



Be Sustainable

APRIL 2026



PennState Health

Bewell

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|--|---|---|--|--|--|
| | | | 1 Take a mindful lunch break (no multitasking for 10+ mins). | 2 Take a 10 min. walk outside. Fresh air boosts mood and focus. | 3 Add a fruit or vegetable to your workday lunch or snack. | 4 Drink water throughout the day. Aim to refill your bottle at least once. |
| 5 Practice kindness by offering a compliment, thank-you, or helping hand. | 6 Buy nothing non-essential today. | 7 Conduct a mini audit of what you throw away in one day. Notice food waste, packaging, or single-use items. | 8 Avoid single-use plastic today (straws, utensils, bottles). | 9 Choose one reusable item (bag, cup, container) instead of disposable. | 10 Bring a waste free lunch. | 11 Buy local or support a small business. |
| 12 Plan meals for the week to reduce food waste. | 13 Turn off lights, monitors, or equipment when not in use. | 14 Open blinds for natural light instead of turning on overhead lights. | 15 Reduce monitor brightness from 100% to 70% to decrease energy consumption. | 16 Lower your thermostat by 1-2 degrees. | 17 Unplug any electronics that are not being used. | 18 Spend 20 mins. outside to appreciate nature. |
| 19 Turn off water while brushing your teeth or doing dishes. | 20 Share one new habit you've adopted and encourage someone else to try it. | 21 Brainstorm sustainability ideas with your team or family. | 22 Plan a waste walk and pick up litter around your community, work, or neighborhood. | 23 Declutter one area at home or work and donate or recycle what you can. | 24 Post or share one sustainable habit to social media to inspire others. | 25 Research how your organization or community is making sustainable changes. |
| 26 Suggest one long-term sustainability improvement for your organization. | 27 Reflect on what habit was the easiest to adopt. | 28 Reflect on what habit made the biggest difference. | 29 Reflect on how these habits change how you think about consumption, energy, or waste. | 30 Celebrate your progress and commit to one long-term sustainable habit. | | |
