

## My Plastic Diary

Over the next week, use this sheet to keep a plastic diary. Record how often you use a plastic item and draw a circle around the items that you reuse or recycle.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Add up your totals here:
Plastic bags								
Plastic bottles								
Plastic food wrappers and packets, for example, crisp packets, sweet wrappers								
Yoghurt pots and other containers								
Plastic drinking straws								
Other plastic items, e.g., wet wipes, balloons								