



# 40-Day Challenge Progress Tracker

Each time you take action to green your life over the course of the challenge, make a mark in the day's box beside the appropriate commitment category.  
To read the full list of 40 commitments, or to post your commitments online, visit the Tread Lightly project page at [www.treadlightly.me](http://www.treadlightly.me).

Commitment Category	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40								
																																																
																																																
																																																
																																																
																																																
																																																
																																																
																																																