

PARTICIPANT'S EARTH WEEK ACTIVITES

1 POINT A DAY

Go on a group walk	Each day, produce less than a quart sized bag of waste	Bring a meal from home
Use reusable plates, cutlery, water bottles, straws, etc.	Eat a meatless meal	Take stairs instead of elevators
Drink 64 oz. of water daily	Carpool to your destination	Meditate, self reflect, or journal for 10 minutes
Eat a meal outside	Unplug unused appliances or computers	Turn off your AC and utilize natural ventilation
Support a local business	Read a Sustainable article	Complete any activity with someone outside competition

3 POINTS A WEEK

Attend sustainable class or training	Shop local at a farmer's market or organic grocery store	Support a sustainable brand
Tag your firm/ school and use #EarthWeek	Watch a sustainable documentary	Shop with reusable or paper bags
Clean with cloth towels instead of paper towels	Buy used items, digital books, or check out library books	Air-dry clothes or dishes

- Health and Wellness
- Waste Reduction
- Community Connectivity
- Carbon Reduction
- Water Reduction
- Education

5 POINTS A WEEK

Visit a nature center	Use sustainable cleaning products	Start or continue recycling at home
Alternate transportation to school, works, store, etc.	Volunteer at a community garden	Plant your own food, herbs, or flowers
Start a propagation station	Get or have a house plant	Start or continue a compost
Start or continue a rain harvesting system	Go a week without printing	Plant a tree or donate to a tree planting organization
WILD CARD		

10 POINTS A WEEK

No take out waste or bring your own containers for take out	Donate to electronic recycling, a clothing drive, or charity	Pick up trash in your neighborhood
Keep water running on showers to 5 minutes per day all week	Upcycle or repurpose waste materials	Volunteer in community organization
Track your carbon footprint for the week		

HOW TO PARTICIPATE

Share pictures of your activities and your score on your social media with #EarthWeek

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