

FORM GOOD HABITS

Lunchtime Device Shutdown

Step away from your laptop, phone, and other electronics during your lunch break 5 times in a week.



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Veggie Dinners

Pledge to ditch the meat and only eat vegetarian or
vegan for 5 meals during the week!



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Dairy Alternative

Swap the dairy for oat, soya, almond, or another plant-based milk of choice! You'll need to do this 5 times in a week to complete the pledge.



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Cool Clothes

Wash your clothes at 30°C to seriously reduce your carbon footprint!



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Take Digital Notes

Make a habit of taking digital notes instead of paper notes to reduce waste. Do this 5 times in a week to complete this pledge!



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Carpool To Work

Carpool yourself and a few others to work. It's an opportunity to have a natter and you're saving the planet!

