

Consumption Inventory

WORKSHEET

Make as many copies of this worksheet as you need to inventory your consumption habits for about a week. List everything you bought, paid for, ate, drank, or used up in any way. Include every item, no matter how insignificant it seems.

Day: _____	Items	Eaten, drunk, used or worn <small>Use a ✓ mark</small>	Thrown into the garbage stream <small>Use a ✓ mark</small>
Breakfast			
Midmorning			
Lunch			
Mid afternoon			
Early evening			
Supper time			
Later evening			
At odd times not mentioned here			