# My Plastic Footprint Monitoring Worksheet

#Eco360

Name:_____ Date of Recording:_____

Recording Number:_____

***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.

| 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 | (C10H8O4)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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Created by

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Date of Recording:_____
Recording Number:_____

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 per Week - (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 | (C10H8O4)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:** | | | | | | |