

DAILY AND MONTHLY PLASTIC POLLUTION CHART (DATE ___/___/___)

ITEMS YOU CONSUME EVERYDAY			
ITEM	AMOUNT PER DAY	YEAR = _____	SUBTOTAL
KITCHEN			
Cleaning containers		x 365	
Food containers- Liquid		x 365	
Food containers- Plastic		x 365	
Food packaging		x 365	
Paper towels		x 365	
Plastic bottles		x 365	
Plastic cling wrap		x 365	
Plastic cups		x 365	
Plastic plates		x 365	
Plastic reuseable bags		x 365	
Plastic silverware		x 365	
Straws		x 365	
		x 365	
		x 365	
		x 365	
BATHROOM			
Air Freshner		x 365	
Body lotion		x 365	
Body Soap		x 365	
Cleaning containers		x 365	
Conditioner		x 365	
Cotton balls		x 365	
Cotton pads		x 365	
Cotton swabs with plastic sticks		x 365	
Dental floss		x 365	
Diapers		x 365	
Essential oils		x 365	
Face moisturizer		x 365	
Feminine products		x 365	
Hair gel		x 365	
Hair spray		x 365	
Hand Soap		x 365	
Make-Up		x 365	
Medicine bottles		x 365	
Nail Polish		x 365	
Shampoo		x 365	
Toothpaste		x 365	
Toothbrushes		x 365	
Toilet paper		x 365	
Toilet cleaner		x 365	
Candles		x 365	
		x 365	
		x 365	
		x 365	
PERSONAL			
Cigarette butts		x 365	
		x 365	
		x 365	
		x 365	
		x 365	
		x 365	
		x 365	
		x 365	
HOME: INTERIOR			
Printer paper		x 365	
Pens		x 365	
Pencils		x 365	
Markers		x 365	
Note pads		x 365	
		x 365	
		x 365	
		x 365	
		x 365	
		x 365	
HOME: EXTERIOR			
		x 365	
		x 365	
		x 365	
MONTHLY TOTAL			
ADD IT ALL UP		SUBTOTAL	
EVERYDAY TOTAL			
MONTHLY TOTAL			
YEARLY TOTAL			

ITEMS YOU CONSUME EVERY MONTH			
ITEM	AMOUNT PER MONTH	MONTH = _____	SUBTOTAL
KITCHEN			
Cleaning containers		X 12	
Food containers- Liquid		X 12	
Food containers- Plastic		X 12	
Food packaging		X 12	
Paper towels		X 12	
Plastic bottles		X 12	
Plastic cling wrap		X 12	
Plastic cups		X 12	
Plastic plates		X 12	
Plastic reuseable bags		X 12	
Plastic silverware		X 12	
Straws		X 12	
		X 12	
		X 12	
		X 12	
BATHROOM			
Air Freshner		X 12	
Body lotion		X 12	
Body Soap		X 12	
Cleaning containers		X 12	
Conditioner		X 12	
Cotton balls		X 12	
Cotton pads		X 12	
Cotton swabs with plastic sticks		X 12	
Dental floss		X 12	
Diapers		X 12	
Essential oils		X 12	
Face moisturizer		X 12	
Feminine products		X 12	
Hair gel		X 12	
Hair spray		X 12	
Hand Soap		X 12	
Make-Up		X 12	
Medicine bottles		X 12	
Nail Polish		X 12	
Shampoo		X 12	
Toothpaste		X 12	
Toothbrushes		X 12	
Toilet paper		X 12	
Toilet cleaner		X 12	
Candles		X 12	
		X 12	
		X 12	
		X 12	
PERSONAL			
Cigarette butts		X 12	
		X 12	
		X 12	
		X 12	
		X 12	
		X 12	
		X 12	
		X 12	
HOME: INTERIOR			
Printer paper		X 12	
Pens		X 12	
Pencils		X 12	
Markers		X 12	
Note pads		X 12	
		X 12	
		X 12	
		X 12	
		X 12	
		X 12	
HOME: EXTERIOR			
		X 12	
		X 12	
		X 12	
YEARLY TOTAL			