

Name _____

Date _____

Consumption Log and Goals



Sustainable Consumption: choosing goods and services that are better for the environment and workers.

Over the next week, use the log below to keep track of your consumption. Afterwards, set a goal for how you could consume less and buy brands that work towards sustainable consumption.

Date: Day 1

List items bought in a store today (by you or a parent/guardian)	What is the brand? Where was the item made?	Log onto rankabrand.org for sustainability standards. How are they ranked?
Sneakers	Teva; China	Ranked as "Don't buy"

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Date: Day 2

List items bought in a store today (by you or a parent/guardian)	What is the brand? Where was the item made?	Log onto rankabrand.org for sustainability standards. How are they ranked?
Sneakers	Teva; China	Ranked as "Don't buy"

Date: Day 3

List items bought in a store today (by you or a parent/guardian)	What is the brand? Where was the item made?	Log onto rankabrand.org for sustainability standards. How are they ranked?
Sneakers	Teva; China	Ranked as "Don't buy"

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Date: Day 4

List items bought in a store today (by you or a parent/guardian)	What is the brand? Where was the item made?	Log onto rankabrand.org for sustainability standards. How are they ranked?
Sneakers	Teva; China	Ranked as "Don't buy"

Date: Day 5

List items bought in a store today (by you or a parent/guardian)	What is the brand? Where was the item made?	Log onto rankabrand.org for sustainability standards. How are they ranked?
Sneakers	Teva; China	Ranked as "Don't buy"

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Date: Day 6

List items bought in a store today (by you or a parent/guardian)	What is the brand? Where was the item made?	Log onto rankabrand.org for sustainability standards. How are they ranked?
Sneakers	Teva; China	Ranked as "Don't buy"

Date: Day 7

List items bought in a store today (by you or a parent/guardian)	What is the brand? Where was the item made?	Log onto rankabrand.org for sustainability standards. How are they ranked?
Sneakers	Teva; China	Ranked as "Don't buy"

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Results and Goals

What are your findings after logging your consumption and checking brand names for sustainability rankings? Were you surprised at what you found?

Has this changed your perspective on consumption? If so, how?

What are your goals moving forward? What brands are better to buy?

Consumption Log and Goals

Choose one thing you can do today to spread the word about sustainable consumption and do it, knowing that you are supporting the environment and workers' rights all over the world!

- Write a letter to a state representative on your findings and ask them to set higher sustainability standards for companies.
- Write a letter to companies who have low standards, asking them to increase standards.
- Share the Rankabrand website with others and review Campaign for a Commercial-Free Childhood with your parents.

Keep up the hard work and remember that modeling sustainable consumption for others goes a long way!