

One month plastic-free challenge

LARQ

Start your plastic-free lifestyle by completing these challenges!



		THU 01		FRI 02	
		No bottled water! Grab your reusable LARQ Bottle		Swap single-use snack bags for a reusable option	
SAT 03	SUN 04	MON 05	TUE 06	WED 07	
BYO cutlery! Say "no" to plastic utensils	Bring your reusable bags everywhere!	Bring reusable produce bags on grocery trips	BYO reusable straw	Swap plastic wrap for silicone covers or beeswax paper	
THU 08		FRI 09	SAT 10	SUN 11	MON 12
Switch to compostable or biodegradable bags		Opt for bamboo and boar bristle hair brushes	Nix your plastic toothbrush for a bamboo toothbrush!	Switch to a stainless steel razor	Switch to silk dental floss
TUE 13	WED 14	THU 15	FRI 16	SAT 17	
Got a pet? Swap for biodegradable poop bags	Swap single-use cotton swabs for a reusable	Opt for zero waste soap bars	Switch to handkerchiefs instead of tissues	Switch to cleaning tablets instead of bottled cleaners!	
SUN 18	MON 19	TUE 20	WED 21	THU 22	
Swap your plastic scrubbing sponge for a bamboo brush	Switch to wool dryer balls	Opt for goods packaged in glass jars	Ditch bottled detergent for detergent strips!	Opt for toilet paper wrapped in paper instead of plastic	
FRI 23	SAT 24	SUN 25	MON 26	TUE 27	
Avoid buying anything packaged in single-use plastic	Take a reusable tumbler with you for coffee or tea runs!	Skip the takeout	Make your own plant-based milk at home!	Switch to loose leaf tea and bulk coffee beans	
WED 28	THU 29	FRI 30	SAT 31		
Gift-giving? Wrap it in a decorative fabric!	Opt for paper tape instead of plastic tape	Throw a plastic-free party!	Take stock of how far you've come! We're so proud of you		