

# BETTER & BETTERER

EPISODE 4: RING & RUN WITH TARA GRIEB

*[BetterAndBetterer.com/4](http://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 4: What did you toss?

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:



**CONGRATS!**

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

@BetterAndBetterer

@zilchzvgoods