



Plastic tracker

My single-use plastic for one week

Name: _____

Make a tally mark every time you use one. Circle the tally if you could have refused it or used something else.

Item	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Sachets								
Wrappers and snack packets								
Bottles								
Bags								
Straws and cups								
Cutlery and containers								
Other								
Total								

Which item did you use most?

One swap I will try next week:
