and in office.							

SUGGESTED ECO-FRIENDLY HABITS

***not worth points**

Cut your shower 1 or 2 minutes short to conserve water

Don't let the water run while brushing your teeth or doing the dishes

Embrace natural light and turn off lights when you leave a room

Unplug appliances when not in use (e.g. phone chargers, toasters, coffee makers, etc.)

Drink tap water from a reusable bottle or glass instead of plastic bottled water

Walk or bike instead of driving to places

In general, reduce, reuse, recycle whenever possible

Engage in outdoor activities

Pick up garbage

TOTAL WEEKLY POINTS

