**Sustainable consumption**

For one week, monitor you consumption habits and try to do **at least 10 climate-conscious things.**   
Mark what you did in the list below. Have your guardian sign the Eco Act Passport and return it to your teacher when the week is over.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **What I did** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| I recycled paper. |  |  |  |  |  |  |  |
| I recycled carton and cardboard. |  |  |  |  |  |  |  |
| I returned empty bottles. |  |  |  |  |  |  |  |
| I recycled glass. |  |  |  |  |  |  |  |
| I recycled metal. |  |  |  |  |  |  |  |
| I recycled plastic. |  |  |  |  |  |  |  |
| I taped together batteries and recycled them. |  |  |  |  |  |  |  |
| I recycled biowaste in either a compost or a biowaste container. |  |  |  |  |  |  |  |
| I took things I no longer need to the flea market or donated them. |  |  |  |  |  |  |  |
| I walked or biked instead of taking a car. |  |  |  |  |  |  |  |
| I turned off an electrical appliance. |  |  |  |  |  |  |  |
| I turned off unnecessary lights. |  |  |  |  |  |  |  |
| I turned off the faucet or shower while I was washing up. |  |  |  |  |  |  |  |
| I didn’t buy something, even when I wanted to. I made a choice to only buy something necessary. |  |  |  |  |  |  |  |
| I bought an ecolabel product. |  |  |  |  |  |  |  |
| I bought an organic product. |  |  |  |  |  |  |  |
| I bought a Fair Trade product. |  |  |  |  |  |  |  |

Guardian’s signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Eco Act Passport**

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School and class

\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student’s name

  
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