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|  | A Choice of Challenges for Members |
| 1 | I used environmentally friendly cleaning materials this month |
| 2 | I shared a car journey this month |
| 3 | I have established a compost heap this month |
| 4 | I have planted a tree in my garden this month |
| 5 | I have used refillable/reusable coffee/water containers this month |
| 6 | I have chosen to buy loose packed fruit and vegetables instead of pre-packed this month |
| 7 | Member installs Hive/Smart systems fitted to their central heating systems |
| 8 | I have had fitted Thermostatic Regulating Valves(or better) fitted to my radiators this month |
| 9 | I have had loft insulation installed this month |
| 10 | I have changed my light bulbs to LEDs (where possible) this month |
| 11 | I have had Solar Panels this month  |
| 12 | I have chosen natural fabrics (and/or clothing) over man-made fabrics this months |
| 13 | I have refused plastic one-use bags whilst shopping this month |
| 14 | I have used cloths instead of disposable paper towels this month |
| 15 | I have stopped using wet wipes this month |
| 16 | I have purchased a take away meal that is not packaged in a plastic container this month |
| 17 | I have recycled my clothing at the charity shop |
| 18 | I have persuaded a friend to plant a tree this month |
| 19 | I have used my bus pass instead of taking the car this month |
| 20 | I have rejected single use cutlery this month |