

Check out the following planet-friendly practices checklist, and try to do as many as you can.

# THE EARTH WILL THANK YOU!

# ECO CHALLENGES

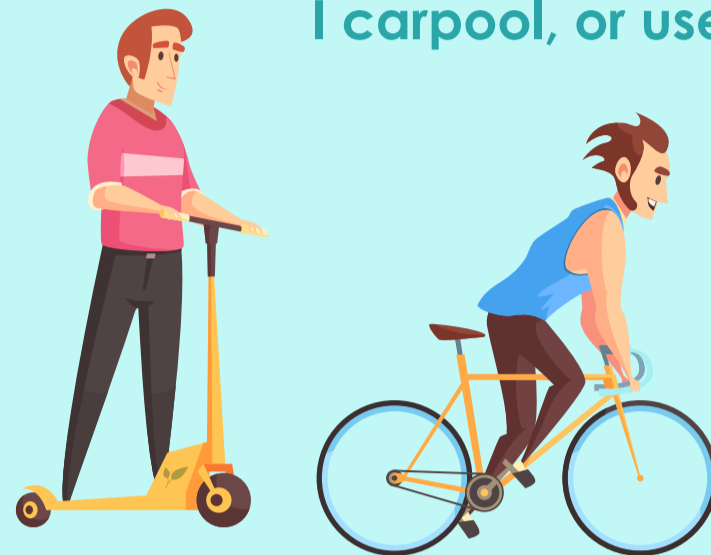


I shower in five (5) minutes or less



- Daily
- Frequently
- Occasionally
- Hardly ever
- Never

I carpool, or use my bike frequently



- Daily
- Frequently
- Occasionally
- Hardly ever
- Never

I turn off my computer and the light in the room



- Daily
- Frequently
- Occasionally
- Hardly ever
- Never

I use energy-saving light bulbs



- Daily
- Frequently
- Occasionally
- Hardly ever
- Never

I recycle and compost



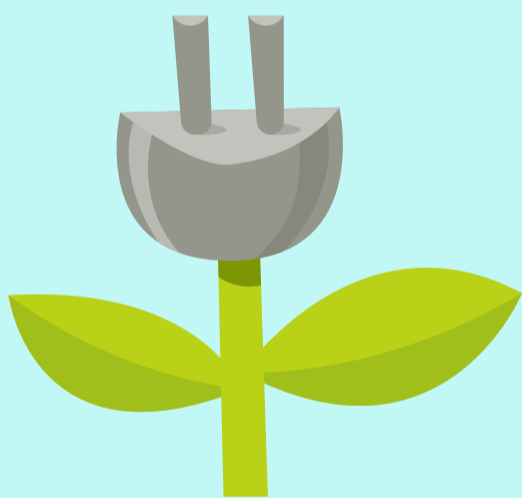
- Daily
- Frequently
- Occasionally
- Hardly ever
- Never

I use a thermos or reusable water bottle



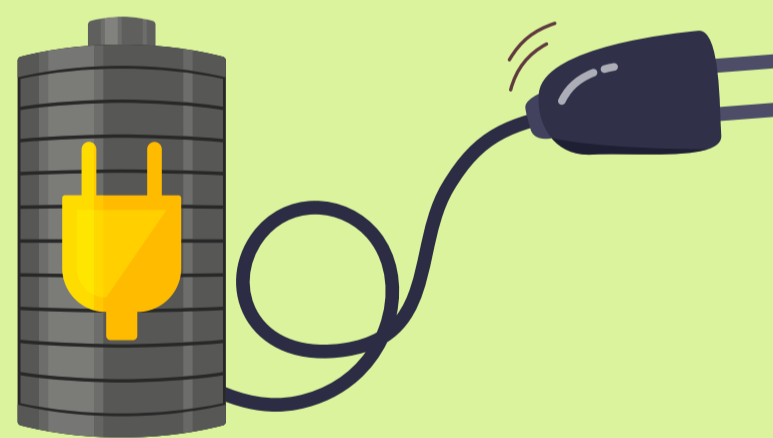
- Daily
- Frequently
- Occasionally
- Hardly ever
- Never

I unplug unused electronics



- Daily
- Frequently
- Occasionally
- Hardly ever
- Never

I use rechargeable batteries



- Daily
- Frequently
- Occasionally
- Hardly ever
- Never

I reuse bags or baskets for the market



- Daily
- Frequently
- Occasionally
- Hardly ever
- Never

I inspire other people to take care of the planet



- Daily
- Frequently
- Occasionally
- Hardly ever
- Never

# IN A YEAR

BY DOING THESE SIMPLE PRACTICES, YOU CAN HELP THE PLANET.

YOU SAVE LIGHT:



1345 kwh

YOU SAVE WATER:



54,750 lt

REDUCE GARBAGE:



255 kg

HELP SAVE:



1 tree