

30-DAY CHALLENGE

Habit Tracker

Track your daily low-waste habits and build progress that lasts.

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

"Progress is built one habit at a time."

9

Pages

10

Habits Tracked

30

Day Grid

Print

Friendly

"Small actions repeated over time can create real change."

Created by Education2Success · education2success.org



Why Track Your Habits?

"Small actions repeated over time create real change."

Ed2S Habit Tracker — Core Principle

Habits shape everyday waste more than one-time decisions.

Most waste isn't caused by a single big choice, it's the result of dozens of small daily habits. Tracking helps those habits become visible, which is the first step toward changing them.

Visible consistency builds motivation.

When you can see your progress, even imperfect progress, it's easier to keep going. A habit tracker turns abstract intentions into a concrete, daily record you can actually look at.

Even small habits add up to real impact.

One reusable bottle used 20 days in a row matters more than one perfect day. The goal isn't a flawless streak, it's repetition, awareness, and gradual improvement.

Miss a day? Keep going. Progress does not disappear because life got busy.

Habits that add up:

Carrying a reusable bottle · Finishing leftovers · Bringing reusable bags · Refusing single-use items ·
Checking the fridge before shopping

How to Use This Tracker

Simple to use from Day 1, no setup required.

Daily Use

Each day, go through the habit list and mark what you did.

Use one mark per cell or leave it blank if a habit didn't apply.

You do not need to complete every habit every single day.

Weekly Review

At the end of each week, flip to the Habit Reflection page.

Notice which habits are becoming automatic, and which still need support.

Look for patterns, not a perfect record.

Recommended Tracking Symbols



Completed

You did this habit today.



Not Applicable

This habit didn't apply today.

blank

Not Completed

The habit applied but wasn't done.

Reminder:

Some habits are daily. Some are situational. Focus on patterns across the week, not perfect boxes.

Habits Included in This Tracker

Each habit below is simple, realistic, and tied to the 30-Day Challenge. Here is what each one means.



Reusable Water Bottle

Used a refillable bottle instead of relying on disposable drink containers.



Reusable Bags

Used reusable shopping or carry bags, or remembered to keep them ready.



Refused One Single-Use Item

Said no to a disposable item: straw, utensil, receipt, bag, or extra packaging.



Reusable Food Storage

Stored or packed food in reusable containers instead of disposable bags or wraps.



Finished Leftovers First

Chose leftovers before buying or preparing more food.



Checked What I Already Had

Paused before shopping to avoid overbuying food or household items.



Reduced Paper Towel Use

Used a cloth or reusable option for at least one task where paper towels might normally be used.



Planned Ahead to Reduce Waste

Did something intentional to make low-waste choices easier: filling a bottle, packing a container, or making a list.



Noticed My Waste

Took a moment to observe, log, or reflect on what was thrown away that day.



Completed Today's Challenge Task

Finished the daily action from the main Ed2S 30-Day Zero Waste Challenge workbook.

30-Day Habit Tracker





Mark each habit daily. Use ✓ for completed, – for not applicable, or leave blank.

✓ = Completed

– = Not Applicable

blank = Not Completed

Days 1–15

Habit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
 Reusable Water Bottle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Reusable Bags	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Refused Single-Use Item	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Reusable Food Storage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Finished Leftovers First	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Checked What I Already Had	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Reduced Paper Towel Use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Planned Ahead to Reduce Waste	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Noticed My Waste	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Completed Today's Challenge Task	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Midpoint Thoughts (Days 1–15)

Which habit has felt easiest so far?

Which habit needs more support or a better system?

What has surprised you about your consistency?

30-Day Habit Tracker







Mark each habit daily. Use ✓ for completed, – for not applicable, or leave blank.

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Days 16–30

Habit	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
 Reusable Water Bottle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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 Finished Leftovers First	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Checked What I Already Had	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Reduced Paper Towel Use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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 Completed Today's Challenge Task	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

End-of-Challenge Thoughts (Days 16–30)

Which habits became easier as the challenge went on?

Which habits still feel inconsistent, and why?

What helped you follow through most often?

Habit Reflection

Review each week's progress below. Look for patterns, not a perfect record.

Week 1					
Consistency this week:	1	2	3	4	5
Which habit was most consistent this week?			Which habit happened least often?		
<hr/>			<hr/>		
What barrier got in the way most?			What helped you follow through?		
<hr/>			<hr/>		
One habit to focus on next week:			One habit to focus on next week:		
<hr/>			<hr/>		

Week 2					
Consistency this week:	1	2	3	4	5
Which habit was most consistent this week?			Which habit happened least often?		
<hr/>			<hr/>		
What barrier got in the way most?			What helped you follow through?		
<hr/>			<hr/>		
One habit to focus on next week:			One habit to focus on next week:		
<hr/>			<hr/>		

Week 3

Consistency this week:

1

2

3

4

5

*Which habit was most consistent this week?**Which habit happened least often?**What barrier got in the way most?**What helped you follow through?**One habit to focus on next week:**One habit to focus on next week:***Week 4**

Consistency this week:

1

2

3

4

5

*Which habit was most consistent this week?**Which habit happened least often?**What barrier got in the way most?**What helped you follow through?**One habit to focus on next week:**One habit to focus on next week:*

My Habits to Keep

Turn 30 days of tracking into a forward plan. Choose what realistically fits your life.

My Top 3 Low-Waste Habits

#1

#2

#3

The habit that felt easiest:

The habit that saved the most waste:

The habit I still want to improve:

What helped me stay consistent:

My plan for the next 30 days:

You do not need to keep every habit.

The goal is to keep the ones that realistically fit your life, and keep building from there.
Thank you for supporting Ed2S and choosing to build sustainable habits one step at a time.

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