



## Use this tracker for at least 6 weeks - long enough to build some good habits!

Add a tally each day that someone in your house is careful about what they put down the drain - including you!

Action	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Save oils and fats for recycling														
Put wipes or sanitary items in the bin														
Put nappies in the bin														
Put waste food in the food waste caddy														
Put litter in a bin or take it home														
Save old paints for recycling														
Put wrappers and food stickers in the bin														

Name		
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