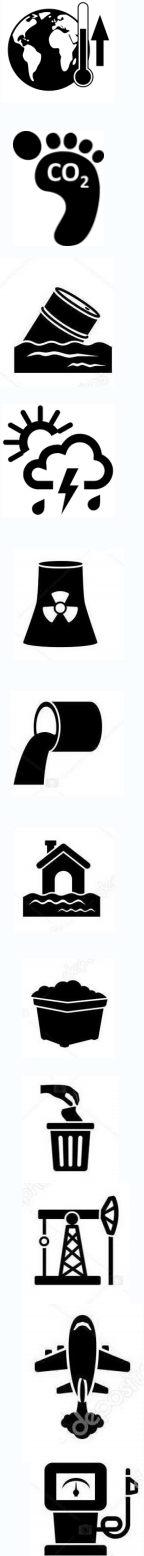


30 day sustainability challenge



DAY 1 I will not run the tap while brushing my teeth <input type="checkbox"/>	DAY 2 I will not waste food on my plate <input type="checkbox"/>	DAY 3 I will use both sides of paper, reuse papers used on one side <input type="checkbox"/>	DAY 4 I will not litter anywhere at any time <input type="checkbox"/>	DAY 5 I will switch off all devices, chargers at the wall, when not in use <input type="checkbox"/>
DAY 6 I will carry a handkerchief and not use tissue paper <input type="checkbox"/>	DAY 7 I will shift to an inkpen <input type="checkbox"/>	DAY 8 I will use a small mug & bucket for bathing, not a shower <input type="checkbox"/>	DAY 9 I will use only public transport today <input type="checkbox"/>	DAY 10 I will start carrying a cloth bag every time I step out <input type="checkbox"/>
DAY 11 I will not charge my phone overnight <input type="checkbox"/>	DAY 12 I will plant a sapling today, and nurture it for a year <input type="checkbox"/>	DAY 13 I will carry a reusable water bottle whenever I step out <input type="checkbox"/>	DAY 14 I will clean my vehicle using a wet cloth, not wash it with water <input type="checkbox"/>	DAY 15 I will reduce my internet usage by 1 hour today <input type="checkbox"/>
DAY 16 I will have one millet-based meal <input type="checkbox"/>	DAY 17 I will avoid any snack that is packaged in plastic <input type="checkbox"/>	DAY 18 I'll open windows at home & college to minimise fan & light use <input type="checkbox"/>	DAY 19 I will learn the basics of waste segregation <input type="checkbox"/>	DAY 20 I will keep a bowl of water outside my house for birds <input type="checkbox"/>
DAY 21 I will not eat imported fruits, grains & vegetables <input type="checkbox"/>	DAY 22 I will reuse my towel, & not wash it after every use <input type="checkbox"/>	DAY 23 I will walk for at least 1 km of the total travel planned for today <input type="checkbox"/>	DAY 24 I will switch off unnecessary lights/fans at home/college <input type="checkbox"/>	DAY 25 I will buy my grocery from small scale/local vendors <input type="checkbox"/>
DAY 26 I will keep my mobile data & WiFi off at night <input type="checkbox"/>	DAY 27 I will start segregating my waste <input type="checkbox"/>	DAY 28 I will finish leftovers in my fridge & waste no food <input type="checkbox"/>	DAY 29 I will stop using disposable razors/ I'll shift to cloth menstrual pads <input type="checkbox"/>	DAY 30 I will minimise usage of AC & keep it between 24 -26° C <input type="checkbox"/>

