

# Habit tracker

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Instructions: Go around your home and write down each plastic item you see/touch in the left-hand column. Each time you see/touch that item, make a tally mark in the table to the left. Examples of items in your home that are made of or have plastic in them are: plastic toys, chips bags, drink bottles, food wrappers, toothbrushes, toothpaste, shampoo and conditioner bottles, laptops or tablets, cellphone cases, light switches, and other plastic materials. **HAVE FUN!**

For extra fun, try to come up with ways to cut back on your plastic use for these items!