BETTER & BETTERER

EPISODE 4: RING & RUN WITH TARA GRIEB

BetterAndBetterer.com/4



1 Week Track the Trash Challenge

For 1 week, keep track of your plastic straw, plastic cups, and other single use items.



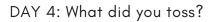
DAY 1: What did you toss?

DAY 2: What did you toss?

DAY 3: What did you toss?

1 Week Track the Trash Challenge

(Continued)



DAY 5: What did you toss?

DAY 6: What did you toss?



1 Week Track the Trash Challenge

(Continued)

DAY 7: What did you toss?

REFLECTION:

SPECIAL THANKS TO ZILCHZEROWASTEGOODS.COM ADD THE BETTER AND BETTERER PODCAST TO YOUR LIST!









CONGRATS!

You are amazing! You finished the challenge! Please let us know how it went by hitting us up on Instagram: @BetterAndBetterer @zilchzwgoods