

LIVE LIGHTLY

7-Day Sustainable Lifestyle Challenge

WEEK:

MONDAY

**FIND OUT
YOUR CARBON
FOOTPRINT**



TUESDAY

**HAVE A MEAT
FREE DAY**



**BUY
NEW ZEALAND
SEASONAL FRUIT
& VEGETABLES**



**HAVE A DAIRY
FREE DAY**



WEDNESDAY

**TRY MOVING BY
BIKE INSTEAD
OF DRIVING TODAY**



**GET OUT FOR A
WALK TO DO
NEARBY TASKS**



**TAKE PUBLIC
TRANSPORT**



THURSDAY

**PLANT SOME
NATIVE TREES
ON YOUR
PROPERTY**



**COMPOST YOUR
FOOD SCRAPS &
GREEN WASTE**



**PLANT A
FRUIT TREE
IN YOUR YARD**



FRIDAY

**KEEP YOUR
SHOWER TO
FOUR MINUTES**



**WASH YOUR
CLOTHES IN
COLD WATER**



**BOOK A FREE
HOME ENERGY
ADVISOR**



SATURDAY

**BUY PRE-LOVED
FOR A WEEK
FROM TODAY**



**REPAIR AND
REUSE AN ITEM**



**RE-HOME
BELONGINGS
YOU NO
LONGER NEED**



SUNDAY

**SHARE THE
CHALLENGE ON
SOCIAL MEDIA**



**TELL SOMEONE
ABOUT THE
CHALLENGE**



**ENCOURAGE
SOMEONE TO
FIND OUT THEIR
CARBON FOOTPRINT**



#livelightlychallenge

livelightly.nz/7-day-sustainable-lifestyle-challenge