



Sustainable Living

DAILY PLANNER



How To Use This Planner

Welcome to your EcoHabitKit Sustainable Living Daily Planner! This planner is designed to make sustainable living simple, practical, and rewarding — one day at a time. Here's how to get the most out of it:

- **Set Your Top 3 Eco Goals**

Start each day by choosing three achievable eco-goals. These could be as simple as bringing a reusable bag, cooking a meat-free meal, or composting kitchen scraps. Check them off as you complete them to track your progress.

- **Plan Your Meals Thoughtfully**

Use the meal planning section to note breakfast, lunch, dinner, and snacks. Tick the Meat-Free and Low-Waste boxes when applicable to encourage conscious food choices.

- **Track Your Water Intake**

Stay hydrated and eco-conscious by filling in your water tracker and noting if you used a reusable bottle. Small actions like this add up!

How To Use This Planner

- Celebrate Your Daily Impact

Each day has a space for a small eco-reflection. Complete the prompt, such as “One small green win today was...”, to acknowledge your efforts and stay motivated. You can rotate through the prompts or create your own.

- Monthly Reflection

Use the optional monthly pages to summarise your eco-wins, set new goals, and track habits. Reviewing your progress regularly helps build lasting sustainable habits.

Tip: Focus on progress, not perfection. Small, consistent actions are what truly create impact. Use this planner as a companion for your daily eco-journey — every little choice counts!

Sustainable Living Daily Planner

Date

3 Eco Goals For Today

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Meal Plan

	Meat free	Low waste
Breakfast		
Lunch		
Dinner		
Snacks		

Hydration



Used my reusable bottle

Refills

Impact

One small green win today was

.....

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Date

3 Eco Goals For Today

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Meal Plan

	Meat free	Low waste
Breakfast		
Lunch		
Dinner		
Snacks		

Hydration



Used my reusable bottle

Refills

Impact

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