

# ONE GREEN THING CHALLENGE

*for busy moms*

## YOUR WHY?

Why is it important for you to live greener? Why do you care? Give this some thought then jot down your answer(s) below.

It's important for me to live greener because \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## CURRENT HABITS

Day 2 & 3: What Do I Throw Away?

Day 1 \_\_\_\_\_  
Day 2 \_\_\_\_\_

Day 3 & 4: How Much Water Do I Use?

Day 1 \_\_\_\_\_ X 2.5 gpm = \_\_\_\_\_ gallons/shower  
Day 1 \_\_\_\_\_ X 2.5 gpm = \_\_\_\_\_ gallons/shower

Day 5 & 6: How Much Energy Do I Use?

Day 1 \_\_\_\_\_  
Day 2 \_\_\_\_\_

Day 8 & 9: What Toxins Are In My Home?

Day 1 \_\_\_\_\_  
Day 2 \_\_\_\_\_

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Use the space below to write down one green thing you do over the next few days. If you need ideas, be sure to reference your cheat sheet **50 Green Habits You Can Start Today!**

## NEW HABITS

Day 1: One Green Thing: *Reduce Waste*

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Day 2: One Green Thing: *Conserve Water*

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Day 3: One Green Thing: *Conserve Energy*

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Day 4: One Green Thing: *Reduce Toxins*

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Day 5: How Many Green Things Can You Do Today?

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_