

IT'S GIVING LANDFILL



THE BUY NOTHING NEW CHALLENGE & TRACKER

Zero Waste Week | September 1st -5th

Goal: The goal is not to buy anything new unless it's absolutely essential. Practice living an eco-friendly lifestyle by checking around your home for what you already have and can be used in lieu of buying something that can contribute to landfill waste. If you don't need it don't buy it. Take a moment and just think about it before you swipe that card, a lot of what we have we don't need and honestly can do without. The less you consume, the less there will be to waste. Reduce waste, reuse what you have, and let's get creative!



Daily Action Tracker:

Day	What I Avoided Buying	What I Reused, Repaired, or Repurposed	Estimated Pounds Diverted	Notes/Reflections
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				



End-of-Week Reflection:

- What was the most surprising item I *didn't* need?
- What habits or items could I change permanently?
- How could I keep this up?