



1. Make at least one journey more sustainable

2. Go meat-free for a day

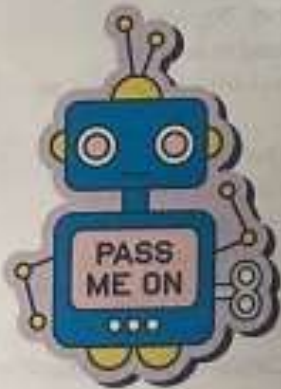
3. Have a no food-waste weekend



4. Turn down the heating by 1° for a week

5. Design a flight-free holiday

6. Say 'no' to a new item



7. Donate something you no longer need

8. Substitute 4 baths for 4 showers and limit them to 4 minutes

9. Share carbon-cutting advice

COMPLETED BY

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