

WASTE WATCH REPORT CARD



The Waste Watch Report Card will help you track the amount of waste your household generates. For seven days, count how many items you throw away or will eventually throw away. For the items, you throw away immediately, like food packaging, count each item as you dispose of them (e.g., 11 cups), but for items, you will use them for a longer period of time, (e.g., shampoo bottle), count only once.

NAME:

DATES COVERED:

WASTE TRACKER

COMPOSTABLE / BIODEGRADABLE WASTE

Paper Towel	Total
<input type="text"/>	<input type="text"/>

Food Waste/Leftovers	Total
<input type="text"/>	<input type="text"/>

Vegetable & Fruit Peelings	Total
<input type="text"/>	<input type="text"/>

Leaves and Cuttings	Total
<input type="text"/>	<input type="text"/>

RECYCLABLE WASTE

Cans	Total
<input type="text"/>	<input type="text"/>

PET Bottles/ Plastic Bottles	Total
<input type="text"/>	<input type="text"/>

Glass Bottles	Total
<input type="text"/>	<input type="text"/>

Bond Paper	Total
<input type="text"/>	<input type="text"/>

Bills	Total
<input type="text"/>	<input type="text"/>

Receipts	Total
<input type="text"/>	<input type="text"/>

Newspapers	Total
<input type="text"/>	<input type="text"/>

Magazine	Total
<input type="text"/>	<input type="text"/>

Food Container (Hard Plastic)	Total
<input type="text"/>	<input type="text"/>

Toiletry Bottles	Total
<input type="text"/>	<input type="text"/>

WASTE WATCH REPORT CARD

NON-RECYCLABLE

Thin Plastic Bags (Grocery Bag or Plastic Labo) **Total**

<input type="text"/>	<input type="text"/>
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Personal Care Products (sachets)

<input type="text"/>	<input type="text"/>
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Paper Plates

<input type="text"/>	<input type="text"/>
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Plastic Utensils

<input type="text"/>	<input type="text"/>
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Food Packaging (sachets) **Total**

<input type="text"/>	<input type="text"/>
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Plastic Cups

<input type="text"/>	<input type="text"/>
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Paper Cups

<input type="text"/>	<input type="text"/>
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Other Takeout Packaging

<input type="text"/>	<input type="text"/>
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SPECIAL WASTE

Batteries **Total**

<input type="text"/>	<input type="text"/>
----------------------	----------------------

Broken Wires

<input type="text"/>	<input type="text"/>
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Face Masks

<input type="text"/>	<input type="text"/>
----------------------	----------------------

Paint & Thinners

<input type="text"/>	<input type="text"/>
----------------------	----------------------

Broken Gadget or Appliances

<input type="text"/>	<input type="text"/>
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OTHERS (specify)

<input type="text"/>

WASTE WATCH REPORT CARD

FINDINGS

Top 3 Wastes per Category

Compostable/ Biodegradable			
Recyclable			
Non- recyclable			
Special Waste			

REFLECTION

Where does the majority of your personal waste come from?

How can you reduce the amount of waste you generate?

Why is it important to be mindful of our waste?

Write down at least three changes you will make to reduce the volume of waste you generate.

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Leaves and Cuttings	
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RECYCLABLE WASTE

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PET Bottles/ Plastic Bottles	Total
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Glass Bottles	
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Bond Paper	
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Bills	
<input type="text"/>	<input type="text"/>

Receipts	
<input type="text"/>	<input type="text"/>

Newspapers	
<input type="text"/>	<input type="text"/>

Magazine	
<input type="text"/>	<input type="text"/>

Food Container (Hard Plastic)	
<input type="text"/>	<input type="text"/>

Toiletry Bottles	
<input type="text"/>	<input type="text"/>

WASTE WATCH REPORT CARD

NON-RECYCLABLE

Thin Plastic Bags (Grocery Bag or Plastic Labo) **Total**

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Personal Care Products (sachets)

--	--

Paper Plates

--	--

Plastic Utensils

--	--

Food Packaging (sachets) **Total**

--	--

Plastic Cups

--	--

Paper Cups

--	--

Other Takeout Packaging

--	--

SPECIAL WASTE

Batteries **Total**

--	--

Broken Wires

--	--

Face Masks

--	--

Paint & Thinners

--	--

Broken Gadget or Appliances

--	--

OTHERS (specify)

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