



Workbook



Waste Log



Habit Tracker



Swap Guide



Reflections



This Guide

# Challenge Companion Guide

*How to use your 30-Day Zero Waste Challenge bundle, plus bonus resources and support materials.*

A companion guide for the Ed2S 30-Day Zero Waste Challenge

***"Start small. Stay realistic. Build what lasts."***

**9**

Pages

**6**

Tools Included

**3**

Bonus Guides

**Print**

Friendly

*"This challenge is designed to make lower-waste living feel practical, organized, and realistic."*

Created by Education2Success · [education2success.org](http://education2success.org)



# Start Here

## "Welcome to the Ed2S 30-Day Zero Waste Challenge."

Your bundle is ready. Here is how to begin.

Welcome to the Ed2S 30-Day Zero Waste Challenge. This bundle was designed to make lower-waste living more practical and less overwhelming. You do not need to use everything perfectly or start with every document at once. Use the tools that support you most, start where you are, and build from there.

This companion guide gives you a quick overview of everything included, the best way to use it, a few bonus resources, and some context on the Ed2S mission. You can read it front to back or jump to the section most useful to you right now.

**Best mindset for this challenge: Progress over perfection.**

### Quick Start

1. Open the main challenge workbook and read the intro section.
2. Review the "What's Included" page in this guide (page 3).
3. Save or print the documents you plan to use most often.
4. Begin with Day 1 and keep it simple. One action at a time.

*You do not need to use every document every day. Each tool is designed to support a different part of the challenge — use what helps most for your routine and life right now.*

# What's Included

*Your bundle contains six documents. Here is what each one does and when to use it.*

## 01 Ed2S 30-Day Zero Waste Challenge

The main workbook. 28 pages of daily challenges, weekly themes, reflection prompts, and a completion certificate. Start here on Day 1 and follow it through all 30 days.

## 02 Ed2S Waste Log

A practical tracking tool. Use it to notice what you throw away, identify patterns, and understand where waste is coming from. Especially helpful during Week 1.

## 03 Ed2S Habit Tracker

A visual progress tracker. Mark 10 key low-waste habits each day and build consistency over the full 30 days. See your progress at a glance.

## 04 Ed2S Quick Swap Guide

A practical reference guide. 20+ realistic lower-waste alternatives across everyday carry, kitchen, shopping, and on-the-go habits. Skim it anytime you want options.

## 05 Ed2S Weekly Reflection Sheets

Four weekly check-in worksheets plus a 30-day final reflection. Fill one out at the end of each week to identify what worked, what felt hard, and what to focus on next.

## 06 Ed2S Challenge Companion Guide

This document — your bundle overview, bonus guides, terms of use, and Ed2S mission closer. The wrapper that makes the whole system feel complete.

*You do not need to use every document every day. Each tool is designed to support a different part of the challenge.*

# How to Use the Bundle

*Here is the recommended flow. You can adjust it to fit your routine, this is a suggestion, not a requirement.*

## Before You Begin

- ▶ Open this companion guide and skim pages 3–4.
- ▶ Read the intro section of the main challenge workbook.
- ▶ Decide whether you want to print documents or use them digitally.
- ▶ Save the waste log and habit tracker somewhere easy to access.

## During the Challenge (Days 1–30)

- ▶ Use the main workbook daily, one challenge per day.
- ▶ Use the waste log when you want to track what you throw away.
- ▶ Mark habits in the habit tracker each day.
- ▶ Reference the quick swap guide when you want lower-waste ideas.
- ▶ Complete one weekly reflection sheet at the end of each week.

## After the Challenge

- ▶ Review your weekly reflections, what patterns do you see?
- ▶ Identify the 2–3 habits and systems most worth keeping.
- ▶ Reuse the waste log or habit tracker anytime you want a reset.
- ▶ Return to the quick swap guide as your habits grow.

Main Workbook

Waste Log + Habit  
Tracker

Swap Guide

Weekly Reflection

Keep Best Habits

### Note:

Keep it simple: If using every document feels overwhelming, start with the main workbook and one support tool. Add more only when you're ready.

