

**THE BIG  
PLASTIC  
COUNT**

**LET'S  
COUNT!**

**TALLY SHEET**

Count the plastic packaging you throw away each day, and keep a tally of what type of plastic it is.

Tick off the days as you count your plastic:

M  T  W  T  F  S  S

**Not sure where to put an item?**

Check out our Plastic ID page: [thebigplasticcount.com/help](http://thebigplasticcount.com/help)

**FOOD & DRINK**

	<b>Small bottles (up to 500ml)</b> (water, soft drinks, sauces etc.)	<b>Total</b>
	<input type="text" value="e.g. ###  "/>	<input type="text"/>
	<b>Large bottles (over 500ml)</b> (water, squash, cooking oil, milk etc.)	
	<input type="text"/>	<input type="text"/>
	<b>Hard plastic caps and lids</b> (from bottles, cartons, jars etc.)	
	<input type="text"/>	<input type="text"/>
	<b>Peelable film lids</b> (from soft fruits, fish, falafels, dips etc.)	
	<input type="text"/>	<input type="text"/>
	<b>Fruit and veg trays, pots and their hard lids</b> (berries, grapes, stir fry, tomatoes etc.)	
	<input type="text"/>	<input type="text"/>
	<b>Fruit, veg and salad bags, wrappers and nets</b> (salad, bananas, cucumber, lemons etc.)	
	<input type="text"/>	<input type="text"/>

	<b>Black pots, tubs and trays</b> (ready meals, chilled foods, cooked meats etc.)	<b>Total</b>
	<input type="text"/>	<input type="text"/>
	<b>Pots, tubs and trays</b> (yoghurt, dips, butter, pastries, meat etc.)	
	<input type="text"/>	<input type="text"/>
	<b>Snack bags, packets and wrappers</b> (crisps, biscuits, cereal bars, chocolate etc.)	
	<input type="text"/>	<input type="text"/>
	<b>Other hard food and drink packaging</b> (coffee pods, plastic corks, polystyrene cups etc.)	
	<input type="text"/>	<input type="text"/>
	<b>Other soft food and drink packaging</b> (rice, bread bags, frozen peas, cling film, cheese etc.)	
	<input type="text"/>	<input type="text"/>

**CLEANING & TOILETRIES**

	<b>Small bottles (up to 500ml)</b> (hand wash, shampoo, washing up liquid etc.)	
	<input type="text"/>	<input type="text"/>
	<b>Large bottles (over 500ml)</b> (toilet cleaner, bleach, surface cleaner etc.)	
	<input type="text"/>	<input type="text"/>
	<b>Pots, tubs and tubes</b> (moisturiser, suncream, laundry tablets etc.)	
	<input type="text"/>	<input type="text"/>

	<b>Squeezy tubes</b> (toothpaste, make-up, skincare cream etc.)	
	<input type="text"/>	<input type="text"/>
	<b>Other hard cleaning and toiletries packaging</b> (toothbrush packs, razor packs, mascara etc.)	
	<input type="text"/>	<input type="text"/>
	<b>Other soft cleaning and toiletries packaging</b> (toilet roll wrap, dishwasher tabs, wet wipes packs etc.)	
	<input type="text"/>	<input type="text"/>

**EVERYTHING ELSE**

	<b>Other hard plastic packaging</b> (plastic packaging for toys, tech, stationery, DIY etc.)	
	<input type="text"/>	<input type="text"/>

	<b>Other soft plastic packaging</b> (carrier bags, bubble wrap, clothes packaging etc.)	
	<input type="text"/>	<input type="text"/>

**SUBMIT YOUR RESULTS**

Submit your findings at [thebigplasticcount.com/submit](http://thebigplasticcount.com/submit) or scan the QR code to the right.

For more information, visit [thebigplasticcount.com](http://thebigplasticcount.com)

