

DAY	SINGLE-USE PLASTICS (not recyclable)	RECYCLABLE PLASTICS IN YOUR AREA	NUMBER OF PLASTIC ITEMS/ DAY	COMBINED WEIGHT (optional)
#1				
#2				
#3				
#4				
#5				
#6				
#7				
TOTAL # of Items/Week				

Congratulations on completing week #1 of the challenge! Now that you know how much plastic is in your life every week, think about how you can reduce that plastic consumption throughout the rest of the month.

Do you think you can cut your plastic consumption down by 50%?

PLASTIC

IN OUR LIVES

Panda Ambassador Monthly Challenge

If you could see all the plastic waste you produce, would it change the way you consume? On a daily basis, collect and record data on all the plastic products you are currently using for one week and add it all up at the end. Once you're done, post a picture of yourself with your current weekly plastic items on Facebook.

Examples of single-use plastics

- Cling wrap
- Zip-lock bags
- Plastic cutlery
- Plastic shopping bags
- Plastic straws
- Plastic packaging or wrappers
- Bottle caps
- Styrofoam and coffee cups
- Take away containers

Examples of potentially recyclable plastics

- Toiletries bottles
- Drinks bottles
- Peanut butter jars
- Margarine containers
- Salad dressing containers
- Milk jugs
- Yogurt containers
- Liquid detergent bottles
- Some plastic cups



Note: Just because it has the recycling symbol does not mean it actually can be recycled. Check with your local recycling center for what can be recycled in your area.