

Earthlyours: 7-Day Eco Kitchen Habit Tracker

**DON'T JUST COOK — LET YOUR KITCHEN REFLECT YOUR
VALUES**

Day 1: One-Cup Rule

Habit: Use just one cup for drinking throughout the day to reduce water and

Done: []

Reflection: **How often do I reach for a new glass out of habit?**



Day 2: Inventory Before You Shop

Habit: Check your fridge and pantry before writing your grocery list.

Done: []

Reflection: **Did I find anything I forgot I had?**



Day 3: Save Your Scraps

Collect peels, ends, and scraps to make broth or compost

Done: []

Reflection: **How much of what I normally throw away could actually be reused or composted?**



Day 4: Clean with Vinegar Mix

Habit: Use a natural citrus-vinegar solution instead of store-bought cleaners.

Done: []

Reflection: **How did switching to a natural cleaner feel—smell, effectiveness, and ease?**

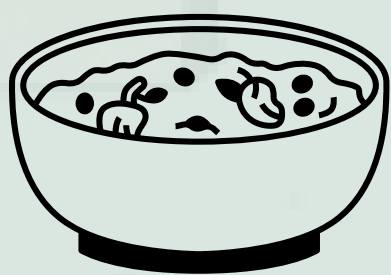


Day 5: Cook a No-Waste Meal

Cook a meal using only what's already available—no new purchases.

Done: []

Reflection: **Was I able to get creative with limited ingredients? Did I waste less?**

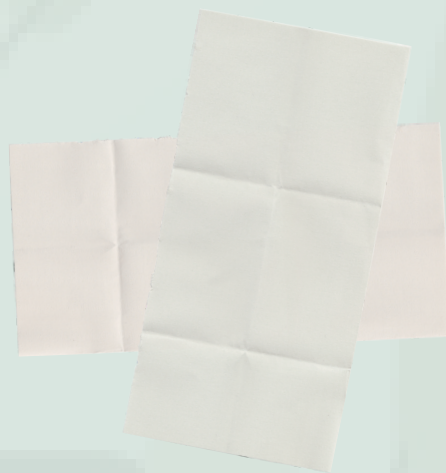


Day 6: Use Cloth Instead of Paper

Replace kitchen paper towels with cloth for the day

Done: []

Reflection: **What surprised me about using cloth over paper?**



Day 7: Compost Jar Challenge

Keep a small jar or bowl on the counter to collect compostable scraps.

Done: []

Reflection: **Did seeing my scraps pile up make me more mindful of what I waste?**



**SUSTAINABLE KITCHENS AREN'T MADE OVERNIGHT—THEY'RE BUILT ONE HABIT
AT A TIME.**

Print it • Stick it • Check it off • Reflect daily • Share your progress @earthlyours