

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				Get a reusable water bottle! say no to plastic water bottles for the day or forever ;)	Avoid eating dairy all day today *vegans: encourage someone to try a dairy alternative	Say no to straws!
4	5	6	7	8	9	10
Inspire Someone Sunday- encourage someone to participate in this challenge or educate them on the benefits of helping our planet	Avoid eating any meat today #meatlessmonday!	Bring your leftovers to a food bank or offer to any hungry stranger you may find also don't forget to VOTE!!!!	Save Water Wednesday! Be mindful of the water you use today. Turn it off in the middle of brushing your teeth, showering, washing dishes etc.	Avoid riding your car today; walk, ride a bike or use public transport	Use Ecoasia all day for all your searches instead of google! 45 searches= 1 tree planted	Bring a reusable napkin, fork spoon and butter knife wherever you go today. Refuse any disposables!
11	12	13	14	15	16	17
Go outside for 10 minutes, Pick up litter!	Declutter! get rid of anything you have but don't throw it out. repair what is broken and you want, donate what you don't to a 2nd hand store	Zero waste snack! No single use plastic today- say no to chip bags, candy wrappers, cutlery, coffee cups etc.	DIY a house cleaning product to help avoid toxic chemicals	Turn off Thursday! Be aware of everything you turn on and turn it off right away- lights, computers, TV, etc.	Upcycle! Instead of recycling find a unique way to use anything you would otherwise throw out.	Visit a farmers market today! See if you can buy any items locally for the upcoming festivities
18	19	20	21	22	23	24
Thrifting, whatever you need for the upcoming festivities look for it in a thrift store first!	Read about palm oil; target an item you use that contains it and find an alternative	Unplug everything! save energy by unplugging all your items at home for the day- even if they're turned off	Use zero plastic bags when grocery shopping or reuse old plastic bags you may have lying around	Happy Thanksgiving! Today, encourage your family to eat less animal products and to use reusables instead of disposables. Lets make it a sustainable thanksgiving!	Say no to Black Friday and Self care Friday instead- Homemade hair mask, face mask and a movie	Rot- check locally where you can bring any food scraps to compost or compost them in your own backyard
25	26	27	28	29	30	
Support a local business!	Laundry? use cold water instead of hot and hang dry if the weather permits	Email amazon <a href="mailto:cs-reply@amazon.com">cs-reply@amazon.com</a> request plastic free packing on all your future orders	Raw Wednesday! eat a plant based meal today- avoid any animal products	Log on to <a href="https://www.change.org">change.org</a> read about different world issues and sign petitions you believe in	Make a permanent zero waste swap	