

My Plastic Footprint Monitoring Worksheet



Note: This activity should be completed after completing Activities 3 and 4 of the Eco 360 program.

Complete this chart every week for a number of weeks to measure impact.

Learner Name:

Date of Recording:

Recording #:

Plastic Product - (bottles, straws, bags, wrappers, etc)	Plastic Label - (See Activity 3 and 4 for reference)	Observable Physical Properties of the Plastic - (See Activity 4 for reference)	Chemical Formula of the Plastic - (See Activity 4 for reference)	Recyclability - (See Plastic by Numbers Worksheet for reference to see whether you can recycle the product)	Amount Consumed per Week - (try to measure in a quantifiable unit e.g., kg)	Action Taken to Reduce Consumption - (Record what action you took to reduce the consumption of the particular plastic item)
Sample entry: Single-Use Plastic Bottle	#1 Polyethylene Terephthalate (PET)	Transparent Malleable	$(C_{10}H_8O_4)_n$	Yes, PET plastic is recyclable. My municipality has a recycling program (e.g., a blue cart) where I was able to discard it	5 bottles x 10 g = 50 g - I buy one water bottle every day from the cafeteria	Bought a reusable water bottle

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Complete this chart as your last reading after taking action consistently for a number of weeks (we recommend at least 4 weeks for measurable impact), and calculate the impact of your actions in reducing plastic consumption.

Plastic Product - (Bottles, straws, bags, wrappers, etc)	Plastic Label - (See Activity 3 and 4 for reference)	Observable Physical Properties of the Plastic - (See Activity 4 for reference)	Chemical Formula of the Plastic - (See Activity 4 for reference)	Recyclability - (See Plastic by Numbers Worksheet for reference to see whether you can recycle the product)	Amount Consumed - (try to measure in a quantifiable unit e.g., kg)	Plastic Amount Reduced - (Calculate the difference between your plastic consumption reading at the beginning of the semester vs. now)
Sample entry: Single-Use Plastic Bottle	#1 Polyethylene Terephthalate (PET)	Transparent Malleable	(C ₁₀ H ₈ O ₄) _n	Yes, PET plastic is recyclable. My municipality has a recycling program (e.g., a blue cart) where I was able to discard it	0 bottles	50 grams

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Total Plastic Reduced:						