



CONSCIOUS CITIZEN

7-DAY CHALLENGE



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

BEGINNER

When you order drinks, refuse plastic straw.

Use FSC-certified paper products.

Think twice before buying new clothes.

Go meatless for the day.

Bring your own reusables to take away food & drinks.

Buy and cook just enough to avoid any food waste today.

Invite 2 friends to shop secondhand.

ADVANCED

Tag a business that uses a ton of plastic.

Go paperless for the day.

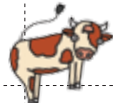
Donate and recycle old clothes.

Kickstart a plant-based diet.

Find a brand that already uses less plastic.

Freeze leftover food in individual portions for the next few meals.

Do a clothes swap with your BFF.



HOW TO START

1. POST A PHOTO/VIDEO OF YOU DOING A CHALLENGE EACH DAY
2. TAG @WWFSG ON INSTAGRAM and get a chance to...

WIN

1 OF 5 SAMSONITE LUGGAGES
MADE OF RECYCLEX™ FABRIC
(FROM RECYCLED PET PLASTIC BOTTLES)

WORTH \$400

PARTNER:

JOIN WWF'S CONSCIOUS CITIZEN TELEGRAM GROUP: [T.ME/WWFSINGAPORE](https://t.me/WWFSINGAPORE)

