Green Living
For a Brighter Future
4-week wellness challenge

Complete three challenges each week.
Receive a weekly Bonus Code to earn liveWELL Points!

Week 1
Nov 11-17
1. Use public transportation
2. Carpool twice with a friend
3. Choose to walk or bike to your destination
4. Calculate your carbon footprint*
5. Take the stairs twice instead of the elevator

Week 2
Nov 18-24
1. Use both sides of paper
2. Carry a reusable water bottle
3. Bring a cloth bag when shopping
4. Ask for no straw with your drink
5. Utilize resealable containers for food

Week 3
Nov 25-Dec 1
1. Turn off the lights when you leave a room
2. Line-dry clothes
3. Unplug electronics
4. Take a 4-minute shower
5. Use LED light bulbs

Week 4
Dec 2-8
1. Flatten cardboard, cans, and plastic containers in recycling bin
2. Designate and label a recycling bin in your home
3. Hang a list of items that are recyclable on fridge
4. Recycle wrapping paper
5. Start a compost pile

*For week 1 calculate your carbon footprint here: http://www.conservation.org/carbon-footprint-calculator/

Check your weekly email for tips and tricks on Green Living!
www.hr.uiowa.edu/livewell/green-living