



Eco Coach Dani's Green Living Planner



Improve your health

Save money

Protect the planet

Eco Coach Dani's Green Living Planner

**No matter what your goals are,
it's important to have a plan.**

These monthly planner sheets will help you create and manage your plan so that this can be your healthiest and greenest year yet.

How it works

Each month you will choose to focus on one green living goal. You will identify 3 green habits you'd like to implement and 3 habits that are prohibiting you from reaching your goals. Use the task list to prioritize what you need to do to reach your goal and evaluate your success and challenges at the end of the month to determine what you can improve on in the following month. There is a task list and notes page at the end of planner for additional space to organize your goals.

Remember

Small changes made consistently over time can have a HUGE impact so don't worry about imperfections, just take some sort of action that will help you and the planet in some sort of way.



EastCoastEcoSolutions
LIVE GREEN. LOVE GREEN.

January

Monthly Goal

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Action Steps

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Green habits to start

1.
2.
3.

Evaluation

What did you learn?
What can you improve?

--

Habits to end

1.
2.
3.

February

Monthly Goal

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Action Steps

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Green habits to start

1.
2.
3.

Evaluation

What did you learn?
What can you improve?

--

Habits to end

1.
2.
3.

March

Monthly Goal

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Action Steps

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Green habits to start

1.
2.
3.

Evaluation

What did you learn?
What can you improve?

--

Habits to end

1.
2.
3.

April

Monthly Goal

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Action Steps

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Green habits to start

1.
2.
3.

Evaluation

What did you learn?
What can you improve?

--

Habits to end

1.
2.
3.

May

Monthly Goal

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Action Steps

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Green habits to start

1.
2.
3.

Evaluation

What did you learn?
What can you improve?

--

Habits to end

1.
2.
3.

June

Monthly Goal

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Action Steps

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Green habits to start

1.
2.
3.

Evaluation

What did you learn?
What can you improve?

--

Habits to end

1.
2.
3.

July

Monthly Goal

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Action Steps

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Green habits to start

1.
2.
3.

Evaluation

What did you learn?
What can you improve?

--

Habits to end

1.
2.
3.

August

Monthly Goal

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Action Steps

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Green habits to start

1.
2.
3.

Evaluation

What did you learn?
What can you improve?

--

Habits to end

1.
2.
3.



September

Monthly Goal

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Action Steps

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Green habits to start

1.
2.
3.

Evaluation

What did you learn?
What can you improve?

--

Habits to end

1.
2.
3.

October

Monthly Goal

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Action Steps

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Green habits to start

1.
2.
3.

Evaluation

What did you learn?
What can you improve?

--

Habits to end

1.
2.
3.

November

Monthly Goal

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Action Steps

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Green habits to start

1.
2.
3.

Evaluation

What did you learn?
What can you improve?

--

Habits to end

1.
2.
3.

December

Monthly Goal

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Action Steps

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Green habits to start

1.
2.
3.

Evaluation

What did you learn?
What can you improve?

--

Habits to end

1.
2.
3.

Accomplishments

Congratulations!

You made it through a year filled with lots of green living goals. Look through the planner to see how far you've come in your journey. Remember to note your accomplishments below and celebrate all that you've done to improve your health and the health of our planet this year.

This year I made a difference by:



EastCoastEcoSolutions
LIVE GREEN. LOVE GREEN.

Thank you for using
Eco Coach Dani's
Green Living Planner

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