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Daily Plastic Tracker

Welcome to your Daily Plastic Tracker! Take a moment to reflect on how much plastic you've used today and discover small ways to reduce it tomorrow.



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How many plastic items did you use today?



I used _____ of _____.



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What type of plastic did you use?

- a) Plastic water bottle
- b) Plastic bag
- c) Food packaging (e.g., yogurt container, chip bag)
- d) Straw
- e) Disposable cup or plate
- f) Plastic wrap (e.g., cling film)



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Did you recycle or reuse any of the plastic items?

- a) Reused a bottle
- b) Reused a bag
- c) Recycled packaging
- d) I didn't reuse or recycle anything



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Was any of it avoidable?





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**On a scale from 1 to 5, how
aware were you of your
plastic use today?**

1 - not very
5 - very much

Be honest :)



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**What is one thing you can
try tomorrow to reduce
plastic use?**