



ECO CHALLENGE WEEK 2026

PARTICIPANT STARTER KIT NOVEMBER 2025

One week for our planet

www.ecochallengeweek.com

Eco Challenge Week 2026

Eco Challenge Week – Participant Starter Kit

Your guide to taking meaningful climate action during the first week of the new year.

#EcoChallengeWeek2026 <http://ecochallengeweek.com>



A HUGE THANK YOU FOR JOINING!

It's thanks to people like you that we can make a difference for our planet.

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1. What is Eco Challenge Week?

Eco Challenge Week is a 7-day sustainability initiative to kick off the new year with environmental action. From January 1–7, you pledge to adopt small, meaningful habits that reduce waste, conserve resources, and build eco-awareness.

Purpose:

- ✓ Make climate action simple
 - ✓ Build lasting habits
 - ✓ Inspire community impact
 - ✓ Start the year with intention
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2. How the Challenge Works

Step 1 — Choose your challenges

Pick at least 3 eco actions you will commit to for the full week.

Step 2 — Add the daily themes to your calendar

Follow the daily prompts for extra inspiration.

Step 3 — Complete your challenges Jan 1–7

Track your progress using the checklist.

Step 4 — Share your journey

Use #EcoChallengeWeek2026 to inspire others.

Step 5 — Reflect and choose actions to carry forward

One week can spark long-term change.

3. Your Pledge

Scan the QR Code to find out more about Eco Challenge Week and track your progress with our checklist:



4. The Challenge List

 Choose at least 3:

- ☐ Go plastic-free for a day
 - ☐ Eat plant-based meals for a day
 - ☐ Walk, bike, or use public transport
 - ☐ No food waste for a day
 - ☐ Reduce energy use — unplug it all
 - ☐ 10-minute litter clean-up
 - ☐ Use less water — take shorter showers
 - ☐ Donate to an environmental charity
 - ☐ Volunteer with an environmental charity
 - ☐ Spend 30 minutes learning about climate change
 - ☐ Switch to LED light bulbs
 - ☐ Plant a tree
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5. Suggested Daily Action Guide

DAY 1 — PLASTIC-FREE DAY

Avoid single-use plastics all day.

Tips: Bring your own bag, water bottle, and containers.

DAY 2 — ENERGY SAVER DAY

Unplug devices, turn off lights, and lower heating/AC.

Goal: Reduce household energy use significantly.

DAY 3 — ECO EATS DAY

Eat plant-based meals and avoid packaged foods where possible.

Try: Beans, vegetables, grains, and local produce.

DAY 4 — GREEN TRANSIT DAY

Walk, cycle, bus, or carpool instead of driving alone.

Tip: Combine errands to reduce miles travelled.

DAY 5 — CLEANUP DAY

Spend 10–20 minutes collecting litter outdoors. Encourage friends or neighbors to join.

Safety: Wear gloves and avoid hazardous items.

DAY 6 — CONSCIOUS CONSUMPTION DAY

Buy nothing new. Repair, reuse, and repurpose instead.

Questions to ask: Do I need this? Can I borrow it?

DAY 7 — NATURE & KNOWLEDGE DAY

Spend time in nature and learn something new about sustainability.

Ideas: Nature walk, documentary, or short article.

OTHER IDEAS — DONATE TIME OR MONEY

Volunteer or donate to conservation or climate charities (see section 8).

6. Tips for Success

-  Start small — consistency beats intensity
 -  Ask a friend to join — accountability works
 -  Prepare in advance (meals, bags, transit plans)
 -  Celebrate small wins
 -  If you miss a day, keep going — progress matters more than perfection
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7. Eco Facts & Motivation

Sustainability is not about doing everything — it's about doing something.

Plastic & Waste

1. About **8 million metric tons of plastic** enter oceans every year (UNEP.)
2. Only **~9% of all plastic ever produced has been recycled** (Science Advances, 2017).
3. The average UK citizen uses around **70 disposable cups per year** (UK Environment Agency).

Energy & Emissions

1. Electricity and heat production account for about **25% of global greenhouse gas emissions** (IPCC AR6, 2021).
2. Turning off unused lights and electronics can **significantly reduce household energy use**.
3. Replacing one incandescent bulb with an LED can **save enough energy over its lifetime to power a small household for months**.

Food & Water

1. Food waste contributes **8–10% of global greenhouse gas emissions** (FAO, 2013).
2. Producing **1 kg of beef requires ~15,000 liters of water** (Water Footprint Network).
3. Eating more plant-based meals can **cut the carbon footprint of meals by up to half**, depending on the meal composition.

Transportation

1. Cars contribute around **14% of global CO₂ emissions** (IPCC AR6, 2021).
2. Walking or cycling 3 miles a day instead of driving can **save roughly 680 kg CO₂ per year**.
3. Public transit reduces emissions by approximately **45% per passenger** compared to driving alone.

Nature & Conservation

1. Deforestation causes **~10% of global emissions** (IPCC AR6, 2021).
2. Trees absorb CO₂ — **one mature tree can absorb tens of kilograms per year**.

3. Half of the world's coral reefs have been destroyed in the last 30 years ([NOAA Coral Reef Watch](#)).

Shocking Facts

1. If everyone reduced meat consumption by **just one day per week**, global CO₂ emissions could be reduced by millions of tons.
 2. Recycling one ton of paper saves **~17 trees, 7,000 gallons of water, and 4,000 kWh of electricity**.
 3. Earth loses about **18 million acres of forest every year**, roughly **27 soccer fields per minute** (FAO, 2020).
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8. Links to Charities

Volunteer locally:

- [Woodlandtrust](#)
- [Wild London](#)
- [London Environment Network](#)
- [Royal Parks](#)

Donate to make a difference:

- [WWF UK](#)
 - [The Wildlife Trusts](#)
 - [Greenpeace UK](#)
 - [Friends of the Earth](#)
 - [RSPB](#)
 - [The Nature Conservancy](#)
 - [Environmental Defense Fund](#)
 - [Rainforest Alliance](#)
 - [Earthjustice](#)
 - [Water.org](#)
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9. What Happens After This Week?

Eco Challenge Week is just the beginning. Participants are invited to:

- ✓ Continue 1–2 habits long-term
- ✓ Join next year's challenge
- ✓ Start a community version (schools, workplaces, clubs)