



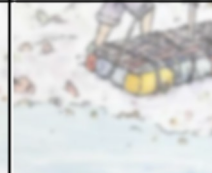
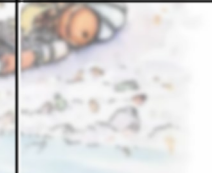



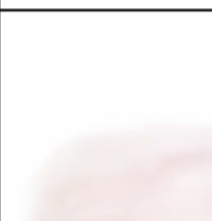



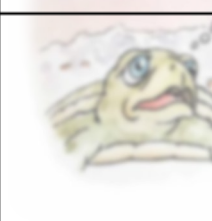

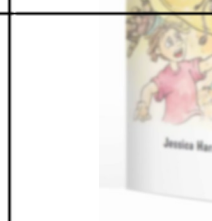



Bernie's Escape  
from  
**ONE ISLAND**

My Plastic Diary

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Count how many plastic bags you get (either shopping or at school/work)							
Count how many plastic bags you reuse (for carrying things)							
Count how many plastic bottles you use (tea, coffee, water, sodas, etc)							
Count how many single use cups you use (at home, school, work, outside, etc)							
Count how many plastic straws you use (at home, school, work, outside, etc)							

Were you shocked by how much plastic you use in just one week? What do you plan to do to cut back your plastic use?