

Name _____ Date _____



Resource Log

Directions: List all the activities you do throughout the day (an example has been done for you). Consider the resources used for the activity. Are any resources wasted? Could you be using fewer? Reflect on your log and make a commitment to reducing your impact.

Time	Activity/Resources Used	How You Can Reduce Impact
Morning	Took a 15 minute shower • Resources used: water, shampoo in a plastic bottle, body wash in a plastic bottle	I could limit my shower to 10 minutes. I could use a soap bar to reduce plastic waste.
Afternoon		
Evening		

My Commitment
