

21 Days to a Better Habit to Benefit the Environment

For 21 days I will...

This is important to me because...

Start date:

End date:

21 Day Countdown (Cross off each day you complete)

Day 21	Day 20	Day 19	Day 18	Day 17	Day 16	Day 15
Day 14	Day 13	Day 12	Day 11	Day 10	Day 9	Day 8
Day 7	Day 6	Day 5	Day 4	Day 3	Day 2	Day 1

I changed my habit for the better and I am helping the environment.

Attempt #2: I will try again to change my habit.

Start date:

End date:

21 Day Countdown (Cross off each day you complete)

Day 21	Day 20	Day 19	Day 18	Day 17	Day 16	Day 15
Day 14	Day 13	Day 12	Day 11	Day 10	Day 9	Day 8
Day 7	Day 6	Day 5	Day 4	Day 3	Day 2	Day 1

I changed my habit for the better and I am helping the environment.