## Bonus: 10 Easy Low-Waste Wins

These are the highest-impact, lowest-effort starting points. Pick 1–2 to try this week.

### 1. Carry a reusable water bottle

**Why:** Reduces single-use drink waste and can save money over time.

**Start:** Place it near your keys or bag the night before.

### 2. Keep one tote bag where you'll use it

**Why:** Eliminates dozens of plastic bags per month.

**Start:** Put one in your backpack, car, or right by the door.

### 3. Eat leftovers before buying more food

**Why:** Reduces food waste and saves money every week.

**Start:** Create a visible "eat first" spot in the front of the fridge.

### 4. Refuse takeout extras you won't use

**Why:** Avoids utensil, straw, and napkin waste instantly.

**Start:** Say "no bag, no utensils" when ordering, most places are fine with it.

### 5. Check what you have before shopping

**Why:** Prevents overbuying and duplicates that go to waste.

**Start:** Spend 2 minutes looking in the fridge and pantry before every trip.

### 6. Use containers for leftovers instead of bags

**Why:** Eliminates single-use storage waste in the kitchen.

**Start:** Keep one container clean and visible on the counter.

### 7. Skip one packaged impulse purchase

**Why:** Reduces packaging waste tied to convenience buying.

**Start:** Pause for 10 seconds before grabbing a wrapped snack.

### 8. Reduce paper towels for small messes

**Why:** One cloth towel replaces hundreds of paper sheets.

**Start:** Keep a cloth near the sink, use paper only for bigger messes.

### 9. Prep one low-waste setup the night before

**Why:** Makes lower-waste choices automatic the next morning.

**Start:** Fill your bottle, pack a container, and place bags by the door.

### 10. Notice one disposable item you use often

**Why:** Awareness is the first step toward change.

**Start:** Write it down, then see if the swap guide has an easy alternative.

Which 2 of these feel easiest to start this week?

## Bonus: 7-Day Reset Plan

*If you lose momentum or want a fresh start, use this simple 7-day plan to reconnect with your habits — without pressure or judgment.*

*This reset is not about catching up. It is about getting back into motion.*

DAY <b>1</b>	<b>Track What You Throw Away</b> Spend one day noticing and writing down everything you discard. No judgment — just awareness.
DAY <b>2</b>	<b>Carry One Reusable Item</b> Choose one reusable bottle, bag, or container and use it throughout the day.
DAY <b>3</b>	<b>Eat Leftovers First</b> Check the fridge before cooking or ordering anything. Eat what is already there.
DAY <b>4</b>	<b>Refuse One Single-Use Item</b> Say no to at least one disposable item you would normally accept without thinking.
DAY <b>5</b>	<b>Find One Easy Swap</b> Open the Quick Swap Guide and choose one realistic lower-waste alternative to try.
DAY <b>6</b>	<b>Set Up One Simple System</b> Bags by the door. A "use first" fridge section. One reusable kit ready to go.
DAY <b>7</b>	<b>Reflect and Choose One Habit to Keep</b> What felt easiest? Choose one habit that felt natural enough to continue.

*After 7 days, choose 1–2 habits that felt most natural and carry them forward. That is all a reset needs to accomplish.*

## Bonus: Low-Waste Starter Checklist

*Use this checklist to assess where you are right now and identify your strongest starting points.*

### Daily Basics

- ☐ I have one reusable bottle I can use regularly
- ☐ I know where my reusable bags are
- ☐ I have at least one reusable food container
- ☐ I know one low-waste habit I want to improve first

### Food and Kitchen

- ☐ I check the fridge before shopping
- ☐ I have a visible "eat first" area for leftovers
- ☐ I know what food I waste most often
- ☐ I have one plan to reduce food waste this week

### On the Go

- ☐ I can carry one reusable item with me regularly
- ☐ I know what disposable item I use most often outside the home
- ☐ I have one easy on-the-go swap that fits my routine

### Mindset

- ☐ I am focusing on progress over perfection
- ☐ I do not expect myself to change everything at once
- ☐ I know which 1–3 changes I want to start with this week

*What is your strongest next step from this checklist?*

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