

Today I:	Number of points awarded:	Week 1	Week 2	Week 3	Week 4	TOTAL POINTS EARNED
Used a re-usable water bottle	5					
Ate some plastic free breakfast; fruit, oats, homemade bread etc	10					
Used a reusable coffee cup	5					
Took a reusable shopping bag to the shops	5					
Took a plastic free packed lunch to school/work	10					
Used a reusable straw	5					
Used reusable cutlery	5					

<p>Took containers to the restaurant for leftovers</p>	<p>5</p>					
<p>Made my own bread TIP – Bake as many as your oven can hold and then freeze, or use a breadmaker</p>	<p>10</p>					
<p>Bought loose fruit and veg</p>	<p>5</p>					
<p>Made my own oat milk TIP – blitz 1 cup of oats with 4 cups of water and strain through an old T shirt or tea towel.</p>	<p>5</p>					
<p>Bought a glass bottle instead of a plastic one eg ketchup</p>	<p>2</p>					
<p>Ate something I grew</p>	<p>10</p>					

Bought tinned instead of plastic eg baked beans	2					
Made snacks from scratch	5					
Bought second hand clothes	5					
Had a fruit and veggie box delivered	5					
Drank some loose tea	2					
Bought clothes made of natural fibres	5					
Wore hand me downs	2					
Used a handkerchief instead of a paper tissue	2					
Used washable nappies	5					
Bought a non-plastic present (eg	5					

second hand or an experience)						
Wrapped a present in brown paper	2					
Composted – less waste in the plastic bin bag	5					
Fixed something instead of replacing it	10					
Went to a zero waste store	10					
Went to the market	5					
Said no to fish WHY? – The fishing industry is responsible for 46% of the plastic in the ocean	10					
Cleaned with vinegar and lemon	5					
Used a laundry egg	5					

Used a microplastics filter in the washing machine	5					
Washed with a bar of soap	2					
Used a mooncup	10					
Used a non-plastic deodorant	5					
Used a metal razor	2					
Used a dental tab	5					
Used a shampoo bar	5					
Used a conditioner bar	5					
Used a reusable make up remover pad	5					