

WEEKLY CHALLENGE CALENDAR



Week	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
January	Turn off the lights	Reduce food waste	Declutter your closet	Set your heater to a timer	Create a compost bin
February	Take a walk in nature	Car Pool	Digital storage cleanse	Reduce water waste	
March	Plant based meal (Vegan day)	Reuse boxes, bag etc.	Reduce car idling	Contact your MEP & ask about the green policies they support	
April	Reuse fruit and vegetables to grow more	Set up a 'sleep timer' on devices	Mend your clothes	Use a lid while cooking	Collect rainwater for plants
May	Have a climate conversation	Calculate your carbon footprint	Buy local & regional products	Create your own eco art	
June	Educate yourself on climate policy locally, nationally and at EU level	Offset your emissions from summer travel	Join a climate organisation	Register for a sustainable furniture workshop	
July	Use eco-friendly detergents	Organise a clothes swap	Walk or bike to work/School	Reduce your shower to 2 minutes	Take your waste & dispose correctly
August	Freeze seasonal veggies & fruits for winter	Use public transport	Stop single use items use reusable ones	Service heating appliances for the winter	
September	Swap out chemical cleaning products for natural products	Bring reusable shopping bags	Unsubscribe from unnecessary email newsletters	Share a green meme or climate fact on social media	Unplug electronics when not in use
October	Take the stairs instead of elevator	Start a neighbourhood library (a book swap)	watch out for products high in microplastics	Collect litter when walking outdoors	
November	Use dish cloths rather than paper towels	Fix drafts around windows & doors	Gift crafted items or experiences over new products	Reuse paper bags as gift wrap	
December	Write a gift list so you don't over buy	Craft non-conventional winter decor with natural materials	Reduce food portions to cut food waste	Compare your new carbon footprint	Post a reflection of your "year of actions"