

Go Green CHALLENGE

Activity Tracker

Name _____

The Challenge

The Go Green Challenge helps you explore new ways to care for the environment and your health at the same time. Try a different "green" activity each week from the list provided and find the ones that suit you best to carry with you after the campaign.

The Goal

Over the next four weeks, complete at least four different "green" activities to complete the challenge. As you complete an activity, write it in on the activity calendar below on the day you completed it. Earn one point per each day you complete an activity. Earn at least four points by the end of the campaign to complete the challenge.

Take a look at the sample week we created below.

	SUN	MON	TUES	WED	THU	FRI	SAT	POINTS
Example			Walked to work				Went to Farmer's Market	2

	SUN	MON	TUES	WED	THU	FRI	SAT	POINTS
Week 1								
Week 2								
Week 3								
Week 4								

GRAND TOTAL POINTS _____

Turn in your completed activity tracker to _____ by _____.



Go Green CHALLENGE

Activity Tracker

Choose an activity from the list below to complete for every week. Once you have finished the activity, write it on the form on the front of this page and check the week off.

- Visit a farmer's market.
- Find a food co-op or a grocery store that sells locally-grown produce and shop there twice in one month.
- Walk or bike to a location instead of driving there.
- Take items from your house (clothes, old books or toys, furniture, etc.) and donate it to Goodwill or the Salvation Army so that they can recycle it.
- Use a reusable water bottle or coffee cup every day for one week.
- Order a dish at a restaurant that uses locally-grown produce.
- Bring your lunch to work in a reusable lunch bag three days in a week.
- Unplug your work computer when you leave work every day for a week.
- Take the stairs instead of the elevator every day for a week.
- Opt for a reusable bag when visiting the grocery store.
- Repair a broken item instead of throwing it out.
- Add a plant to your workspace or home.

