

Plastic Free July Family Challenge

Try and tick a box each day between 1–31 July. Whoever has the most ticks at the end, wins!

	Name								Name								Name							
Bring your reusable bottle to work/school	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
	9	10	11	12	13	14	15	16	9	10	11	12	13	14	15	16	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	17	18	19	20	21	22	23	24	17	18	19	20	21	22	23	24
	25	26	27	28	29	30	31		25	26	27	28	29	30	31		25	26	27	28	29	30	31	
Learn something new about plastic or sustainability	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
	9	10	11	12	13	14	15	16	9	10	11	12	13	14	15	16	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	17	18	19	20	21	22	23	24	17	18	19	20	21	22	23	24
	25	26	27	28	29	30	31		25	26	27	28	29	30	31		25	26	27	28	29	30	31	
Make your own snacks or lunch	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
	9	10	11	12	13	14	15	16	9	10	11	12	13	14	15	16	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	17	18	19	20	21	22	23	24	17	18	19	20	21	22	23	24
	25	26	27	28	29	30	31		25	26	27	28	29	30	31		25	26	27	28	29	30	31	

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Name

Clean up a piece of plastic litter

12345678

910111213141516

1718192021222324

25262728293031

Bring your own cup or container for takeaways

12345678

910111213141516

1718192021222324

25262728293031

Avoid buying drinks in plastic containers

12345678

910111213141516

1718192021222324

25262728293031

Name

12345678

910111213141516

1718192021222324

25262728293031

12345678

910111213141516

1718192021222324

25262728293031

12345678

910111213141516

1718192021222324

25262728293031

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