

My personal plastic waste diary

Day	What plastic did you throw away? (e.g. plastic wrap, packaging materials, drink bottles, etc.)	Number of items thrown away	Weight of the plastic in grams
1			
2			
3			
4			
5			
6			
7			
		Daily average: _____	Daily average: _____
		In all: _____	In all: _____

I gathered the information during the following seven-day period: _____.